

## Survey Of Overhead Passing Ability Of Volleyball Athletes In The Volleyball Extracurricular Course At YPPK Santo Bernardus Timika Middle School

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### Article Info

#### Article history:

Accepted: 07 Maret 2026

Publish: 01 April 2026

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#### Keywords:

Volleyball Overhead ,  
Passing Ability.

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### Abstract

*Survey of Overhead Passing Skills in Volleyball Athletes at YPPK Santo Bernardus Junior High School in Timika. Overhead passing is a fundamental technique in volleyball. The YPPK Santo Bernardus Junior High School volleyball extracurricular activities do not optimize overhead passing skills in volleyball. Therefore, the YPPK Santo Bernardus Junior High School volleyball extracurricular activities lack mastery of overhead passing skills. This research is needed to identify the overhead passing skills of YPPK Santo Bernardus Junior High School volleyball extracurricular athletes. This research aims to determine the extent of their overhead passing skills. This research was conducted to determine the overhead passing skills of YPPK Santo Bernardus Junior High School volleyball extracurricular athletes at Timika. This research is a quantitative descriptive study. The method used in this study was a survey with test and measurement data collection techniques. The population in this study were the volleyball extracurricular athletes of YPPK Santo Bernardus Junior High School in Timika, with a total of 20 people, who were then used as research samples. The instrument in this study was the AAHPER face pass volleyball test. The data analysis technique used descriptive analysis carried out in the form of a percentage of the passing ability of the volleyball extracurricular athletes of YPPK Santo Bernardus Junior High School. The results of the study from 20 volleyball extracurricular athletes of YPPK Santo Bernardus Junior High School in Timika obtained 2 athletes (10%) with a very poor category, 3 athletes (15%) with a poor category, 8 athletes (40%) with a sufficient category, 6 athletes (30%) with a good category, and 1 athlete (5%) with a very good category. The level of passing ability of the volleyball extracurricular athletes of YPPK Santo Bernardus Junior High School in Timika was categorized as sufficient. The results of this study provide useful input for the Volleyball Extracurricular of YPPK Santo Bernardus Timika Middle School and the Volleyball Extracurricular coaches of YPPK Santo Bernardus Timika Middle School to improve the passing ability of the Volleyball Extracurricular Athletes of YPPK Santo Bernardus Timika Middle School.*

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## 1. INTRODUCTION

Exercise is a crucial activity for maintaining physical fitness and endurance. It is hoped that through exercise, individuals will develop individuals who are productive, honest, sporty, and highly motivated. Currently, health problems among individuals are increasing due to a lack of exercise and physical activity, as machines do most of the work, making physical activity crucial for individuals.

On the other hand, through sporting events, many people engage with sports directly or indirectly, either by actively participating or watching sports. In general, exercise helps individuals maintain their physical and mental health and is a source of enjoyment and entertainment. This suggests that engaging in activity or exercising provides various benefits for our bodies (Suleyman Yildiz, 2012: 689). The Korean Foundation stated that by 2017, halyu fans worldwide exceeds 70 million people. The agency conducts data collection The spread of halyu in 112 countries, in December 2017 it was stated that the largest number of halyu fans was in Asia, namely 4.4 million people. Interest in culture Korea makes them want to learn About Korea, like its language. Korean itself has a different alphabet than the one we're used to; the alphabet used for Korean is Hangeul. This difference in alphabets makes learning the language difficult, as before learning the language, we must first understand the letters and how to read them. Many people take private lessons from language tutors or buy language guidebooks, and all of this costs more, so many people are looking for free learning resources. This is why language learning was created. An Android-based Korean alphabet (Hangeul) learning app for those who want to learn Korean. Learning Korean with this app is more cost-effective and time-efficient because it can be used anytime, anywhere. And Also pleasant. Writer will give limitation to The application created is an application that only displays Hangeul letters, how to read them along with audio of the letter sounds, examples of writing letters and there are quiz exercises that can be used offline.

Volleyball is a sport that is no longer foreign in the world, including in Indonesia . Volleyball is a sport that is widely known by various groups, both men and women, from children to adults. Volleyball is a game played by two teams, each consisting of six players. Efforts to achieve success in the sport of volleyball are a complex and not easy process. Success in achieving these achievements requires synergistic collaboration between coaches who have professional competence, potential athletes, and support from related institutions.

The overhead pass in volleyball is a basic technique that maintains the continuity of the game by passing the ball to a teammate. Furthermore, this technique plays a crucial role in supporting the success of an attacking strategy. If the first pass received from the opponent's serve is good, the feeder's pass will likely be as expected. To master the basic techniques of volleyball, particularly the overhead pass, athletes from the YPPK Santo Bernardus Timika Junior High School Volleyball Extracurricular Program need to follow a regular, structured, and well-planned training program. Systematically designed training, particularly those that emphasize mastery of the overhead pass movement, is believed to significantly improve the overhead passing skills of female athletes from the YPPK Santo Bernardus Timika Junior High School Volleyball Extracurricular Program. Therefore, active participation in programmed training is a crucial factor in supporting the improvement of athletes' basic technical performance.

Volleyball players from the YPPK Santo Bernardus Timika Junior High School Volleyball Extracurricular still experience difficulties in performing the overhead pass technique properly and accurately. One factor influencing this condition is the low motivation or willingness of athletes to participate in consistent training. Weakness in mastering this overhead pass technique is one of the main obstacles in matches and when participating in various volleyball tournaments or events. As a result, the YPPK Santo Bernardus Timika Junior High School Volleyball Extracurricular has not been

able to achieve optimal performance, because it has not mastered the overhead pass technique correctly and precisely.

**2. METHOD**

- Research Location

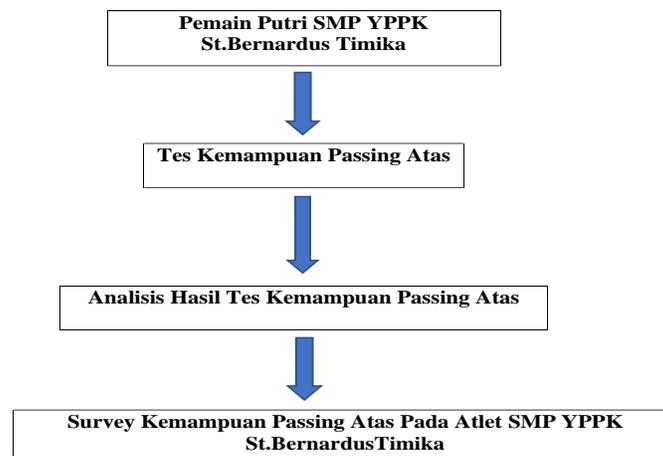
The research location was carried out on the volleyball court of YPPK Santo Bernardus Timika Middle School, Mimika Regency, Central Papua Province.

Execution time

The research was conducted on Saturday, February 7, 2026 at 15.00 – 17.00 WIT

Technique Collection Data And Analysis Data

The data analysis technique used in this study is quantitative descriptive analysis. In quantitative research, the data analysis techniques used in a study are already proven or clear. Descriptive researchers who use statistical analysis models are generally confused due to a lack of or lack of knowledge of the formulas to use, or how to process or analyze the data. Therefore, the data obtained is clearly presented in a format that is easier to understand and read. The descriptive analysis used is quantitative descriptive analysis with percentages.



Picture 1. Stages Study

There are opinions from experts regarding the percentage of respondents, namely: According to Anas Sudijono (2008: 43) the formula used is as follows:

$$p = \frac{f}{N} 100\%$$

information:

f = Frequency whose percentage is being sought

N = number of cases (number of frequencies / number of individuals)

p = Percentage number

Categorization in this study can be done if the assumption of the normal curve has been met by the research data. According to Anas Sudijono, (2008: 174-175) To provide existing scores, categories or groups are created according to the existing benchmarks, the 20 categories have five groups, namely using the category technique, namely very good, good, quite good, not good and very bad. The formula used to compile the categories is as follows .

**Table 1. Normal Range**

NO	Normal range	category
1	> Mean + 1.5 SD	Very good
2	Mean + 0.5 SD to < Mean + 1.5 SD	Good
3	Mean - 0.5 SD to > Mean + 0.5 SD	Enough
4	Mean - 1.5 SD to < Mean - 0.5 SD	not enough
5	< Mean - 1.5 SD	Very less

Source : (Hery Dicko Fernandi, 2013 – 30)

### 3. RESULTS AND DISCUSSION

#### 1. Research result

Based on the results of the research above and the discussion above, it can be concluded that the passing ability of the extracurricular athletes of YPPK Santo Bernardus Timika Middle School is: 2 athletes (10%), with a very poor category, 3 athletes (15%), with a poor category, 8 athletes (40%), with a sufficient category, 6 athletes (30%), with a good category, and 1 athlete (5%) with a very good category. This means that the passing ability of the extracurricular athletes of YPPK Santo Bernardus Timika Middle School is in the sufficient category.

#### 2. Implications of Research Results

The research results have practical implications, namely as follows: This research can be an input for several parties, namely SMP YPPK Santo Bernardus Timika, in order to improve the quality of overhead passing in extracurricular athletes of SMP YPPK Santo Bernardus Timika. It would be good if the extracurricular athletes of YPPK Santo Bernardus Timika Middle School could improve their overhead passing skills, so that they can improve the campus's achievements in existing championships.

#### 3. Research Limitations

The researchers have made every effort to comply with all the provisions and procedures required for conducting this research. However, this does not mean that this research is completely free from shortcomings and limitations. Some weaknesses and limitations that can be identified include the following.

The instruments used in this study were tests and measurements of overhead passing skills. Using this approach, the study was only able to reveal the athletes' ability levels without in-depth identification of the factors that influence those abilities. Therefore, aspects such as motivation, training frequency, training quality, and the athletes' physical and psychological conditions could not be comprehensively explained in this study.

This study has limitations that need to be addressed. Due to the author's limited time, energy, and resources, this study focused on only one aspect of basic volleyball techniques, namely the overhead pass. However, there are many other important aspects of basic techniques that deserve further study, such as serving, smashing, blocking, and others. Therefore, the results of this study do not fully cover all techniques in volleyball.

#### 4. CONCLUSION

Based on the results of the research above and the discussion above, it can be concluded that the passing ability of the extracurricular athletes of YPPK Santo Bernardus Timika Middle School is: 2 athletes (10%), with a very poor category, 3 athletes (15%), with a poor category, 8 athletes (40%), with a sufficient category, 6 athletes (30%), with a good category, and 1 athlete (5%) with a very good category. This means that the passing ability of the extracurricular athletes of YPPK Santo Bernardus Timika Middle School is in the sufficient category.

There are several suggestions that need to be conveyed in connection with the results of this research, including the following: 1. For extracurricular athletes of YPPK Santo Bernardus Timika Middle School, please be more serious in participating in volleyball training. 2. For schools and extracurricular coaches of YPPK Santo Bernardus Timika Middle School, they must provide knowledge on the importance of overhead passing exercises in improving volleyball overhead passing

#### 5. ACKNOWLEDGMENTS

The author would like to express his gratitude to the Head of the LPPM and the Head of the Physical Education Study Program at STKIP Hemon Timika for their guidance and direction during the research, which enabled him to complete this article. He would also like to thank the sensory panelists for their time and contributions in providing the assessments.

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