Development of a Volleyball Game Upper Passing Training Model

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Abstract
Volleyball sports coaching includes various aspects involving players, coaches, training models and training programs needed to develop abilities and skills in Volleyball games. The purpose of this research is a model of training for passing over the game of volleyball. This research study uses 3 experts who are divided into several fields of experts as lecturers teaching Volleyball courses and Volleyball coaches. Of the 15 upper passing training models developed, only 12 training models were approved to be implemented and implemented. The recapitulation of the percentage of training models from expert lecturers is 80%, coach 1 is 78% and Coach 2 is 75%. The method in the research used is Research and Development activities that aim to develop and create a more effective and efficient training model. It is hoped that this research can help the world of sports, especially Volleyball in Indonesia so that it can trigger the emergence of new ideas or ideas in developing other Volleyball training models in the future.

Abstrak
Pembinaan olahraga bola voli mencakup berbagai aspek yang melibatkan pemain, pelatih, model latihan dan program latihan yang dibutuhkan untuk mengembangkan kemampuan dan keterampilan dalam permainan bola voli. Tujuan penelitian ini adalah model latihan passing atas permainan bola voli.. Studi penelitian ini menggunakan 3 ahli yang dibagi dibeberapa bidang ahli sebagai dosen pengampu matakuliah bola voli dan pelatih bola voli. Dari 15 model latihan passing atas yang dikembangkan, terdapat 12 model latihan saja yang disetujui untuk diterapkan dan dilaksanakan. Rekapitulasi persentase model latihan dari ahli dosen sebesar 80%, pelatih 1 sebesar 78% dan Pelatih 2 sebesar 75%. Metode dalam penelitian yang digunakan adalah penelitian pengembangan Research and Development kegiatan yang bertujuan untuk mengembangkan dan menciptakan suatu model latihan yang lebih efektif dan efisien.. Diharapkan dari penelitian ini dapat membantu dunia olahraga khususnya bola voli di Indonesia sehingga dapat memicu munculnya ide atau gagasan baru dalam mengembangkan model-model latihan bola voli lainnya di masa depan.

INTRODUCTION

Volleyball is one of the game sports. In a volleyball game, players need agility and good teamwork. Each player starts by serving, either using the upper serve or the lower serve. In addition, no less important is the lower passing and upper passing of volleyball. The ability to attack and defend is needed to anticipate the opponent's attack. This makes the volleyball sport game can be modified, so that it can be done by someone who is not able at all. In a volleyball game, achieving an atmosphere of joy, satisfaction, and brotherhood is most important for the smooth running of learning. Ahmadi (2007: 20) says Volleyball is one of the sports that is popular among Indonesian people from the lower to the upper sports circles. Volleyball is a game that is not easy for everyone to do. The strength in surviving the opponent's

onslaught makes this volleyball game require players who have coordination of movements with the right timing to be able to attack opponents or defend from the opponent's onslaught. Nevertheless, this game is even used as a business field by some people and is used as a school intramural program. This game requires some basic rules and skills that are not limited by equipment, we can even find Volleyball games between villages or known as village gala which makes Volleyball games so popular among the community.

RESEARCH METHODS

R&D or *Research and Development* is an activity that aims to develop and create a new product, technology, or process (Fraengkel 2007). Research and development (R&D), is a process or steps to develop a product. This

research uses development according to Brog & Gall. This type of development has been widely used as previous research such as research (Destriana et al., 2020; Irfandi et al., 2015; Mu'arifuddin, 2018) which uses the type of development developed by Brog & Gall. The development of the model in this study uses a descriptive approach and uses the Research & Development (R &D) development model from Borg and Gall which consists of ten steps, namely: 1) Research and information collecting, 2) Planning, 3) Development of the preliminary of product, 4) Preliminary field testing, 5) Main product revision, 6) Main field testing, 7) Operational product revision, 8) Operational field testing, 9) Final product revision, 10) Dissemination and implementation.
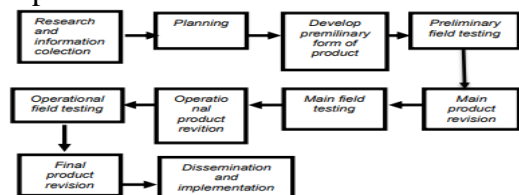
Figure 1: R&D Development Model

Source: Borg. W. R & Gall, M. D, Educational Research An Introduction (New York: Longman, 1983)

The steps taken in this trial include; (1) determining the research subject group; (2) carrying out the pre-test (O1); (3) trying the model that has been developed; (4) carrying out the posttest (O2); (5) finding the average score of the pre-test and posttest and comparing between the two; (6) comparing the average of the pre-test and post-test and then conducting a t-test to determine the effect of the difference from the model.

RESEARCH RESULTS AND DISCUSSION

The upper passing training models developed and evaluated by experts are as follows:

Upper Passing Training Model	Suggestions and Feedback
Introduction to the ball in the fingers	Implementable
1 arm distance wall pass	Implementable
Seated wall pass	Implementable
Upper pass in sit-up position	Revised
Upper pass in back-up position	Revised
Individual upper pass (pass-catch)	Implementable
Upper pass with the ball bounced into the field	Implementable
Individual top pass while stepping forward	Implementable
Individual top pass while stepping back	Implementable
Upper pass in pairs	Implementable
Upper pass from position 1 to position 4	Implementable
Upper pass from position 2 to position 4	Implementable
Upper pass from position 3 to position 4	Implementable
Top pass from position 3 to position 2 (open back)	Implementable

Top pass from position 3 to position 1 (back attack)	Revised

After being tested in small groups, there were revisions from the experts so that what was developed became 12 upper passing training models. The next step was to test the upper passing training model in a large group.

Recapitulation Data Table from Experts

Name	Expert	Percentage	Category
Rajidin, M.Pd	Volleyball Lecturer	80 %	Worth
Muhammad	International Level 1 Volleyball Coach	78 %	Worth
Sy. Faisal	International Level 1 Volleyball Coach	75 %	Worth

The training model developed after being reviewed has weaknesses that must be addressed in accordance with the athletes under development. So that the advantages of this training model can be conveyed, among others:

1. Provide more variant exercises
2. Effective and efficient top passing training models
3. Assist the coach in improving volleyball top passing
4. As an exercise model reference
5. Contribution to science for students.

CONCLUSIONS

Based on the data obtained, from the results of the field trial and discussion of the research results, it can be concluded that with:

1. The volleyball top passing training model for students of the PE Study Program of IKIP PGRI Pontianak can provide an increase in the ability to pass volleyball so that it can be applied.
2. The volleyball top passing training model for students of the PE Study Program of IKIP PGRI Pontianak can effectively and efficiently improve.

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