The Effect of Underhand Passing Practice Against a Wall on the Accuracy of Fortuna Rokan Hulu's Underhand Passes

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ABSTRACT

In this study, there are often errors when performing underhand passes made by players both during matches and training. When players pass, many of their passing abilities do not reach the feeder due to the lack of readiness of players to receive serves, attacks and deception from the opposing team, which are the main causes of attacks not running. This study is an experimental study, namely, to reveal the cause and effect using only one group of subjects, so there is no strict control over the variables namely This study attempts to reveal the effect of underhand passing training to the wall on the accuracy of volleyball underhand passing by looking at the pre-test and post-test. The population in this study were 15 players of the Fortuna Rokan Hulu volleyball club; a sample of 10 people was taken in the study using the Purposive Sampling technique. The instrument used in this study was the underhand passing skills test. The data analysis technique used was the normality test analysis with the t-test method using SPSS version 2.5. The data was processed using the t-test analysis technique with the t-test formula in the state of two samples (N-less than 30). The results based on the data analysis and discussion that have been explained previously, this study can be concluded that there is an effect of underhand passing training to the wall on the accuracy of underhand passing of the Fortuna Rokan Hulu volleyball club with the results: Pre-test average of 6.8 increased by 0.7% to 7.5% in the Post-test with the results of Tcount 3.046> Ttable 1.833), then H0 is rejected and Ha is accepted. So the results of the research and discussion in this study can be concluded that underhand passing training to the wall affects the accuracy of underhand passing of volleyball at the Fortuna Rokan Hulu club.

AUTHORS' CONTRIBUTION

A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
D. Manuscript preparation;
E. Obtaining funding

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INTRODUCTION

Sport is a physical activity that involves continuous body movement and aims to improve physical fitness and maintain health. This activity is highly sought after by many people and has become an integral part of daily life. In addition to its health benefits,

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sport can also be a means of entertainment, learning, and a platform for achievement. One sport that is growing rapidly and is widely enjoyed by the public is volleyball.

Volleyball is a team sport that falls into the category of large ball games. The game is played by two opposing teams, each consisting of six players. The ball is bounced in the air over a net, and each team is only allowed a maximum of three touches before returning the ball to the opponent's area. Wijaya (2022) states that volleyball is a team game where a player tries to score by dropping the ball in the opponent's area. Meanwhile, according to Shodiq & Sugihartono (2019:30), volleyball is a game in which one team throws the ball to the opposing team, and vice versa, with the opposing team throwing the ball over the net to the opposing team. Another opinion, expressed by Syafruddin (2011), states that volleyball is a very exciting team game and falls into the category of offensive and defensive games. Therefore, volleyball is a team sport played by both men and women.

This ball sport is one of the most popular sports in Indonesia. This sport has its own appeal among the public. Besides being a form of entertainment, volleyball also offers various benefits and has now developed into a profitable industry on a global level. In Indonesia, volleyball is popular not only among adults but also among children, and is spread throughout the archipelago. Furthermore, volleyball also plays a role in uniting the nation on the national and international stage. Over time, this sport continues to develop into a professional field, promising future careers for athletes.

To become a skilled volleyball player, mastery of all the basic techniques in volleyball is required, one of which is passing. Passing is a technique of passing the ball to a teammate, which can also function as the first step to build an attack towards the opposing team. Muhajir (2016) passing is the movement of passing the ball to a teammate as the first step to build an attack against the opposing team. Then Sejati et al. (2017) argue that in volleyball, passing is an attempt by a player to use a technique to pass the ball he is playing to a teammate to be played on his own court. Likewise, Nuril Ahmadi (2017), in the context of volleyball, passing is an attempt by a player to use a certain technique to pass the ball he is playing to a teammate to be played on his own court. Meanwhile, Oktadinata & Kholidman (2019) explain that passing is a technique of passing the ball to a teammate or to a certain area. In general, passing in volleyball is divided into two main types, namely underhand passing and overhand passing. Producing an effective pass is not easy. In addition to intensive and consistent training, a player must also understand how to counter an opponent's attack. Therefore, coaches must provide long-term training, particularly to improve each athlete's underhand passing skills. Mistakes such as improper hand position, lack of focus, or misreading the direction of the ball are often the cause of failed passes (Ismoko & Sukoco (2013).

According to Rohendi & Suwandar (2017:70), the underhand pass is a common type of pass used in volleyball, and all players must learn how to perform it, as they will rotate through all positions on the court. Olla and Dewi Septaliza (2023) showed that implementing a varied training model can improve underhand passing ability in volleyball athletes. An optimally structured training program plays a crucial role in helping athletes

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achieve their best performance. In practice, passing errors are often caused by factors such as lack of focus, tension, improper hand position, incorrect hand angle when receiving the ball, and low ball sensitivity. Therefore, passing practice is crucial for strengthening the fundamentals of team play, allowing the ball to be accurately distributed to teammates and forming effective attacks against the opponent.

The underhand pass is one of the basic techniques in volleyball. It is used to receive an opponent's serve, block a spike, and direct an incoming ball at waist level or lower. The underhand pass is also used when handling a ball bouncing off the net. This technique significantly determines the quality of the subsequent play. If the first pass is inaccurate, the player passing the ball will have difficulty delivering the ball to the spiker for an attack. Properly executing an underhand pass in volleyball requires time and consistent, ongoing practice. This is because the underhand pass is a crucial basic technique in volleyball. This technique plays a key role in maintaining the continuity of the game.

The functions of the underhand pass include receiving an opponent's serve, meeting a smash or attack, securing a blocked ball, and saving a ball that bounces far out of the playing area. In volleyball training, there are methods to improve underhand passing skills, both with the aid of equipment such as a wall and without. One common method is underhand passing, using a wall as a training platform. This exercise aims to improve the accuracy and control of underhand passes when receiving an opponent's serve or smash. By repeatedly bouncing the ball against a wall, players can improve the accuracy and stability of their underhand passing technique. This exercise is highly effective in establishing a solid foundation of passing skills in volleyball. One training method considered innovative is the use of a striped wall target, designed to help improve the accuracy of underhand and overhand passes. (Rahmadani et al., 2020)

According to Syafruddin (2004:70), the underhand pass involves fully straightening the arms and bringing them together, with one hand pressed against the other so that the thumbs are parallel. The ball should be contacted between the wrist and elbow, specifically slightly above the wrist. The ball should be passed by straightening and swinging both arms. The weight of both bodies rests on the leg in front, with both arms relatively inactive. The shoulders are slightly raised, as if pushing the ball in the desired direction. Then, the arms are swung until they are flat and the body is under the ball, with the shoulders pointing straight toward the desired ball.

The wall pass in volleyball is a basic technique exercise where a player passes (usually an underhand or overhand pass) toward a wall and receives the rebound. The main objectives of this exercise are to: a). Improve passing accuracy, b). Train arm strength and control c). Stabilize body position during passing, and d). Improve the player's reaction speed and accuracy. According to Mulyana (2007:35), the wall pass exercise is effective for improving ball control, especially for beginners and intermediate players, because it provides direct feedback (through the bounce). Furthermore, Suharno HP (2008:56) states that the benefits of the volleyball wall pass exercise include: a). Improve passing technique consistency, b). Improve body posture when passing, c). Provide repetitive practice, which is essential for mastering the technique d). Can be

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done individually without a coach or partner. Furthermore, this exercise can also be used to practice passing accuracy by targeting the wall.

Accuracy in underhand passes is crucial for volleyball players when passing the ball to teammates to build attacks against the opponent. There are several types of exercises commonly used to improve underhand passing accuracy. One effective exercise is the underhand pass using a wall, as this exercise is perfect for beginners who want to hone their underhand passing skills in volleyball. Widiastuti (2015) states that accuracy is the body's ability to control free movement toward a target. Nurhasan (2001) argues that accuracy in sports measurement is the ability of a test to accurately measure specific physical abilities such as strength, endurance, agility, or speed.

METHODS

This research used an experimental method. According to Sugiyono (2017:72), research is used to determine the effect of certain treatments on others under controlled conditions. The experiment in this study was more of a pre-experimental type, with a pre-test and post-test within a single group. This study aimed to determine cause-and-effect relationships by involving only one group of subjects, without strict control of external variables. The focus of this research was to explore the effect of underhand passing training using a wall on underhand passing accuracy in volleyball at the Fortuna Rokan Hulu Club.

The population in this study was 15 Fortuna Rokan Hulu players. Eri Barlian (2016:36) defines a population as the totality of all values within a specific characteristic of several objects whose properties are to be studied. The sample in this study consisted of 10 Fortuna Rokan Hulu Club players. Arikunto (2010) states that a sample is a portion or a representative of the population being studied. The sampling technique used was purposive sampling, a sampling method in which the researcher selects samples based on knowledge of the sample to be selected. Only those deemed appropriate for the research and meeting the research needs were selected for the sample.

The instrument used to measure the accuracy of underhand passing in this study was the underhand passing test, which utilizes the wall-passing training method. This training involved passing a volleyball against a wall. The number of sets increased every three sessions, with repetitions increasing every three sessions. Treatment was administered three times a week for 16 sessions. Data collection analysis included a t-test for normality using SPSS version 25. A homogeneity test was used. The proposed hypothesis was tested using the t-test analysis technique. The t-test formula in a two-sample situation is a small sample size (N less than 30).

RESULTS AND DISCUSSION
Result

To evaluate the effect of wall-to-wall passing training using wall media, the data were differentiated between the initial and final tests of the samples receiving the

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treatment. Based on the frequency distribution data of the pre-test results from 10 passing test players, it turns out that 3 samples (30%) have a passing test with a value range of 4.05.4, as many as 2 samples (20%) have a passing test with a value range of 5.5-6.9. A total of 3 samples (30%) obtained a passing test with a value range of 7.0-8.4. As many as 1 sample (10%) obtained a passing test with a value range of 8.5-9.9, and as many as 1 sample (10%) had a passing test with a value range of 10-11.4.
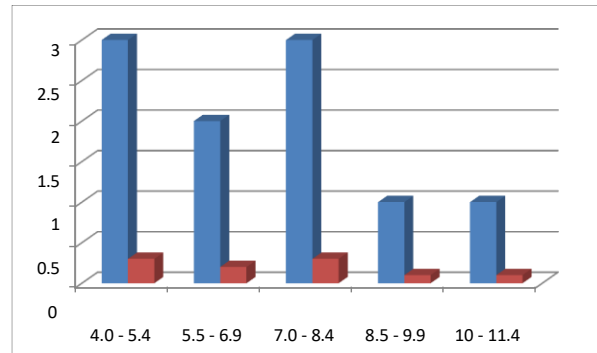

Figure 1.
Frequency distribution data of pre-test results data

Based on the frequency distribution data of the Post-test passing test results from 10 players, there are 4 samples (40%) who have a passing test with a value range of 6.0-6.9, 1 sample (10%) who have a passing test with a value range of 7.0-7.9, 3 samples (30%) who have a passing test with a value range of 8.0-8.9, 0 samples (10%) who have a passing test of 9.0-9.9, and 2 samples (20%) who have a passing test with a value range of 10.0-10.9.
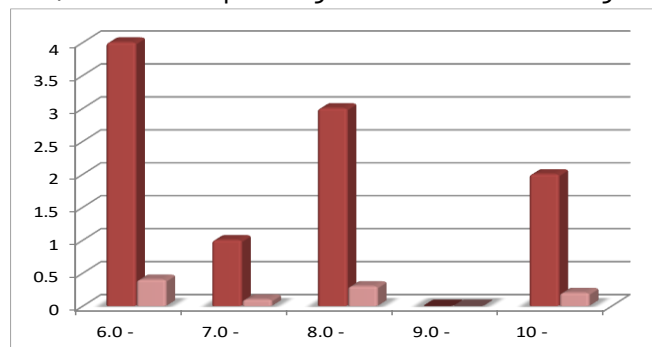

Figure 2.
Frequency distribution data of post-test results data

Based on the data obtained from the degrees of freedom (N1-1), (N2-1), and the significance level of 0.05 in the F distribution table with F-table is (3.65). Considering that F-count (0.35) is smaller than F-table (3.65), it can be concluded that the variance is homogeneous.

Table 1.
Homogeneity test results

Data Variables	Varians	N	F Count	F table	Information
Pre-test	4,4	10	1,76	4,28	Homogen
Post-test	2,5	10			

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From the results of the hypothesis testing analysis of volleyball passing exercises to the wall, with statistical calculations according to the formula used (t-test), obtained T count 3.046> T table 1.833, which means H0 is rejected and Ha is accepted. These results mean that there is an effect of underhand passing exercises to the wall on the accuracy of underhand passing of the Fortuna Rokan Hulu volleyball club.

Table 2.

Results of hypothesis testing analysis

Wall Passing Practice Method	Mean	SD	tvalue	A	ttable	Information
Pre-test	30,8	2,2	3,046	0,05	1.833	Significant
Post-test	37,6	3,70				

Discussion

Based on the results of the final test, it can be concluded that the underhand passing training program using a wall significantly improved the volleyball players' underhand passing ability. This result is evident from the comparison between the initial data (pre-test) and the post-test. In the initial data collection, the players' underhand passing ability tended to remain the same, with some even showing quite low scores. Meanwhile, in the post-test, there was a significant increase in scores. This improvement was due to the implementation of the underhand passing training program in volleyball. The proportional and targeted training provided through the wall has proven effective in training and developing players' underhand passing ability.

The improvement in players' underhand passing ability is a result of the training process provided as part of the treatment. This statement aligns with Harsono (2017), who stated that training is a systematic process of practicing or working repeatedly, with a progressively increasing training or workload. Training is a process of developing athletic abilities that encompasses theory and practice, implemented based on scientific methods and planned rules, and refers to educational principles to ensure the timely achievement of training objectives.

In addition to systematic training, the use of underhand passing exercises using a wall also contributes to improving the training results of beginner players at the Fortuna Rokan Hulu club. The ability to execute a good underhand pass is a crucial fundamental skill in volleyball. Underhand passing exercises using a wall aim to hone and improve this skill, particularly in terms of passing accuracy. The primary goal of this exercise is to improve the accuracy and consistency of the underhand passing technique of the Fortuna Rokan Hulu volleyball players.

Underhand passing exercises using a wall, which focus on placing the ball at a specific target on the wall, make it easier for players to control the ball as their teammates expect. This allows teammates to more easily receive accurate passes or even directly initiate attacks against the opposing team to score points. Volleyball, which demands precision, concentration, composure, and high focus, requires development through appropriate and targeted training methods. Underhand passing exercises using a wall serve as a foundation for various forms of play, given that almost all volleyball

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games require accurate passing as the key to successful attacks. In this context, these exercises not only serve to improve basic skills but also support coordination and teamwork in achieving game goals. Every aspect of volleyball demands high levels of accuracy and concentration in every decision-making process. This wall-based training approach aligns with the tactical learning concept, which emphasizes improving precision and accuracy in every game action. This training ultimately becomes an effective strategy for developing players' abilities to achieve optimal results in matches.

In volleyball, the primary goal of each team is to score as many points as possible to win the match. Points are scored by placing the ball in the opponent's court in a way that makes it difficult to return. One technique frequently used in this strategy is the underhand pass, either directly into an empty area on the opponent's court or as an accurate pass to a teammate about to attack. Passing is the first contact a team makes after receiving the ball from an opponent's serve or attack over the net. This technique is considered a fundamental skill in volleyball and is used frequently throughout a match. Therefore, mastering basic passing techniques is essential for every volleyball player to play effectively and contribute to the team's success.

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CONCLUSION

Based on the results of the data analysis and discussion that have been presented, it can be concluded that the underhand passing training using a wall media has a significant effect on increasing the accuracy of underhand passing in Fortuna Rokan Hulu volleyball club players. This is shown by the increase in the average value from the Pre-test results of 6.8 to 7.5 in the Post-test, or an increase of 0.7%. From the results of the statistical test, the T count value was obtained at 3.046, which was greater than the T table of 1.833, so it can be concluded that H0 is rejected and Ha is accepted.

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