

Training Model Smash Volleyball with Drill Approach

Amansyah ⁽¹⁾

Physical education
Jakarta State University
Jakarta, Indonesia

[Amansyah por16s3@mahasiswa.unj.ac.id](mailto:por16s3@mahasiswa.unj.ac.id)

Samsudin ⁽²⁾

Physical education
Jakarta State University
Jakarta, Indonesia

Moch. Asmawi ⁽³⁾

Physical education
Jakarta State University
Jakarta, Indonesia

Abstract— In general, the result of development research is to produce a new product that will be used to train and facilitate the trainer or faculty to achieve the expected training results. The final goal of this development study is to produce a model of Smash volleyball that can provide benefits to coaches as well as educators or trainers to convey the form of training Smash volleyball skills and help To understand and achieve the expected training results in Smash volleyball exercises. In this study the concept of model developed is the form of models of exercises Smash volleyball for student athletes, as for the approach used with the drill approach. Research and development in this exercise using the development model of Research & Development (R & D) from Borg and Gall. The research results for the exercise model validation provided by volleyball specialists provided a 94% response rating, that the development of the volleyball Smes exercise Model with Drill approach deserves use because of the fully presented material and Clear material explanation. The evaluations provided by learned experts provided a 96% response rating, that the development of the volleyball Smes training Model with the Drill approach was worthy of use as it meets the standards used.

Keywords: *training model smash*

I. INTRODUCTION

The efforts of the construction of volleyball for the students and students were carried out in order to assist the Government in preparing prospective volleyball athletes in Indonesia to excel in the coming year. To obtain such results the construction is also expected to apply science and technology, research results and theories about exercise. In order to apply the above, a trainer must seek to obtain data on the influential and dominant factors in achieving the skill of playing volley ball. An understanding of this is useful in the selection of training methods as the basis for implementing training in the field. Knowledge can also be used as a basis for developing a training program, especially what aspects can support certain techniques. One of the sport games that have

been cooking in Indonesia is a game of volleyball, besides can be used as an achievement sport, also can be a recreational sports. In almost every sporting party, from the level of sports parties, to schools, to regional, national, and even international levels, volleyball games included.

Volleyball as one of the sport-favored branches of the community needs to play a role in the construction of the sport as optimally as possible. Volleyball game conducted by the all-Indonesia Volleyball Association (PBVSI) is a very complex activity. More–more related to the community's demands on the performance of volleyball will add to the coaching burden. Smash is one of those techniques in volleyball games that are very important and must be mastered by volleyball players. This is because Smash is a technique of hitting the ball that is used to attack and has a huge chance to get the numbers. So if you want to have a good volleyball team then a trainer should try to improve the skills of volleyball Smash. Efforts to improve the Smash skills through a very effective exercise model by observing various factors that affect the volleyball Smash. The problems that often occur in training are especially Smash that there is still a lack of knowledge about the factors that are influential in volleyball Smash. Knowledge of these factors will help the trainer to determine the model of training that is set in the program that will greatly help the achievement of the Smash results.

Smash expected in volleyball games is a Smash that is quite effective in the effort to turn off the opponent's squad with the fall of the ball to the opponent area and can not be taken, so as to add value. Smash is done with the effective blow on the net and lead to the field of target that is difficult to reach the opponent squad. The coming of a hard ball will make an opponent's player need high skills such as high concentration, high reflec motion, good body dropping ability as well as the level of feeling towards the touch to be given The ball. Implementation of the model of volleyball exercises

that took place in the volleyball club Unimed who joined in the student Activity Unit Unimed Sports has conducted exercises with several models, but there are some disadvantages of model implementation Long practice, so it needs to be done model development in an effort to improve athletes skills in improving volleyball Smash skills

II. METHODS

In general, the result of development research is to produce new products that will be used to train and facilitate the trainer or faculty to achieve the expected training results. This research specifically has the purpose of:

- Developing a model Smash volleyball with drill approach to students in Medan State University.
- Obtaining empirical data on the effectiveness of Smash volleyball models with drill approaches and increased skills Smash volleyball athletes in Medan State University students

The final goal of this development study is to produce a model of Smash volleyball that can provide benefits to coaches as well as educators or coaches to convey the form of exercise skills Smash volleyball and help To be able to understand and achieve the results of the exercises expected in the Exercise Smash Volleyball. In this research model concept developed is a form of models of exercises Smash volleyball for student athletes, as for the approach used with drill approach.

Planning and drafting are made in order to provide clear guidance and guidance in the implementation of the future research in training, planning and drafting the training model is a factor that determines the success of a program. Therefore, the development of a volleyball Smash training model that will be compiled and developed in the form of modifications and creativity in the forms of training Smash volleyball for students. Facilities and infrastructures used in the development of this model of the training in the form of cone, circle, bench, elastic rope, ball, goal, net, ball.

The end result of this development research is the model of Smash Bolavoli exercise in the form of training design complete with product specifications as well as test the effectiveness of the training model made, so as to improve the skills Smash volleyball For student athletes and can also be used as a handle in training.

The first step in the study was to conduct preliminary research by conducting an analysis of the needs of development and initial observation about the Smash exercise of volleyball for student athletes, in Observe the process of training Smash volleyball for the athlete of the University of Medan volleyball. The development of this Smash volleyball training model is expected to increase volleyball Smash for the student athletes

III. DISCUSSION

The result of a model study of volleyball Smash exercises with this drill approach outlined based on each stage in the development research that can be explained below.

Analysis of needs is done, where the analysis is done to know how much needs a model Smash volleyball with drill approach that will be made later.

A. Model Development

In this research the researchers conducted a training model Smash volleyball with drill approach, where the researchers started to draft the initial exercise model Smash.

1) Initial training movement in Smash volley ball.

There are 10 prefix exercises. Players don't have to learn everything in sequence, nor do they need to learn all the time. Depending on the level of basic motion and motion skills, they work on several motion exercises at a time, then add another movement in line with the progress or progression they have mastered.



Fig. 1. Drill Initial Exercises 1

Step forward and backward without jumping

- Athletes divided into 2 groups depending on their needs
- Athletes stand on the back of the field
- Each group performs a step forward and swinging hands without Melompa t
- Then back backward backwards like a re-attitude
- Every athlete should be able to maintain his/her position (balance)
- This activity will be alternated with the time adjusted
- Perform this exercise repeatedly while improving the hand pull prefix technique and when stepping forward properly



Fig. 2 Drill Prefix Exercises 2

Step forward a full field without jumping

- Athletes divided into 2 groups depending on their needs
- Athletes stand on the back of the field
- Each group performs a step ahead and swinging hands without jumping
- This exercise is done until a full field
- Each athlete should be able to maintain his or her position (balance)
- This activity will be alternated with the time adjusted n
- Perform these exercises over and over while improving the hand pull prefix technique and when stepping forward with the r

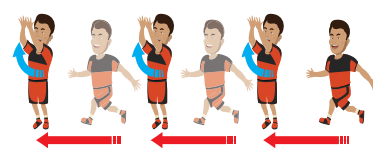


Fig. 3. Drill Initial Exercises 3

Step forward and retreat by jumping

- Athletes divided into 2 groups depending on their needs
- The athlete stands behind the n
- Each group performs a step ahead and swinging hands by jumping
- Then back backwards backward like a semul attitude a
- Every athlete should be able to maintain his/her position (balance) This activity will be alternately done with a adjusted time.



Fig. 4 Drill Initial Exercises 4

Stepping forward one field full of jumps

- Athletes divided into 2 groups depending on their needs
- Athletes stand on the back of the field
- Each group performs a step ahead and swinging hands by jumping
- This exercise is done until a full field
- Every athlete should be able to maintain his/her position (balance)
- This activity will be alternated with the time adjusted
- This exercise is carried out alternately
- Every athlete should be able to maintain his/her position (balance)

B. Prototype Trial

1) Volleyball expert

In the test I was given to a volleyball expert/trainer as an expert in the field of volleyball. This test is provided for volleyball specialists in order to provide corrections and inputs and to obtain the initial draft scoring data whether feasible or not.

Aspek	Average	Criteria	Description
Aspects of content eligibility	82%	Good	Worth using
Aspects of Presentability	74%	Are	Worth using
Contextual Assessment	71%	Are	Worth using

2) Learning experts

Next, test the initial draft of the teaching/lecturer expert. Learning experts assess the contents of a volleyball Smash

training model with a drill approach, the test is given for learning experts to provide the correction and input and to obtain the initial draft assessment data of the Smash volleyball training model with a drill approach whether feasible or not. Here is a summary of the revisions given by the media experts

Aspek	Average	Criteria	Description
Aspect treatment	72%	Are	Worth using
Aspects of movement	70%	Are	Worth using

IV. CONCLUSIONS

Based on data collected by researchers and the results of the discussion of the research, it can be concluded that:

- Volleyball Smash Training Model with drill approach, students can learn effectively and efficiently
- A volleyball Smash training Model with a drill approach is worthy of use for material Smash
- A volleyball Smash training Model with drill approaches that researchers have developed, students can be more motivated and active in following the training process Smash

In this section, researchers provide advice related to the model of volleyball Smash exercises with the drill approach developed. The suggestions that researchers provide relate to usage advice, further development and production of thel

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