



# The Learning Model of Volleyball Training for Physical Education Teacher in Elementary School in the Jetis District

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**Abstract.** The learning model of volleyball training for elementary school children is carried out in order to fulfill the request of one of the UNY programs *Kuliah Kerja Nyata (KKN)* in 2019. The KKN program is held on October 6, 2019. The participants are the Elementary School (SD) and *Madrasah Ibtidaiyah (MI)* physical education teachers in the Jetis District. There are 28 participants in the Bantul Regency. The training use discussion, question and answer methods, and practice in the field. The material that is presented about the elementary school volleyball learning with a scientific approach, elementary school children's movement learning concept, and volleyball learning model for elementary school children. The results shows that the participants in the training felt that they had gained a very meaningful understanding, especially in terms of how to teach volleyball games using the volleyball learning model for the elementary school children that is designed by Suhadi. It is hoped that after attending the training, the elementary school physical education teachers can implement it in their respective schools.

**Keywords:** The learning model of volleyball · KKN · Elementary Physical Education Teachers

## 1 Introduction

Physical education serves as a vital component in the overall education process. Education plays a very important role in shaping Indonesian people. Physical education is a subject in the elementary school. One of the materials in the physical education subjects in elementary school that must be given is volleyball.

The Volleyball game in the Special Region of Yogyakarta (DIY) is one of the sports that is quite popular in the community. The DIY volleyball achievements at the national level do not disappoint. This can be proven from the results of interviews with the chairman of the Provincial Management (Pengprov) of the all Indonesian Volleyball Association (PBVSI) DIY in the last 4 years. There are 3 male national athletes and 2 female national athletes from DIY. One of the potential areas that support the development of volleyball in DIY is Bantul Regency. This can be seen by the 2018 Indonesian Junior National Team, 3 of their male athletes are from Bantul, and the core team of

the Indonesian Junior National Team. In addition, there are several well-known volleyball clubs such as Baja 78, Rajawali, etc. in Bantul Regency which have the right to participate in regional and national volleyball championships.

The volleyball club in Bantul that stands out is Baja 78 which domicile is in the district of Jetis, Bantul Regency. The Jetis sub-district has 23 elementary schools, 28 physical education teachers, and 12 volleyball coaches who handle athletes. Based on observations is made by Yogyakarta State University (UNY), students who are doing *Kuliah Kerja Nyata* (KKN) and interviews with several elementary school teachers in Jetis District, it turns out that volleyball games, which are part of physical education learning materials in elementary schools, are almost not taught to 5th graders and 6th graders. If there is learning, it has not been able to adjust the characteristics of elementary school students.

Based on the analysis of the situation above, UNY students who are taking KKN in Jetis District held a training program for the volleyball game learning model for elementary school physical education teachers and beginner trainers in Jetis District, Bantul Regency. Through this training, teachers are expected to have the ability to teach volleyball well. In addition, this model can also be used as an effort in the coaching and development program for volleyball games in the Jetis District, Bantul Regency.

## **2 Identification of the Problem**

Based on the analysis described above, the following problems can be identified;

- a. How to provide knowledge and understanding to physical education teachers in elementary schools throughout Jetis District, Bantul about the volleyball learning model for elementary school children?
- b. How to improve the teacher's ability to apply the volleyball learning model for elementary school children?
- c. How to improve elementary school children's volleyball playing skills after getting volleyball lessons?

## **3 The Formulation of Language Problem**

How to improve the knowledge and skills of physical education teachers in learning volleyball for elementary school children in Jetis District, Bantul Regency?

## **4 Site and Respondent**

This training program is aimed at 8 elementary school physical education teachers in Jetis District, Bantul Regency.

## 5 Research and Methodology

This volleyball training method uses a lecture, discussion, demonstration, and drill approach. The ability and skills of teaching volleyball improves the volleyball training through simulation exercises with fellow trainees such as micro teaching. Raiola, G. (2014) said that volleyball have the cognitive approach and it is traditionally imparted by the coach. In addition, Padillah, A., Yudiana, Y., & Juliantine, T. (2018) asserted that the type of learning model and peer teaching learning model affect volleyball game performance. To improve playing volleyball outside of school hours, teachers provide opportunities for elementary school children to participate in volleyball training activities at the club, or children are encouraged to invite their friends to play around their home to play volleyball according to the pattern that is given by school.

## 6 Result

The training was carried out on October 6, 2019. The training was carried out during 1 day, starting at 08.00 a.m until 5.00 p.m. As the target audience, there are 28 physical education teachers from Elementary School in the Jetis District, Bantul Regency.

The training material is in the form of theory and practice of physical education learning, especially in learning the volleyball games for elementary school. The materials in the training include; the concept of learning motion, the volleyball learning model for elementary school children, and practice of volleyball learning model for elementary school children.

In general, the training process are in a very pleasant atmosphere. Samsudin, S., Setiawan, I., Taufik, M. S., & Solahuddin, S. (2021) suggest that teaching elementary school student volleyball through a game-centered method is efficient and beneficial. This can be seen that the participants have high motivation, enthusiasm, and it is very satisfying. During the training, the participants feel that they had gained something new and feel that there is something different from what had been done in the volleyball learning process at their school. After receiving the training, the participants are expected to be able to apply the volleyball learning model for elementary school children in their respective schools.

Innovation in the field of physical education learning technology so far is still lacking. Physical education learning technology in the form of a physical education learning model must constantly be developed so that physical education learning outcomes are obtained as expected, namely those following educational goals. Creating a suitable physical education learning model is an effort that must always be done so that the learning objectives of physical education can be achieved effectively and efficiently. So far, the physical education model for elementary school (SD) children that lead to a particular sport, especially volleyball, is still rarely done and has never existed.

Based on the above facts, a volleyball game learning model for elementary school children will be offered in training opportunities to improve physical education learning for elementary school teachers, especially in volleyball games.

Suhadi Volleyball Learning Model Package for Elementary School Children.

### 1. Package I.

#### The Material:

- a. A skill that leads to a down service with a one-handed throw from the bottom.
- b. Skills that lead to a down pass with a two-handed throw from the bottom.
- c. Skills that lead to an overhead pass with a two-handed throw from above.

Purpose	: to give a score
Time	: 50 min × 4 meetings
Number of Students	: 26 students
Tools and Facilities	:

Court size 12 × 6 m, with two court equipment, small volleyball (modified) 6 pieces.

#### Teaching and Learning Activities:

##### A. Exercise A (10 min)

Warming up in the form of games, followed by gymnastics.

##### B. Core Workout (35 min)

1. Scoring with skills that lead to a service with a one-handed throw from below and defending against a service attack and attacking by receiving a service with a skill that leads to a down pass, namely by catching the ball that comes with two hands from the bottom then make a throw with two hands from the bottom towards his friend or towards the opponent.

### 2. Package II.

#### The Material:

1. A skill that leads to a down service with a one-handed throw from the bottom.
2. Skills that lead to a down pass with a two-handed throw from the bottom.
3. Skills that lead to an overhead pass with a two-handed throw from above.

Purpose	: to give a score
Time	: 50 min × 4 meetings
Total of Students	: 26 students
Tools and Facilities	:

Court size 12 × 6 meters, with two court equipment, small volleyball (modified) 6 pieces.

#### Teaching and Learning Activities:

## A. Exercise A (10 min)

Warming up in the form of games, followed by gymnastics.

## B. B Core Workout (35 min)

1. Scoring with a one-handed serve from the bottom and defending and attacking with skills that lead to underpass or skills that lead to overpassing, towards friends or towards opponents (playing the ball at most three times in each team). It's 15 minutes.

Note: those who have not been able to serve under one hand are allowed to throw the ball with one hand from below.

## 3. Package III.

The Material:

1. A skill that leads to a down service with a one-handed throw from the bottom.
2. Skills that lead to a down pass with a two-handed throw from the bottom.
3. Skills that lead to an overhead pass with a two-handed throw from above.

Purpose	: To give a score
Time	: 50 min × 4 meetings
Total of Students	: 26 students
Tool and Facilities	:

Court size 12 × 6 meters, with two court equipment, small volleyball (modified) 6 pieces.

Teaching and Learning Activities:

## A. Exercise A (10 minutes)

Warming up in the form of games, followed by gymnastics.

## B. B Core Workout (35 minutes)

Scores with a one-handed serve from the bottom and defend against serving attacks by passing down or passing over, then attacks with skills that lead to smashes, namely by catching the ball and jumping near the net and throwing the ball with one hand towards the field opponent. For an opponent who gets a skill attack that leads to the smash, it can be done to do a dam by jumping near the net and sticking his hands up to do a dam against the attack. It's 35 minutes.

## 4. Paackage IV.

The Material:

1. A skill that leads to a down service with a one-handed throw from the bottom.
2. Skills that lead to a down pass with a two-handed throw from the bottom.
3. Skills that lead to an overhead pass with a two-handed throw from above.

Purpose	: to give a score
Time	: 50 min × 4 meetings
Total of Students	: 26 students
Tool and Facilities	:

Court size 12 × 6 meters, with two court equipment, small volleyball (modified) 6 pieces.

Teaching and Learning Activities:

A. Exercise A (10 min).

Warming up in the form of games, followed by gymnastics.

B. B Core Workout (35 min).

Scores with a one-handed serve from the bottom and defends against a service attack with a down pass and an up pass, then jumps with a two-step prefix and catches the ball that is passed from his friend by bouncing it up with two hands from above near the net. Then jump again for the smasher and throw the ball with one hand toward the opponent's court. For opponents who get a skill attack that leads to the smash, they can defend themselves by jumping near the net and sticking their hands up to block the opponent's smash.

## 7 Discussion

There are six types of basic skill in learning volleyball. Risma, S. A., Dlis, F., & Sam-sudin, S. (2020) said that the 6 types of basic volleyball namely passing down, passing up, service down, service up, volleyball block, and smash. The results of the training showed that the participants felt that they got something new and followed with high enthusiasm. Sgrò, F., Coppola, R., Tortella, P., & Lipoma, M. (2020) said that to improve tactical decision-making, it is crucial to adopt a student-centered approach and actively include students in developing their evaluative skills. In addition, D'Elia, F., Sgrò, F., & D'Isanto, T. (2020) said that in order to play sportively, requests for self-perception might be addressed to practitioners (athletes and students) regarding the precise connections between the necessity of the rule. This is possible because the lack of knowledge and understanding of physical education teachers in learning volleyball for elementary school children. The volleyball learning model for elementary school children developed by Suhadi could empirically improve volleyball playing skills for elementary school children and increase their affective aspects in this case interest in volleyball game. Moreover, it is suggested by Zetou, E., Tzetzis, G., Vernadakis, N., & Kioumourtzoglou, E. (2002) that modeling combined with instructional cues appeared to enhance children's learning of two volleyball skills (set and serve). Therefore, it needs to be socialized to physical education teachers through the process of upgrading and training in the implementation of the volleyball learning process for elementary school children. To improve children's skills and interest in the game of volleyball, the teachers after receiving a scientific briefing about the volleyball learning model immediately applied it in every physical education learning process with volleyball game material.

Physical education teachers in elementary schools are expected to provide opportunities for elementary school children who have an interest and talent in volleyball to improve their skills.

## 8 Conclusion

Based on the results of the activities and discussions, it can be concluded that efforts to improve the knowledge and skills of physical education teachers in volleyball learning are by following developments in science, especially in the field of volleyball. One of the alternatives is to improve physical education learning in elementary schools, especially volleyball game material applies the volleyball learning model for elementary school children that has been designed by Suhadi.

**Acknowledgments.** In the name of Allah S.W.T, The Most Gracious and the Most Merciful. All praises to Allah for his blessings to complete this journal. I would like to express my greatest gratitude to all people who have a constant support. Hopefully, this journal would give positive contribution for me as the writer and the readers, as well.

**Authors' Contribution.** This paper will help with the design and implementation of the research, the analysis of the results, and the writing of the manuscript.

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