



Development of a Smash Training Model in Volleyball Games for Extracurricular Participants at SMA Negeri 3 Seluma

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Septian Raibowo*, Annisa Pramadinata, Yarmani, Andes Permadi

Abstract:

This study aims to develop a smash training model for extracurricular volleyball game participants at SMA Negeri 3 Seluma. This research uses a Research and Development (R&D) approach using the ADDIE development model (Analysis, Design, Development, Implementation, Evaluation). The method used is descriptive qualitative. The study population consisted of volleyball extracurricular participants. The sampling technique used in this study was total sampling. Research instruments include observation, interviews, questionnaires, and documentation. Based on the validation results from material experts, linguists, and media experts, the following percentages were obtained: Material experts 92%, linguists 90%, and media experts 90%. The results of the small group trial involving 10 students showed an average percentage of 84%, while the large group trial with 20 students resulted in an average percentage of 91%. According to the results of this study, it can be concluded that the Smash Training Model for Volleyball Extracurricular Participants at SMA Negeri 3 Seluma is "Highly Suitable" to be used as the latest training model in volleyball extracurricular activities at SMA Negeri 3 Seluma.

Keywords: Smash, Training Model, Volleyball.

1. INTRODUCTION

According to (Karisman & Supriadi, 2022) In the team sport of volleyball, two teams of six players each compete on an 18-by-9-meter playing surface. As long as the ball bounces flawlessly in accordance with the rules, the players' objective is to drop it over the net with the waist up on the opponent's pitch as fast as they can. Because improper movements will lead to incorrect movements and cause the game to not function properly, volleyball necessitates a proper and suitable training model in order to develop a perfect game. According to (Faizal Dwi Hermawan & Agus, 2016) that fundamental volleyball skills are crucial; the game cannot be played flawlessly without the ability to master these skills..

Playing volleyball requires certain techniques, so players cannot hit the ball at will (Nurfalah et al., 2019). There are at least four basic techniques that

players must master, namely Serving, Passing, Smashing, and Blocking (Fahrizqi et al., 2021). Smashing is a technique used to attack. Often, smashing is considered to determine the quality of a team's attack ap . Therefore, this technique really requires a sharp killing instinct. Not only that, this technique requires concentration, accuracy, and strength. If you want to do a smash, the things you need to pay attention to are running, jumping hard, hitting the ball, and don't forget to land well.

Extracurricular activities are activities outside of intracurricular hours, the purpose of holding extracurricular activities is as a forum to channel students' talents and interests according to their favorite fields (Ramadhan & Parlindungan, 2024). Because the time allotted to carry out extracurricular activities is held outside of school hours, they are conducted without interfering with academic learning activities. Essentially, extracurricular sports activities are a way for the school to make use of students' athletic abilities so they can accomplish goals that reflect well on the school (Hidayat & Hambali, 2019). One of the sports extracurricular activities that is of interest to students at the high school level or commonly abbreviated as SMA is volleyball. This sport gets attention from students at school because it has competitive game elements, is easy to play, is fun, can be done indoors or outdoors, and is easy to implement (Subagio et al., 2022). The

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implementation of extracurricular activities is carried out after the academic learning process during school hours has been completed so that it will not interfere with the learning process .

The training model developed by (Dewi et al., 2023), possesses a number of benefits, including a targeted training model and a description of how to execute the model so that gamers may comprehend it and it gets more engaging and straightforward. In addition to these advantages, this training model also has disadvantages, namely the training model that is commonly used and monotonous. (Nurfalah et al., 2019), Additionally, a smash training model was created, which offers a number of benefits. One of these benefits is that it stresses a model that is simpler, more engaging, enjoyable, and quick to comprehend. In addition to these advantages, this training model also has disadvantages, namely the training model is not described in detail, and there is no explanation of the steps of the training model to be developed, and this study has less media in implementing the smash training model (Saputra et al., 2022).

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In the volleyball extracurricular activities at SMA Negeri 3 Seluma, there are still shortcomings that must be fixed by a coach. The shortcomings are the training models provided. The volleyball extracurricular coach at SMA Negeri 3 Seluma still finds it difficult to provide combined training models, this is due to the lack of knowledge of the coach regarding the volleyball training model where the coach is still the only source of information. In addition, complaints from students who are bored and fed up with training models that are not interesting or do not change make students less interested so that

the extracurricular activity process is less effective (Ali & Tufail, 2023).

As a result, it is essential to create a training model for volleyball as part of extracurricular activities. This training model will eventually give kids a fantastic chance to discover their athletic abilities. Utilizing the most recent training model can help students avoid boredom during practice, and it also adds variety to the student training process. The development of a smash training model in extracurricular volleyball games has been widely carried out by previous researchers. However, research on the development of a smash training model in extracurricular volleyball games at SMA Negeri 3 Seluma has not been widely carried out. This description is the basis for the importance of this research being carried out.

2. MATERIAL AND METHOD

This type of research is a type of Research and Development (R&D) research. According to, development is a research method used to produce a particular product (Waruwu, 2024), and test the effectiveness of the product. Using the ADDIE Research Model, which is a development model consisting of five stages consisting of analysis, design, development, implementation, and evaluation. In this study, the product produced is a smash training model which will then be validated by material experts, language experts, and media experts (Sugiyono, 2019). The form of the questionnaire for each expert is different to collect data on evaluation in the form of input, comments, criticisms and suggestions from experts.

This research was conducted on April 2024 at State Senior High School 3 Seluma. The population used was the volleyball extracurricular participants at State Senior High School 3 Seluma totaling 30 students. This study uses a total sampling technique where total sampling is a sampling technique where the number of samples is the same as the population. The sample of this study was the volleyball extracurricular participants at State Senior High School 3 Seluma totaling 30 students.

The data analysis technique in this study uses qualitative descriptive analysis in the form of input, expert criticism and quantitative descriptive analysis analyzing data obtained from the results of distributing small group trial questionnaires and large group trials using a Likert scale in the form of a percentage (Seixas et al., 2018). In this small group trial stage, the researcher involved 10 students. After



the small group stage was completed, the next large group trial the researcher involved 20 students

3. RESULT AND DISCUSSION

The results of the assessment of the feasibility of the volleyball smash training model were validated by 3 experts, namely material experts, language experts, and media experts. The results of the expert validation are as follows:

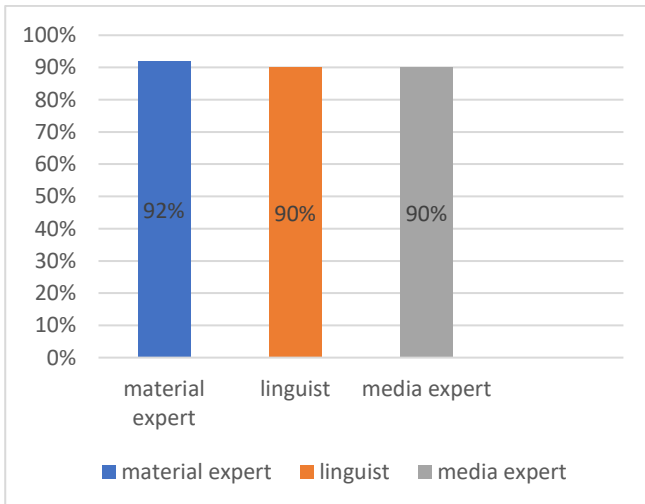


Figure 1. Expert Validation Results Graph

The validation of material experts obtained a score of 92% with the category of "very feasible". The validation of language experts obtained a score of 90% with the category of "very feasible". The validation of media experts obtained a score of 90% with the category of "very feasible".

The results of the group trial are as follows:

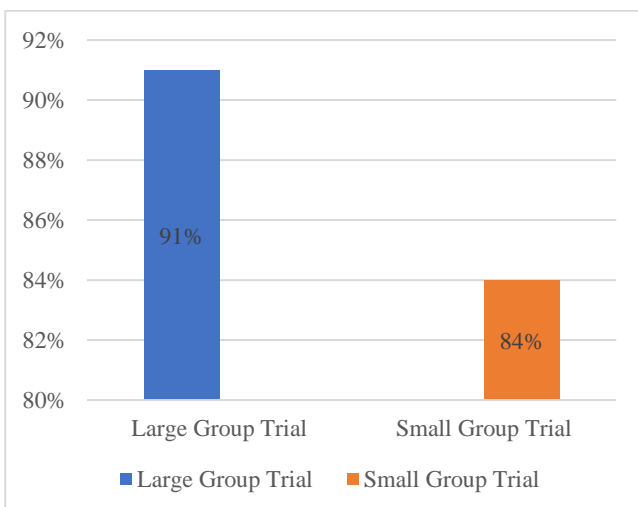


Figure 2. Group Trial Results Graph

The output of this research is a video of the development of a smash training model in volleyball through YouTube and TikTok barcode scanning:



Figure 3. Barcode Video of Volleyball Smash Practice Model

4. CONCLUSION

The item created The results of the study demonstrated that the smash training model was effective and practical for use as a training model in the volleyball game played by extracurricular players. This is demonstrated by the results of the expert feasibility questionnaire and student responses, which indicated that the smash training model in the created volleyball game was engaging, simple to comprehend, and boosted student motivation to be enthusiastic about reaching goals.. The product of the development of the smash training model in the volleyball game which is packaged in the form of a video is uploaded to the YouTube and TikTok applications so that it can be used by Anbinpas officers anytime and anywhere.

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AUTHOR INFORMATION

Authors

Septian Raibowo, Universitas Bengkulu, Indonesia
<https://orcid.org/0000-0001-9588-2752>
 Email: Septianraibowo@unib.ac.id

Annisa Pramadinata, Universitas Bengkulu, Indonesia
<https://orcid.org/0009-0002-3376-2821>
 Email: annisaprmndnt09@gmail.com

Yarmani, Universitas Bengkulu, Indonesia
<https://orcid.org/0000-0002-5046-2938>
 Email: yarmani@unib.ac.id

Andes Permadi, Universitas Bengkulu, Indonesia
<https://orcid.org/0000-0001-7943-8985>
 Email: andespermadi@unib.ac.id

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