

# Evaluation of Volleyball Playing Skills at Pambers VC Club, Indonesia

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**Abstract.** The basic techniques of volleyball include service, passing, smash, and block. All basic techniques in the volleyball game will undoubtedly be very influential and play an essential role in achieving optimal results. The skill technique in this volleyball game is how to perform and execute the game to achieve goals effectively and efficiently. This study aimed to evaluate volleyball playing skills at the Pambers VC Club. This study used a quantitative approach with a descriptive type. The sampling technique used a total sampling of 12 athletes. Data collection techniques in this study are 1) bottom pass, 2) top pass, 3) bottom serve, 4) top serve, 5) Smash. The results of the data analysis can be concluded as follows: 1) The lower passing with an average value of 39 is in the excellent category with a total percentage value of 58.33%; 2) The upper pass with an average value of 48.66 is in the outstanding category with the number of percentage values amounting to 75%; 3) The lower service with an average value of 27.5 is in the particular category with the number of percentage values amounting to 100%; 4) Top serve with an average score of 27.16 is in the particular category with a total percentage value of 66.66%; 5) Smash with an average value of 22 is in the excellent category with a total percentage value of 58.33%. It can be concluded that volleyball playing skills at the Pambers VC Club are in the Special category.

**Keywords:** Erosion; Sedimentation; MUSLE Method; SDR; Pengga Dam.

## INTRODUCTION

Volleyball is a sport that exerts high physical skills because the movements are very complex, so demanding the work of various systems related to the physical will be heavier. The component of physical condition that a volleyball athlete needs to prepare for is endurance; this endurance is required to provide skills in carrying out relatively long activities without feeling excessively tired. In volleyball, this endurance is necessary to maintain the physical condition of the body and to be able to carry out volleyball games that are not limited by time. This strength is a physical component that is indispensable for us to work (move) or exercise either for a long time or in a short time, and also, with this muscle strength, we can do a series of movements in the face of little or heavy loads. Power in volleyball is needed to perform robust and fast movements, such as jumping movements when smashing, spiking, and blocking. Agility can be defined as a

person's skill to change direction quickly and without losing balance. In volleyball, agility is needed to make movements that allow it to change the direction of movement; for example, in defence, trying to anticipate attacks from opponents, athletes need to chase the ball by changing direction. Or in a variety of individual attacks, such as attacks with L-shaped steps or attacks with circular steps that require players to be able to make movements by changing the direction of movement. Stamina is a higher degree of endurance. His aerobic skills are automatically higher than his aerobic skills in endurance, and he has even changed to anaerobic skills.

Looking at the above statement, those endurance skills can be upgraded to higher levels. These higher endurance skills can be trained by upgrading from aerobic work skills to anaerobic work, for example, increasing the intensity, accelerating the travel time, extending the distance, and shortening the interval. Remember also to

increase the strength of the muscles that support the work.

Volleyball games have specific moves or basic techniques, including serve, passing, smash, and block. Players must master these particular movements because they are the basis for playing volleyball. In addition to specific motion skills, there are several variations of motion skills in volleyball. Variations in motion skills in the volleyball game include top serve and bottom serve, upper and lower passing, and smash.

The author [1] said that volleyball is a complex game that is challenging for everyone. Knowledge of basic techniques and advanced techniques is required to be able to play volleyball effectively. These techniques include service, passing, smash, and so on. Perfect use of basic techniques can be achieved by regularly practising good and correct forms of exercise. For the ability to play volleyball to be improved, this technique is closely related to the ability to move, physical condition, tactics, and mental. Basic volleyball techniques must be thoroughly learned first to develop the quality of volleyball game performance. Mastery of the primary methods of the game of volleyball is one of the elements that determine the victory or defeat of a team in a match, in addition to elements of physical, mental and tactical conditions.

The basic skill level is a consistent degree of success in achieving a goal effectively and efficiently [2]. A person must possess the basic skill level to perform sports activities, especially in volleyball. A person who can play volleyball well must have the ability or skill to play volleyball and fundamental skills. The basic skill level of playing volleyball is the basis that a person must possess to be able to play volleyball well. This is because the basic technique of playing volleyball is a significant factor; mastery of basic techniques is one of the elements that determine the victory or defeat of a team in a match, in addition to physical, mental and tactical elements. The better the basic skill level, the greater the chance of winning the game. Conversely, if the basic skill level is not good, then it is more challenging to win the game.

## METHOD

This study uses a quantitative approach. Because the data collected is based on information and information provided by respondents, the data obtained will be analysed by researchers based

on units of numbers. This type of research is descriptive research that measures the skills possessed by individuals. According to [3], the quantitative approach uses positivism to examine specific populations or samples, random sampling by collecting data using instruments, and statistical data analysis.

Population is the entire object to be studied; this is the opinion expressed by [4]. The population is a generalised area of objects/subjects with specific quantities and characteristics determined by researchers to be studied and then concluded. The sample represents the smallest part of the population or is representative of the population. The sampling technique in this study is Total Sampling. Total sampling is a technique that takes from the total population that will be the research sample. The sample of this study will be all 12 athletes from the Pambers VC Volleyball Club.

The tests used in this study are five volleyball playing skills tests, tests that will be carried out in this study include: 1) bottom passing, 2) top passing, 3) bottom serves, 4) top serve, and 5) smash [5].

## RESULTS AND DISCUSSION

The research data obtained from the tests conducted on Pambers VC Club volleyball athletes is quantitative. According to [6], quantitative data is a research method based on positivistic (concrete data) research data in the form of numbers to be measured using statistics as a calculation test tool related to the problem studied to produce a conclusion. Then, the data is tabulated into a table. All data is listed in the table below.

Based on the percentage table, it can be explained that the highest score achieved by seven people is in the excellent category, with a percentage of 58.33%, then in the superb category, completed by four people with a large percentage of 33.33%, and in the particular category, achieved by one person with a rate of 8.33%.

It can be explained that the highest category is in the outstanding category with a total percentage of 75% and achieved by nine people, then in the excellent category, completed by two people with a rate of 16.66%, and for the particular category achieved by one person with a large percentage of 8.33%.

Table 1 – Recapitulation of Raw Data on Volleyball Playing Skills at Pambers VC Club

No	NAME	Bottom Passing	Top Passing	Lower Service	Top Service	Smash Test
1	M. Zulfikri	48	52	30	29	21
2	Tirta ARiga H	35	48	26	25	20
3	Reza Dermawan	38	45	27	27	22
4	Novri Armanto	45	49	25	25	24
5	Munandar	46	55	25	28	20
6	Aslan Bari	32	48	33	29	19
7	MAulid	35	45	30	30	25
8	Jawali	40	39	27	18	27
9	Sudarmi	44	40	25	15	18
10	Kanda Pramudya	37	50	30	28	21
11	Primas Amanda	32	58	25	25	22
12	M. Ansar	36	55	27	27	25
Sum		468	548	330	326	264
Average		39	48,66	27,5	27,16	22

The table shows that the highest value is in the particular category, with a total percentage of 100%.

The table shows that the highest value is in the excellent category, achieved by eight people with a total percentage of 66.66%. Then, the superb category was completed by four people, with a large percentage of 33.33%.

For the last skill test on Smash, the highest score was in the excellent category, achieved by seven people with a total percentage of 58.33%. Five people achieved the excellent category with a large percentage of 41.66%.

Based on the results of research and data analysis as seen in the following average values and percentages:

- 1) Passing down with an average score of 39 is in a suitable category with a total percentage value of 58.33%.
- 2) Passing up with an average value of 48.66 is in the outstanding category with a total percentage value of 75%.
- 3) The lower serve, with an average score of 27.5, is in the excellent category with a total percentage value of 100%.
- 4) The upper serve, with an average value of 27.16, is in the excellent category, with a total percentage value of 66.66%.
- 5) Smash, with an average score of 22, is in the excellent category with a total percentage value of 58.33%.

Evaluation is an activity that compares the results of implementation with predetermined criteria and standards to see the success of a particular activity or programme. According to [7], evaluation is an assessment of data collected through assessment activities. The research titled "Evaluation of Volleyball Playing Skills at the Pambers VC Club" aims to evaluate the skills of volleyball players at the Pambers VC Club. Skills are the degree of success in achieving goals effectively and efficiently. Good skills in playing volleyball support an excellent volleyball game, too, to get a good score in the match. To achieve this, Pambers VC Club volleyball athletes must master essential techniques in volleyball games. These basic techniques include lower passing, upper passing, lower serve, upper serve and smash.

The results obtained by the Pambers VC Club are the result of their training so far. These results show the state of their volleyball playing skills, which significantly affect the results of the matches they have achieved so far. Pambers VC Club is one of the most robust and influential volleyball clubs in Aceh, and its athletes come from various regions in Aceh Province.

## CONCLUSIONS

Based on the results of data analysis, it can be concluded as follows: 1) lower passing is in a suitable category; 2) upper passing is in the excellent category; 3) lower serve is in a particular category; 4) upper serve is in a special category; 5) smash is in the outstanding category. Based on these results, the skills required to play volleyball

at the Pambers VC club are in the Special category.

Based on the research results and conclusions, the following suggestions can be made:

1. To the volleyball coach of Pambers VC Club to further improve training and volleyball playing skills through exercise programmes that have been arranged and planned.

2. To achieve achievements, volleyball athletes at the Pambers Club must improve their playing skills, such as lower passing, upper passing, lower service, and upper service, and smash through continuous training.

To other researchers so that this research can be continued on a broader problem with a larger sample size so that it can contribute ideas to coaches, teachers, and students to improve volleyball achievements.

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