

The Effect of Drill Smash Training Behind the Attack Line on the Success of Volleyball Smash Back Attacks at Ummuba Volleyball UKM

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Abstract

This research started from the form of UKM training which was very lacking in carrying out a variety of attacks and UKM only focused on front smash training so that when UKM Volleyball UMMUBA took part in a match it was always lost and had difficulty fighting the opponent's playing pattern which was very accurate in carrying out attacks, while the attacks were SMEs were very easy to handle. This research aims to add attack variations and improve the smash back attack ability of volleyball players at UMMUBA Volleyball UKM.

This research was conducted using an experimental method with the research design "Pre-test and Post-test Treatment. This research was conducted at the UKM Volleyball UMMUBA volleyball court for 16 meetings, held from June 10 to August 7 2022. The sample in the The study consisted of 12 members according to the criteria determined by the researcher. The data analysis technique uses the t-test with a significance level of 0.05%.

It has been proven from the average pre-test results of 10.83 and the average post-test results of 17.08 and proven from the t-test results, namely the value of tcount (3.11) > ttable (1.796). Based on the test results, it shows that the value of tcount > ttable, thus Ha: accepted and H0: rejected. Based on the results of the research and discussions that have been carried out, it can be concluded that "there is an influence of drill smash practice behind the attack line on the success of the volleyball smash back attack at UKM volleyball UMMUBA.

Keywords: drill smash, back smash attack, volleyball.

A. INTRODUCTION

In this modern era, it is very difficult for humans to separate from sports, both to achieve achievements and just to maintain a healthy physical condition. Sport is a structured and planned physical form that involves repetitive body movements aimed at improving physical and spiritual fitness. Sport is an activity that can be a medium to facilitate a person's energy needs.

Law no. 11 of 2022 article 1 concerning sports, sports are all activities that involve the mind, body and soul in an integrated and systematic way to encourage, foster and develop physical, spiritual, social and cultural potential. Sports are all aspects related to sports that require regulation, education, training, coaching, development, improvement, supervision and evaluation.

Achievement sports are sports that foster and develop athletes in a planned, systematic, integrated, tiered and sustainable manner through competition to achieve achievements with the support of sports science and technology. The sports that are included in performance sports are volleyball, football, basketball, badminton, pencak silat, etc. On this occasion I will conduct research on the sport of volleyball.

Volleyball is a complex game that is not easy for everyone to play. Because, in the game of volleyball, coordination is really needed to be relied on to carry out all the movements in the game of volleyball.

The game begins with a service shot. The basic rule used is that the ball must be bounced by the hands, arms and all body parts. The ball must be cleared by the opponent through the top of the net. Volleyball games must pay attention to and have several basic techniques that must be mastered by volleyball players, including service, passing, smash, pass/set-up, and block. To master this technique, you don't have to miss out on practice. In practice, the players must be given repeated practice to be able to give their best in controlling the ball, such as receiving, defense and smashing.

Smash is a method of attack used by each team to get points. Smash is a blow where the hand makes full contact with the ball at the top, so that the ball travels steeply at high speed, therefore volleyball is a fast game so attacking techniques are more dominant than defensive techniques.

Based on the author's observations from practice and several times UKM has participated in volleyball matches, UKM is still very lacking in carrying out various attack variations, so the game pattern is very easy for opposing players to read. Players only rely on attacks from the front position so they are easily blocked by opposing players. Attacks from behind or smash back attacks can be a variation in carrying out attacks to penetrate blocks from the opponent's defense and have the opportunity to score points for the team.

After making observations, the author will conduct research at UKM Volleyball UMMUBA using ball smash training behind the attack line, then the author develops it into the title "The Effect of Drill Smash Training Behind the Attack Line on the Success of Volleyball Smash Back Attacks at UKM Volleyball UMMUBA".

Smash

Smash is the main blow in carrying out attacks in an effort to achieve victory. Smash is a technique that has complex movements, which include: the initial step, the push to jump, hitting the ball while it is in the air and landing again after hitting the ball, so smashing requires good skills. Players need smash ability at all times and repeatedly to achieve full points or score points.

According to Saputra et al., (2024) Smash is a basic hitting technique that is very important and must be mastered by an athlete, because by knowing this technique an athlete will easily get points, because the smash is hard and sharp. Muttaqin et al., (2016:260) a smash is a hard blow from top to bottom and diving into the opponent's court. In the game of volleyball, there are several types of smashes, namely, normal smash, semi smash, pull smash, push push (Muttaqin et al. 2016:260).

Smash open is an attack by the bat making the initial movement after the ball leaves the feeder's hand, the ball is hit at the top of the highest jump and highest arm reach, smash open is also called normal smash, because most volleyball players use smash open. This smash is done by the feeder feeding the ball to the hitter for position 4 and position 2, where the ball is fed with a high ball.

A back smash is an attack carried out from behind the attack line, the hitter carrying out the attack is in the back position and when hitting the push must not step on or cross the attack line, but when landing may fall within the attack line. Back smash can also be called a 3 meter ball. This smash is done with the feeder passing the ball to positions 1, 6, and 5, where all the players are in the back position. In the back smash, the player's jump is expected to be a flying jump, because the ball being fed is quite wide of the net.

The smash back attack is a variation of the smash technique, the back row attack, when one of the three players in the back row jumps and makes contact with the ball from above the net while jumping from behind the white line. Smash Back Attack is a deadly attack skill, when the opponent is off guard, this attack can be a reliable main attack. A hitter who has good physical condition also plays an important role in mastering smash technique skills, especially in volleyball backattack smash skills. A back attack is invalid when the libero player becomes the feeder inside the attack line (3 meters) and the hitter jumps right/in front of the attack line (3 meters).

Drill Method

Training is a person's effort to prepare himself for a certain goal. Training is a deliberate process with the aim of mastering a deliberate process with the aim of mastering a type of skill and condition. Muttaqin et al., (2016:262) training is essentially a systematic process to perfect the quality of athlete performance in the form of fitness, skills and energy capacity, paying attention to educational aspects and using a scientific approach. Training is a process towards a person's success in becoming a professional athlete. Training is a systematic sporting activity over a long period of time, increased progressively and individually, which leads to the characteristics of human physiological function. Regular practice will help you master volleyball techniques better(Tawakal, 2020:57).

Muttaqin et al., (2016:260) in an effort to overcome boredom and monotonous training, it is hoped that a creative trainer will have a lot of knowledge and various types of training that can be varied and changed periodically. Based on the various definitions above, it can be concluded that training is a process of optimizing or maintaining quality conditions from various aspects that are related to what is being trained in order to obtain better results. The drill method is a habitual way of doing the same thing repeatedly and seriously with the aim of strengthening an association or perfecting a skill so that it becomes permanent.(Panggabean & Sumardi, 2018: 90-91).

One very important factor in the coaching process to achieve quality performance in a sport is through practice or drill. The drill method is a way of learning that places more emphasis on mastering techniques by carrying out movements according to instructions repeatedly so that movement automation occurs. Therefore, with this drill method, it is hoped that players can improve their volleyball playing skills well.

The drill method was chosen as a form of application to improve volleyball playing skills. It is considered that this method is in accordance with the player's mental development, which would be burdensome if given forms of training with external loads and demands of more specific physical conditions. A quality form of training can be seen from choosing the right method, in the sense that it is appropriate to the situation and condition of the player which can have an impact on the achievement of his abilities.

B. RESEARCH METHODS

The method in this research is experimental. Research is a scientific way to obtain data with specific purposes and uses. The experimental method is a research method that aims to explain

the cause-and-effect relationship (quality) between one variable and another (variable X and variable Y) (Siyoto and Sodik, 2015:22).

The research design used in this research is "Pretest-Treatment-Posttest Design", the research design includes a pre-test before being given treatment and a post-test after being given treatment. The results of this research are by comparing the pre-test and post-test results of the success of the volleyball smash back attack at STKIP-MB Volleyball UKM.

This research aims to determine the effect of drill smash practice behind the attack line on the success of the volleyball smash back attack. The sample was treated with back smash drill training, before treatment they were given a pre-test (initial test) and after treatment they were given a post-test (final test), assuming the effect of the treatment (treatment).

C. RESULTS AND DISCUSSION

The description of the research data analysis serves to simplify the research and answer the proposed hypothesis. The data is data from the results of the pre-test and post-test volleyball smash back attack success tests. What was tested was according to the hypothesis, namely, whether there was an effect of drill smash practice behind the attack line on the success of the volleyball smash back attack at UKM Volleyball UMMUBA.

The initial test in this study carried out a smash back attack ability test, so that in this initial test there was no treatment for the UKM Volleyball UMMUBA volleyball players.

Table 1.Initial Test Results (Pre-test)

No	Value Vulnerable	Category	Frequency	Percentage
1	16-17	Very good	1	8%
2	14-15	Good	2	17%
3	12-13	Enough	2	17%
4	10-11	Not enough	1	8%
5	8-9	Very less	6	50%

Based on the table above, the initial test shows that the initial test of the smash back attack ability of UKM Volleyball UMMUBA volleyball players who have the very good category is 1

person with a percentage of 8%, the good category is 2 people with a percentage of 17%, the fair category is 2 people with a percentage of 17 %, the less than 2 people category with a percentage of 17%, the less than 6 people category with a percentage of 50.00%.

The final test of this research is a test carried out after the UMMUBA volleyball UKM members were given training treatment in the form of training methods, so that this final test is a test after carrying out the training. It can be seen in table 1 that the total number is 205 points with a max value of 19 points, thus the average result of smash back attack ability is 17.08 points, so the final test result of smash back attack ability is categorized as very good.

Table 2.Final Test Results (Post-test)

No	Value Range	Category	Frequency	Percentage
1	16-17	Very good	9	75%
2	14-15	Good	1	8%
3	12-13	Enough	2	17%
4	10-11	Not enough	0	0%
5	8-9	Very less	0	0%

Based on the table above, there are 9 people in the very good category with a percentage of 75%, 1 person in the good category with a percentage of 8%, 1 person in the good category with a percentage of 8%, 2 people in the fair category with a percentage of 17%.

.In carrying out this research, the test was carried out twice, namely pre-test and post-test. The pre-test was carried out with the aim of seeing the initial abilities of the sample before being given treatment and the post-test was carried out with the aim of seeing whether the treatment had a significant effect or not. The way to find out the sample's ability is to see the success of the smash back attack by recording the number of sample values.

Based on this treatment process, it appears that the results of the volleyball smash back attack ability at UMMUBA Volleyball UKM have increased. This is due to the programmed form of training, the player's research process before carrying out treatment, players are explained first about the training program during treatment. The training program is carried out continuously, namely continuously for 16 meetings with the percentage of player attendance reaching 100%.

During the drill smash training treatment behind the attack line, players are given the same training load, players have different abilities or maturity. Differences in ability can be seen from physical factors, the length of time the players train at the club. Judging from physical factors, players have different heights and weights as well as different jump heights or ball reach heights when players make shots, therefore physicality plays a very important role in the results of a player's ability to carry out good techniques and tactics.

The results of the initial test data are $t_{count} 0.238 < t_{table} 0.242$, so the initial test data results for smash back attack ability are said to be normal, and the final test data results are $t_{count} 0.199 < t_{table} 0.242$, so the final test data results for smash back attack ability are said to be normal. Based on the results of $f_{count} = 1.82$ which was then consulted with $f_{table} = 2.81$ at a significant level of $\alpha = 0.05$ so that from this significant level we get $f_{count} (1.60) < f_{table} (2.82)$. Considering that f_{count} is smaller than f_{table} , it can be concluded that the two sample groups come from a homogeneous population.

Based on $n-1$ ($12-1 = 11$ at $\alpha = 0.05$) then compare t_{count} with t_{table} . Comparison of the prices between t_{count} and percentile values from the distribution table obtained $t_{count} (3.11) > t_{table} (1.796)$. This means that there is an influence of drill smash practice behind the attack line on the success of the volleyball smash back attack at UKM Volleyball UMMUBA.

D. CONCLUSION

Based on the results of research carried out on the Effect of Drill Smash Training Behind the Attack Line on the Success of Volleyball Smash Back Attacks in UKM Volleyball UMMUBA, with the research results obtained, with analysis and hypothesis testing, the researcher can draw the conclusion that 1) There is a significant influence of training drill smash behind the attack line on the success of the volleyball smash back attack at UMMUBA volleyball UKM; 2) Drill smash drill behind the attack line is effective in the success of the volleyball smash back attack at UMMUBA volleyball UKM. The results of the research can be used as consideration for volleyball coaches/coaches to use drill smash training behind the attack line for the desired purpose. That the research results show that the back smash drill drill has a high average, therefore this training method can be given to develop and improve the abilities of UMMUBA volleyball UKM players and the back smash drill drill will be easier to do if the player's maturity

level has mastered the technique and tactics in volleyball. By referring to the research results and research limitations, the researcher suggests 1) Further research needs to be conducted by adding other variables; 2) Coaches/coaches are advised to look more carefully at the players' abilities to be able to use drill smash drills behind the attack line; 3)

In back smash drill practice, the ball should be adapted to the player's abilities, not the same for each player; 4) It is best to use an exercise program so that the training pattern is scheduled; 5) Provide enthusiasm for training so that the level of training attendance is higher.

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