

## **Review Of Basic Techniques In Club Volleyball, Pekanbaru City Transportation Office**

**Hermit Zalukhu<sup>1)</sup>, Oki Candra<sup>2)</sup>**

<sup>1,2)</sup>Universitas Islam Riau

\*Corresponding Author

Email: [Hermitzalukhu@student.uir.ac.id](mailto:Hermitzalukhu@student.uir.ac.id); [okicandra@edu.uir.ac.id](mailto:okicandra@edu.uir.ac.id)

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### **Abstract**

*The purpose of this research is to see the basic technical skills of volleyball Pekanbaru City Transportation Department club. Based on the results of observations made at the Pekanbaru City Transportation Service club, several problems were found, including passing due to the ball being hit on the finger incorrectly, errors occurring in serving, not following the rules that have been explained so that the ball being served does not reach the opponent's court. or less than optimal, when smashing, the strength of the arm muscles and handling of the ball when smashing is less accurate, and the player's discipline must be improved in carrying out training more seriously and following all the rules. The tests used in this research used the under serve, under pass and smash tests in volleyball. The sample in this study was 12 people. From the results of tests carried out on volleyball athletes from the Pekanbaru City Transportation Service club, results were obtained in the " Good " category .*

**Keywords :** *Review of Basic Volleyball Club Techniques Pekanbaru City Transportation Service*

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## **INTRODUCTION**

In general, the definition of sport is a physical activity carried out with the aim of maintaining health and strengthening the body's muscles. to get fitness in the body. Apart from that, sport is also a means of entertaining oneself and creating a healthy Indonesia in accordance with the government's ideals of having a healthy life. Sport has many benefits in terms of physical health, physical fitness, and a healthy life.

Education in creating healthy humans. In UUD Number 3 of 2005, article 21 paragraph 4, it is stated that "sports coaching and development is carried out through family channels, educational channels and community channels based on development for all people that lasts throughout life". Similarly, it is explained in the Law above that grouping in implementation in the field can be carried out within the scope of the family which is only carried out by family members, then within the level of education that where sports are directed to levels of achievement. Furthermore, within the scope of society, this is usually done because of the same hobby, trend or decree from an agency.

Sport is a medium for encouraging authoritarian development, physical abilities, knowledge and appreciation, values (mental-emotional-spiritual-social attitudes), as well as the habit of healthy lifestyles which lead to stimulating balanced growth and development. One of the sports that is often played within the scope of sports education is volleyball. This technique is not the same as using the lower passing technique. In this technique, prioritizing the strength of the fingers of both hands. Generally, this technique is preferred when a player wants to make a pass before making the final blow or smash. Players are required to have more skills in this technique, meaning they are in the position of tosser or feeder. A tosser must be able to deliver passes that pamper other players to smash correctly (Urahman & Hidayat, 2019)

*Passing* is an attempt by a player to use a certain technique to pass the ball that is being played to a teammate to play on his own field. There are 2 types of passing, namely *underpassing* and *overpassing* , which is rarely used to receive a service ball, this is because if you receive a ball with the same hand speed as the recipient. risk of injury due to dominant upper passing using the fingers of the hand. Therefore, the recipient of the service must know the type of serve used

and the direction of the ball, so that he can move quickly to the best position to receive the ball and direct it in the correct target direction. If a player cannot receive a serve properly and correctly then it is likely that points will increase for the opposing team (Chan & Indrayeni, 2018)

Obtaining good top serve skills, of course, has many factors that influence it, such as hand swing when doing the top serve, which results in not providing a strong push when doing the top serve. Then, when doing the top serve, the position of the feet is always together, one foot should be in front, so that it can provide a strong push when doing the top serve (Risma & Jatra, 2020) The bottom serve is a very simple serve and is taught especially for beginner players. The movement is more natural and the energy required is not too large and the bottom serve is more dominantly used by the Watinia because in doing the bottom serve less power is used in serving and the serve is a blow. the start of a match in a volleyball game (Ruslan, 2021) .

Volleyball is a sport played by 2 teams and each team consists of 6 people. The principle of playing volleyball is to play the ball by volleying and trying to drop the ball into the opponent's playing field by crossing the ball over the net or net and defending it so that the ball does not fall into one's own court. Each team is permitted to play or touch the ball no more than three times before it passes over the net while the ball is in play. The player's goal in playing is to drop the ball as quickly as possible into the opponent's court over the net with the body waist up, provided that the ball bounces perfectly in accordance with the rules (Alficandra & Henjilito, 2018) .

Smash aims to enable you to play volleyball well, requiring mastery of technique and physical abilities, especially agility and explosive power. Basically, the game of volleyball has the principles of attack and defense. Basic technical ability and dominance are requirements for being able to carry out attacks and defense. The dominance of basic techniques and the ability to apply tactics, attack and defense is determined by the quality of each player's physical condition which is supported by body posture. In the game of volleyball, factors are also needed that can influence the accuracy of the smash in the game of volleyball, namely strength, speed, height, and training methods. (Hananingsih, 2020) .

*Smash* is a combination of movements that cannot be separated. Collaboration between muscles, including arm muscles, abdominal muscles, fitness muscles, hip muscles, shoulder muscles, and the flexibility of the *togok* greatly influences success in performing *Smash*, which has the characteristics of diving, sharp and fast. To do a smash well you need to pay attention to the following factors: start, repulsion, hit, and appearance of Noprian (2020) .

Overhead *passing* is a type of basic volleyball technique where you bounce the ball with both palms to give the ball to a teammate . Apart from that, basic overhead passing techniques are also used to receive the ball above the head. Top passing can be implemented as the final pass before the smash (*spike*) is carried out towards the opponent's defense area. It can be said that overhead passing has a fairly high level of difficulty. Therefore, special skills are needed to master one of the basic volleyball techniques (Lubis & Agus, 2017) .

The bottom serve is the simplest serve, and is mostly done by beginner players. The characteristic of a service hit is that it bounces, so that players who already have high skills can receive the ball from this serve very easily. Lower hand service is an attempt to start the match and direct the ball towards the opponent's court which is done by the player in the service area, the player hits ball with one hand below the waist or approximately waist level (Marsiyem et al., 2018). Volleyball is a type of game that requires regular and directed practice because volleyball contains various elements of movement. The basic technique in playing volleyball is a process of generating physical activity and proving a practice as best as possible to complete certain tasks in the game of volleyball (Suriadi & Dewi, 2020) .

Based on the results of observations that have been made on volleyball clubs, there are still many basic volleyball techniques that have not been fully mastered, so there are several problems that occur on the field in carrying out less than perfect passing practice, for example in

passing when the ball hits the finger incorrectly, in When serving, there is an error in not following the rules that have been explained so that the ball being served does not reach the opponent's court or is less than optimal, as well as in each *block*, there are many shortcomings, causing a lack of mastery of the techniques that have been explained, in smashing the strength of the arm muscles and the use of The ball when smashing is less accurate, and the player's discipline must be improved in carrying out training more seriously and following all the rules.

From the results of the observations above, it is best to provide explanations or exercises so that the basic volleyball techniques are better and the results are maximized, so that researchers are interested in conducting a study with the title "Overview of Basic Volleyball Techniques at Pekanbaru City Transportation Service Clubs."

## RESEARCH METHODS

This research method is quantitative descriptive research, namely presenting research data obtained based on tests carried out according to opinions (Saputri & Syaputra, 2021), which explains the real situation in the research which is currently underway has the aim of collecting information that has been prepared. This method describes observations of basic volleyball techniques at the Pekanbaru City transportation service club. Population is a generalization area consisting of: objects/subjects has certain qualities and characteristics that are determined by researchers to be studied and then drawn conclusions (Fallo et al., 2013) The population in this study were all volleyball athletes from the Pekanbaru City Transportation Service club, totaling 12 people.

## RESULT AND DISCUSSION

This research will discuss basic technical insights in the game of volleyball. The benchmarks in this test are the ability *to pass*, *serve* and *smash* volleyball. For more details, see the following explanation:

### 1. Passing Test Data at the Pekanbaru City Transportation Department Volleyball Club

After processing the data using *the product moment* volleyball underpass test at the Pekanbaru City transportation service club, the highest score was obtained 47 times, and the lowest score was 34 times, the standard deviation value was 4.1231 while the average value was 42.5. Apart from these values, the frequency distribution value of the bottom *passing results* is also explained which can be seen in the following table:

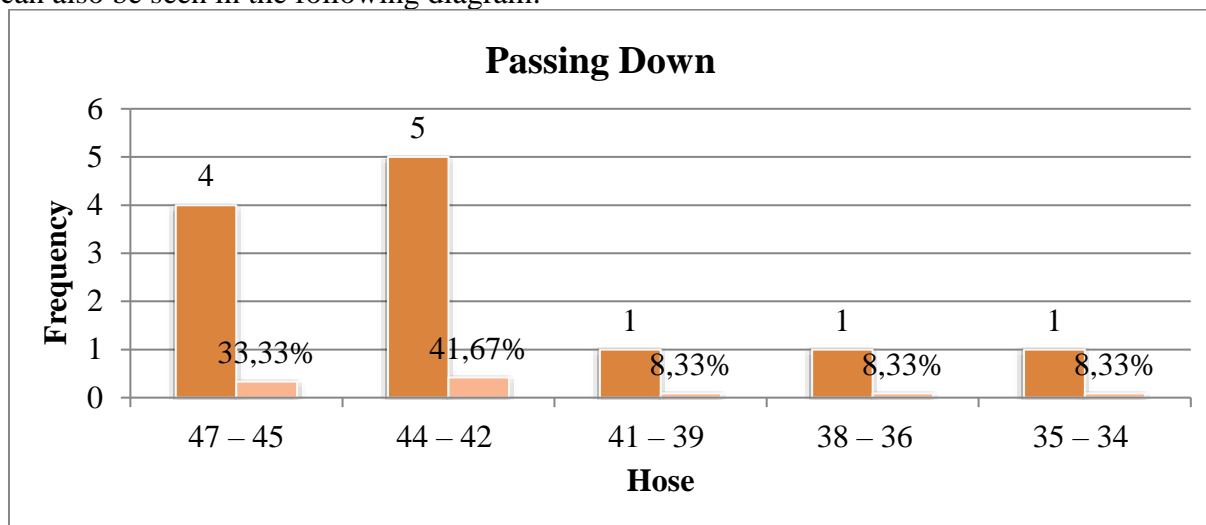
**Table 1. Lower Pass Test Data at Pekanbaru City Transportation Service Volleyball Club**

NO	Class Intervals	Absolute Frequency	Relative Frequency (%)
1	47 – 45	4	33.33%
2	44 – 42	5	41.67%
3	41 – 39	1	8.33%
4	38 – 36	1	8.33%
5	35 – 34	1	8.33%
Total		12	100%

Source: Processed Data 2023

The table above can explain the lower *passing ability* of the Pekanbaru City Transportation Department volleyball club. In the table it can also be seen that in the first class with an interval of 47 - 45 the results were obtained by 4 people with a percentage of 33.33%, in the second class with an interval of 44 - 42 the results were obtained by 5 people with a percentage of 41.67%, in the third class with an interval 41 – 39 get the result of 1 person with a percentage of 8.33%, in

the fourth class with the interval 38 – 36 get the result of 1 person with a percentage of 8.33% and in the fifth class with the interval 35 – 34 get 1 person with a percentage of 8.33% . This data can also be seen in the following diagram:



**Graph 1. Bottom Passing Test Diagram at the Pekanbaru City Transportation Department Volleyball Club**

**2. Service Test Data at the Pekanbaru City Transportation Department Volleyball Club**

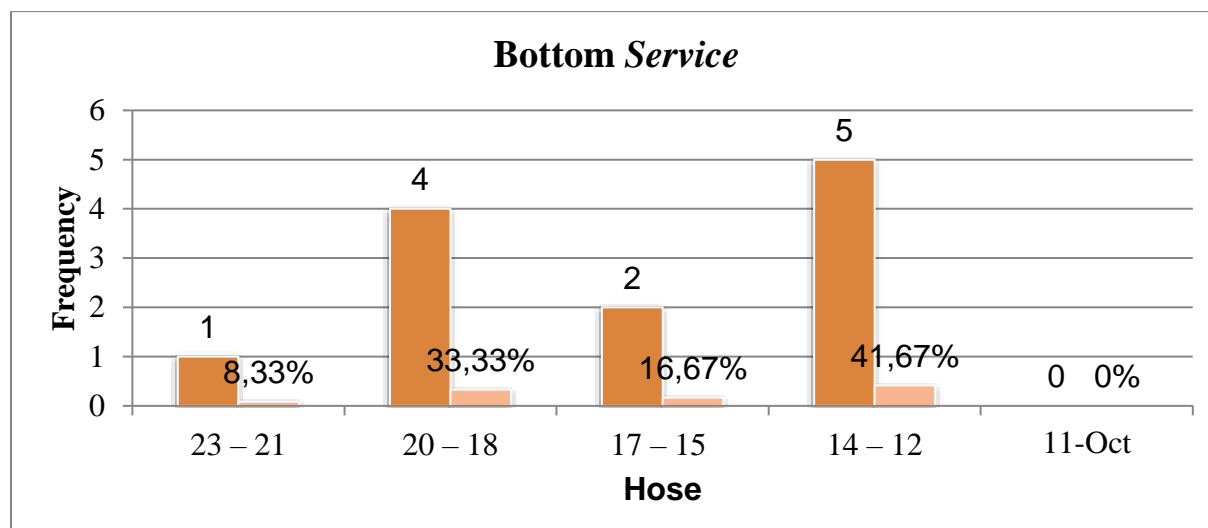
After processing the data using *the product moment* volleyball underserve test at the Pekanbaru City transportation service club, the highest score was 23, and the lowest score was 12, the standard deviation value was 3.397 while *the average value was* 16.08. Apart from these values, the frequency distribution values for obtaining bottom *service results are also explained* which can be seen in the following table:

**Table 2. Ground Service Test Data at the Pekanbaru City Transportation Department Volleyball Club**

NO	Class Intervals	Absolute Frequency	Relative Frequency (%)
1	23 – 21	1	8.33%
2	20 – 18	4	33.33%
3	17 – 15	2	16.67%
4	14 – 12	5	41.67%
5	11 - 10	0	0%
Amount		12	100%

Source: Processed Data 2023

The table above can explain the lower *service ability* of the Pekanbaru City Transportation Department volleyball club. In the table it can also be seen that in the first class with the interval 23 - 21 the results were obtained for 1 person with a percentage of 8.33%, in the second class with the interval 20 - 18 the results were obtained for 4 people with a percentage of 33.33%, in the third class with the interval 17 – 15 get results of 2 people with a percentage of 16.67%, in the fourth class with an interval of 14 – 12 get results of 5 people with a percentage of 41.67% and in the fifth class with an interval of 11 – 10 get 0 people with a percentage of 0%. This data can also be seen in the following diagram:



Service Test Diagram at the Pekanbaru City Transportation Service Volleyball Club

### 3. Smash Test Data at Pekanbaru City Transportation Department Volleyball Club

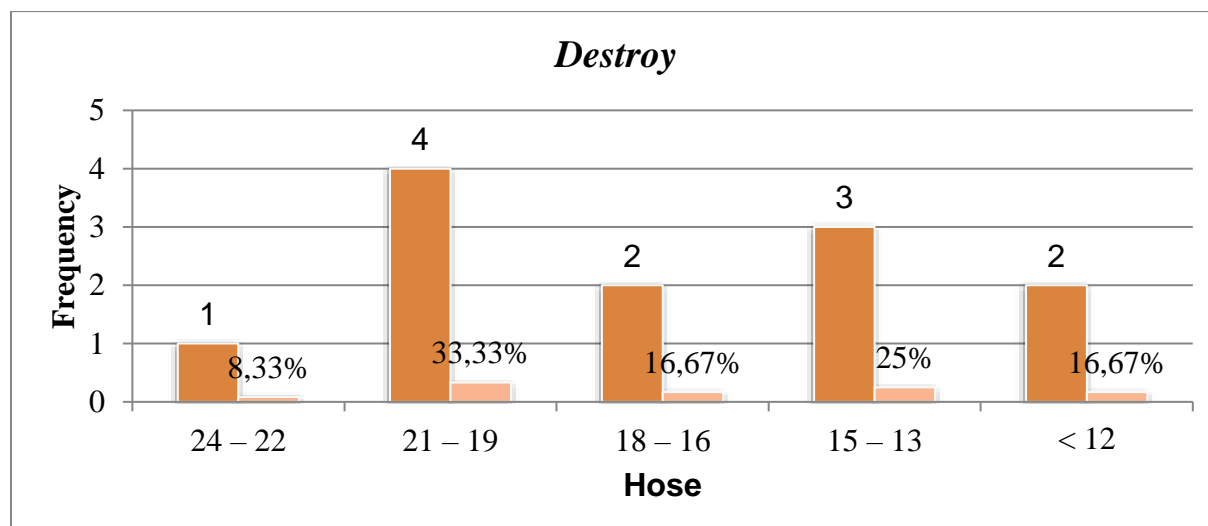
After processing the data using the product moment volleyball smash test at the Pekanbaru City transportation service club, it was found that the highest score for the smash was 24, and the lowest score for the bottom serve was 12, the standard deviation value was 3.618 while the average value was 17. Apart from these values, the distribution value of the frequency of smash results is also explained which can be seen in the following table:

Table 3. Smash Test Data at the Pekanbaru City Transportation Department Volleyball Club

NO	Class Intervals	Absolute Frequency	Relative Frequency (%)
1	24 – 22	1	8.33%
2	21 – 19	4	33.33%
3	18 – 16	2	16.67%
4	15 – 13	3	25%
5	< 12	2	16.67%
Amount		12	100%

Source: Processed Data 2023

The table above can explain the volleyball smash ability of the Pekanbaru City transportation service club. In the table it can also be seen that in the first class with the interval 24 - 22 the results were obtained for 1 person with a percentage of 8.33%, in the second class with the interval 21 - 19 the results were obtained for 4 people with a percentage of 33.33%, in the third class with the interval 18 – 16 got the results of 2 people with a percentage of 16.67%, in the fourth class with the interval 15 – 13 got the results of 3 people with a percentage of 25% and in the fifth class with the interval <12 got 2 people with a percentage of 16.67%. This data can also be seen in the following diagram:



**Graph 4.1 Smash Test Diagram at the Pekanbaru City Transportation Department Volleyball Club**

### Discussion

Volleyball is a sport that is known to the public from children to adults, both men and women (Supriyanto & Martiani, 2019). Volleyball is a game where the ball is dropped into the opponent's area which is bounded by a net by hitting the ball in the air, so that the opponent cannot return the ball to find points (Kumbara et al., 2020). In the game of volleyball, there are several basic techniques that a player must master in order to play volleyball well. The basic techniques of playing volleyball include: *servicing*, *passing*, *smashing* and *blocking* (Kamadi, 2020). Volleyball is a fast tempo game, so playing ball is very limited (Achmad et al., 2019) so playing volleyball requires high intensity and it is recommended to have excellent physical condition and of course supported by good mastery of basic techniques so that the game can be played smoothly.

Basic techniques in volleyball play a very important role in the results and continuity of the game. Therefore, good basic techniques will certainly produce a good game too. Basic technique is one of the most important aspects of playing volleyball. Balanced basic techniques can create a quality game so that the goals in the volleyball game can be achieved.

After conducting research at the Volleyball Club of the Pekanbaru City Transportation Service, maximum results were obtained among the average mice produced which were in the good category. This is obtained from how many athletes are in good intervals after obtaining research results on basic volleyball techniques. This is certainly a big capital for the Transportation Service Volleyball Club to organize inter-club matches held in the city of Pekanbaru. This result cannot be separated from the good training and training process carried out so that it is not wrong if the basic volleyball techniques possessed by the Department of Transportation Club volleyball athletes are classified as good.

Implications of Research regarding Review of Basic Volleyball Techniques at the Pekanbaru City Transportation Service Club: The results of this research can make a significant contribution to improving the quality of training in basic volleyball techniques at the Pekanbaru City Transportation Service Club. Identifying the strengths and weaknesses of basic techniques can help coaches direct training more precisely and effectively. The information obtained from this research can assist in tailoring more specific and focused exercise programs. This involves developing exercises designed to improve specific aspects of basic technique that need improvement. Research implications can stimulate the development of better learning materials. Insights into basic techniques discovered through research can be the basis for creating more

informative and interactive learning materials for members of the Transportation Service Club. With a better understanding of each individual's basic technical abilities, trainers can develop training plans that are more targeted and tailored to each member's needs. This will help in improving performance personally and as a team.

Implementation of the recommendations from this research can help the Pekanbaru City Transportation Service Club to improve their performance in volleyball competitions. Improving basic techniques will have a positive impact on their overall game. Providing constructive feedback and appropriate solutions can increase the motivation and self-confidence of Transportation Service Club members. This can stimulate enthusiasm for training and competition and create a positive environment. Coaches and club members can complete collaborations with volleyball engineering experts to support understanding and implementation of basic techniques discovered in research. This can enrich their knowledge and training approach.

The implications of the research may open the door to a more individualistic approach to learning. Considering the different abilities and needs of each member can increase the effectiveness of training and development of basic techniques. With this impression, the Pekanbaru City Transportation Service Club can maximize research potential to improve their achievements in the world of volleyball, while providing positive benefits to the individual development of its members.

## CONCLUSION

Based on research conducted on basic volleyball techniques at the Pekanbaru City Transportation Service Club, several conclusions can be drawn: Through reviewing basic techniques, the strengths and weaknesses of each player at the Transportation Service Club can be identified. This provides better insight into areas that need improvement and improvement in practice. It was found that the level of basic technical ability varied among club members. This highlights the need for training approaches that can be tailored to individual ability levels to ensure optimal development. Most of the club members have been able to master certain basic techniques, while some still need improvement. Improving basic technical skills can be a major focus in subsequent training programs. The coach's role in guiding and providing constructive feedback is very important. Coaches can act as catalysts for the development of better basic techniques through targeted and meaningful practice. Collaboration with volleyball technical experts can provide additional benefits in increasing club members' understanding of basic techniques.

Consulting with an expert can help simplify a more effective exercise strategy. The research conclusion shows that by focusing on improving basic techniques, the Pekanbaru City Transportation Service Club has the potential to improve their achievements in volleyball competitions. The existence of variations in ability levels indicates the need for a more individualistic approach to training. This approach can help each club member achieve an optimal level of mastery of basic techniques according to their individual abilities. Thus, the conclusions of this research provide a strong foundation for the Pekanbaru City Transportation Service Club to design more effective training programs and support the holistic development of basic techniques for its members.

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