

THE INFLUENCE OF THE DRILL TRAINING METHOD ON IMPROVING

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THE INFLUENCE OF THE DRILL TRAINING METHOD ON IMPROVING THE RESULTS OF EXTRACURRICULAR VOLLEYBALL SERVES SMPN 1 TUKDANA

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Abstract

The purpose of this study was to improve the results of the upper serve using target target aids to increase the accuracy of the upper serve in the game of volleyball. The method applied is experimental. The population is female students of SMPN 1 Tukdana who are active in volleyball extracurricular activities totaling 20 participants. The design used is pretest-posttest design. The treatment given is top service training using the Drill method with target target aids. The results of the research that have been carried out obtained an average initial test of 14.75 and a final test of 25 and a standard deviation of the initial test of 3.08 and the final test of 4.59. Data analysis results of normality test L count $<$ L table, which is $0.04 < 0.20$ then H_0 is accepted or distribution "NORMAL". It can be concluded that if t count $<$ t table then H_0 is accepted. Due to the results of the above calculations t count $<$ t table, namely $1.73 < 2.10$ then H_0 is accepted. The results above show that the application of the drill training method is very helpful in improving the quality of the volleyball top serve.

Keywords: Practice drill, volleyball serve

INTRODUCTION

Physical Education is one of the lessons available in schools, both from elementary to high school level. This is because PE is part of the education curriculum. As Agus (2014) explains "Physical education is an educational process that involves physical activity with tools to achieve educational goals". One of the coaching for education at school includes participating in activities outside of intracurricular activities, namely extracurricular activities at the school.

Extracurricular activities are development and coaching carried out by students outside of teaching and learning activities. In extracurricular activities, students are more active and have more time to develop themselves and improve their quality or potential.

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This is also the same as that expressed by Wiyani, (2013: 10) ³ Extracurricular is also an educational activity outside of class hours which is shown to help the development of students, according to their needs, potential, talents, and interests through activities specifically organized by students and / or education personnel who have the ability and authority at school. Extracurricular activities in schools are more centered on a continuous training process. This training process demands an increase in the quality of skills possessed by students and develops potential in the field of sports.

Exercise is all the power and effort to improve the desired ability. According to Mubarak (2021: 16) Exercise can be interpreted as a process of practicing or working activities, which are carried out repeatedly with an increasing task or exercise load. Furthermore, Sidik (2019: 5) explains that training is an activity or activity consisting of various forms of brushes and movements, directed, repeated, with increasing loads to improve the efficiency of ability. One of the sports that requires repetitive training is the game of volleyball. Volleyball is a sport that is familiar and widely found both in cities and regions. The development of volleyball is very rapid, this is because volleyball has been applied in schools from elementary to upper levels.

In order to play volleyball well, mastery of basic techniques is needed. Kharisma (2018: 6) ¹³ volleyball game is a sport played by two teams which aims to drop the volleyball ball into the opponent's area using hands, the number of players in one team consists of 6 people. Furthermore, Yudiana (2010: 14) ⁵ volleyball game is a sport in the form of volleying the ball in the air back and forth over the net / net, with the intention of dropping the ball in the opponent's field plot to seek victory. Volleying and bouncing the ball into the air can use any part of the body, as long as the ⁴ impact must be perfect (not double / double).

⁹ Some basic techniques in volleyball games must be mastered by players, one of which is serving. This basic technique is the start of the game and is also one of the first attacks to get numbers. The type of service is divided into 2, namely up and down serves. According to Yudiana (2010: 52) "the serve is the first blow to start the game. The serve is made from the service area into the opponent's field over the net".

Next according to Beuthelestahl (in Kharisma, 2018: 15-16), "the serve is the first touch with the ball, at first the serve was only considered as the first blow, but this serve developed into a powerful weapon to attack". Seeing the problems faced by researchers and based on observations in the field during training between extracurricular students who

are divided into 2 teams. When serving, there are still many mistakes, for example, the ball from the service does not match the goal or does not enter the field and some do not even go beyond the net. The lack of service training applied by extracurricular students is one of the causes of the problems faced by SMPN 1 Tukdana extracurricular students.

In this case it is necessary to apply a suitable training method to improve the quality of the bolavoli game serve. The author tries to apply the drill training method in the implementation of volleyball service training to improve the results of the exercise. The application of the drill method in volleyball serving training is expected to help solve a problem that exists in the field. Continuous practice will lead to automation in these skills. The coach tries to increase the portion of training in each session, this is an effort to develop the quality of the training itself. The selection of a suitable training method is the key to a successful training, this can be proven in games, especially volleyball.

In line with that, Irwanto (2017) said that "The drill method is an exercise method or training method which is a good way of teaching to instill certain habits. Also as a means of obtaining a dexterity, accuracy, opportunity, and skill ". In an effort to improve the direction of the accuracy of the serve due to lack of service training, it is necessary to use the Drill training method continuously and pay attention or analyze the movements in doing a good and correct serve. In its implementation, the accuracy of this service applies the drill training method by using targets or targets to achieve the desired goals.

The function of applying this drill method is to perfect a movement or basic technique in a volleyball game. Without a structured exercise, the level of skill possessed by the player will not be able to develop thoroughly. Therefore, determining a suitable method in training will help solve an existing problem, especially in this volleyball sport.

METHOD

The research method used is the experimental method. Regarding Ginanjar's experimental method (2019: 84) experimental research is simply a research method that seeks treatment / treatment that is controlled to test the hypothesis of a causal relationship. The population in this study were 20 volleyball extracurricular students at SMPN 1 Tukdana. The sample used was purposive sampling. Based on Ginanjar's opinion (2019: 141) says that "Purposive sampling is sampling with certain considerations or determining research samples with specific objectives". The instrument used is the volleyball skills test from Russel-Lange in Winarno (2006: 14). This skill test measures the level of mastery of

the serve in volleyball.

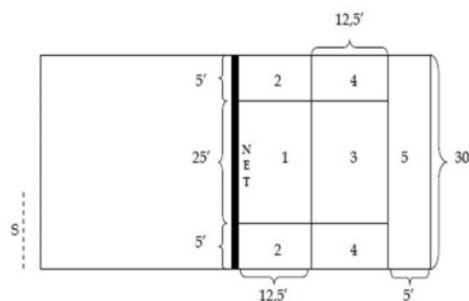


Figure 1. Shape and Size of Service Test Instrument

RESULT

The data obtained from the volleyball service skill test results come from the initial test results and the final test according to the volleyball skill test instrument.

Table 1. Volleyball serve pre-test and post-test

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Pre test	20	10	20	14.75	3.08
Post test	20	19	35	25	4.59

Table 2. Test of Normality

The normality test was carried out using Microsoft excel. The sample criteria are normally distributed if P-value > 0,05.

Test of Normality	L Count	L Table	Description
Pre test -Post test	0,044	0,198	Normal

Based on the data from the table above, the data from the normality test analysis results can be concluded if L count < L table then Ho is accepted. Because L count < L table, namely 0.04 < 0.19, Ho is accepted or the distribution is "NORMAL".

DISCUSSION

To improve an achievement, of course, there are several factors that must be considered. One of them is a training method, a structured method can improve the quality of a skill. Providing a suitable training method will have an impact on the abilities that individuals have, one of which is the drill method applied to the volleyball training

process, especially skills in serving. This service skill is very necessary and is the most important part of the game, apart from being the opening of a match the serve is also the first attack to get numbers from the opponent. The success rate of training using this drill method can be seen in terms of the quality of the serve possessed by the player. This was revealed by Ruslan (2021) the ability to serve the ball down in volleyball games taught by the drill training method has learning outcomes that tend to be better than the lower service skills of students who are not taught by the drill training method. Which means that the application of the drill method in improving the quality of volleyball serving is considered suitable, because it gives positive results.

This is also revealed by previous research by Irwanto (2017) showing that, in the drill training method has an increase value of 2.13. This means that the improvement of basic bolavoli technique skills using the drill training method has a higher increase compared to learning using the reciprocal method. Thus in line with what was done by the researcher that the results of the research that had been carried out obtained an average initial test of 14.75 and a final test of 25 and a standard deviation of the initial test of 3.08 and the final test of 4.59.

The data from the Normality test analysis results that $L \text{ count} < L \text{ table}$, namely $0.04 < 0.19$ then H_0 is accepted or the distribution is "NORMAL". It can be concluded that if $t \text{ count} < t \text{ table}$ then the hypothesis is accepted. Due to the results of the above calculations, $t \text{ count} < t \text{ table}$, namely $1.73 < 2.10$, the hypothesis is accepted. Therefore, looking at table 2, it can be concluded that they are the same. From the results above, it shows that the application of the drill training method is very helpful to improve the quality of the volleyball top serve. The selection of a suitable method can determine the success rate of a team. In other words, the coach must be really careful to choose a method and the application of the training program so that what we expect is in accordance with the objectives.

CONCLUSION

Looking at the data from the results of research in the field, analysis and discussion related to the results of volleyball top service skills, it is concluded that there is an effect of the drill training method on improving the results of the SMPN 1 Tukdana extracurricular volleyball service.

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