

Development of a Training Model for Basic Volleyball Smash Techniques: Hand Arm Attitude When Hitting the Ball

by Danang Wicaksono

ABSTRACT

This research aims to conduct a preliminary study in the development of a Basic Technique Training Model for Volleyball Smash: Arm Hand Attitude When Hitting the Ball, to produce an initial product for the Development of a Basic Volleyball Smash Technique Training Model: Arm Hand Attitude When Hitting the Ball, to find out the results of the expert test in development Development of a Basic Technique Training Model for Volleyball Smash: Hand Arm Attitudes When Hitting the Ball, find out the results of small group and large group trials of the application of product development Development of a Basic Volleyball Semas Technique Training Model: Hand Arm Attitudes When Hitting the Ball, find out the results of the test implementation effectiveness and significance of the product Development of a Basic Volleyball Smash Technique Training Model: Hand Arm Attitude When Hitting the Ball for beginner level volleyball athletes.

The design in this research uses research and development methods. The research stages consist of the pre-development stage, namely literature review and relevant research, field studies, the development stage, namely preparation of the initial design, expert assessment, small-scale model trials, large-scale model trials, and effectiveness tests. Time and place of research carried out from 1 June 2023 to 31 August 2023 at the official volleyball club under the auspices of PBVSI Sleman Regency. The instrument for testing the effectiveness of semes skills uses the AKOB semes skills test.

The results of the research show that 10 Development Models of Basic Volleyball Smash Technique Training: Arm Hand Attitude When Hitting the Ball has a higher influence on the formation of arm hand attitude when hitting the ball for beginner volleyball athletes, the mean posttest result is 87.485 higher than the pretest at 73.484. Semes training groups use the training model developed. The mean posttest result was 75.562, higher than the pretest of 73.262 in the semester training group using conventional methods. The basic semes technique training model developed has a significant influence with a sig (2 tailed) value of $0.000 < 0.05$ for novice volleyball athletes' mastery of basic semes techniques. Thus, the basic semes technique training model developed has a better influence on improving the semes skills of beginner ball athletes: especially the hand and arm stance when hitting the ball.

Kata Kunci: *Model development, hand arm attitude, hitting the ball*