

Club Dynamite Bone Volleyball Top Serve Technique

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A. Conception and design of the study; **B.** Acquisition of data; **C.** Analysis and interpretation of data; **D.** Manuscript preparation; **E.** Obtaining funding

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ABSTRACT

This research aims to determine the top serve techniques in the Club Dynamite Bone Volleyball Game. This research is quantitative descriptive research. The method used in this research is a survey with data collection techniques and using a judgment test. The population in this study were all Club Dynamite athletes. The sampling technique used total sampling, so the number of samples in this study was 15 Club Dynamite people. Data analysis uses quantitative description with percentages. The data from the overall results of this research shows that the top service technique analysis in the Bone Regency Club Dynamite Volleyball Game is in the "Enough" category

Keyword: Top Service; Volley Ball.

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INTRODUCTION

Sport is a very important aspect of the development of a nation. With good sporting achievements, the self-esteem or dignity of a nation will become better in the eyes of other nations or countries. To achieve this, of course, it is not easy to achieve. There must be serious effort and hard work from all parties involved in it, athletes, students, coaches and other supporting factors. To increase a person's maturity, training must be provided from as early an age as possible (Saptiani et al., 2019). Coaching in sports is necessary to achieve well in the future. Because maximum performance is greatly influenced by superior seeds if we carry out good training (Prabawa et al., 2019).

Volleyball is one of the games that is popular with the world community in general and Indonesian society. In Indonesia, it is very popular in the community both in schools and in



the regions. Volleyball is one of the sports taught in schools, from elementary school to college (Samsudin, 2017). In volleyball, accurate serving is one of the things that every volleyball player must have because serving is needed to attack the opponent's area (Sudiby et al., 2020).

At Club Dynamite Volleyball, several athletes were good at playing but the target of the ball when serving was not correct. To be able to perform an accurate service, you must know the value of the support when serving it (Zetou et al., 2012). Based on observations and observations at several volleyball events in Bone Regency, female athletes from Dynamite Volleyball are one of the clubs that take part in inter-club competitions. The place used for training is the Arasoe Village field. Before conducting the research, researchers observed directly in the field. Female dynamite volleyball players have different skills from one player to another, namely that accuracy in basic serving techniques is still lacking (Jaya et al., 2019). This can be seen during practice and matches, some players have poor service accuracy (Akbar, 2017), but some players have good service accuracy (Juita, 2013). During training, the athletes when their serve does not arrive, come out and get caught in the net (Iskandar, 2014), this is due to a lack of placement of the top serve in volleyball, because the basic technique they have when doing the top serve is weak which results in the top serve being hit. they are inaccurate (Hadi & Pardijono, 2013). If the accuracy results on basic volleyball service techniques are averaged, the dynamite volleyball athletes have standard service accuracy. To be able to place the served ball optimally so that the shot can be directed towards the opponent's field goal (Nurhuda et al., 2014), the basic technique of serving volleyball requires good ball placement skills (Sanur, 2016).

Female dynamite volleyball athletes in the game have not been able to maximize and utilize good placement skills in basic serving techniques, even though the function of ball placement skills in basic serving techniques is very beneficial (Iskandar, 2016), because it is one of the aspects that supports success in achieving a shot. maximum so that the shot can be aimed at the opponent's empty field target and directed (Noerjannah & Sudijandoko, 2016), also making it difficult for the opposing player to pass the ball, so the basic volleyball service technique requires good ball placement skills (Atas & Bolavoli, 2016). One of the achievements in volleyball requires various considerations (Ponidin et al., 2017), careful calculation and analysis of the factors that support volleyball achievements as mentioned above.

Based on observations so far, the data shows that the majority of dynamite volleyball athletes, when playing volleyball, still often make basic mistakes. And the basic components that must be possessed when serving are arm muscle strength, flexibility and hand-eye coordination. In this study, the physical condition factors that will be studied are arm muscle strength, flexibility and hand-eye coordination. In reality, a person's physical and anatomical conditions are different. Meanwhile, to obtain good volleyball players, it is necessary to know how much the factors mentioned above influence the results of the volleyball game, especially the implementation of the top serve.

METHODS

The method used in this research is a quantitative descriptive research method. The research will be revealed or described by presenting factual, detailed and unengineered statistical data regarding top serve techniques in volleyball games at Club Dynamite Volleyball. The method used is a survey with data collection techniques and using judgment tests. In this study, the research population was the entire Dynamite Volleyball Club. The sample in this research was Club Dynamite Volleyball, totalling 15 people, where these 15

athletes were the total from Club Dynamite Volleyball. The tool used is a service skills test from the target service area, where the author uses the above service test instrument. This test aims to measure the level of mastery of volleyball playing skills for Club Dynamite Volleyball.

The data collection techniques used are tests and measurements. The data collection process began with giving a warm-up to Club Dynamite Volleyball. The process of carrying out the test is based on attendance from first to last, each athlete has the opportunity to test 3 times. The implementation process was carried out by two testers, namely one coach who was in charge of the volleyball club as the writer, and a researcher who supervised the fall of the ball onto the target area and provided procedures for carrying out the test to avoid measurement errors.

After obtaining data in the form of 1 score, the data can be categorized according to the categories that have been determined. The categorization was grouped into 5 categories, namely: very good, good, fair, poor, and very poor. Meanwhile, for categorization, the 5 norm limits are used as a reference (Anas Sudjono, 2009), which can be seen in Table 1 below.

Table 1.
Serving scoring criteria for volleyball

No	Pengkategorian	Kategori
1	>M+ 1,5 SD	Very good
2	>M+ 0,5 SD-M+1,5 SD	Good
3	>M-0,5 SD-M+0,5 SD	Enough
4	>M-1,5 SD-M-0,5 SD	Less
5	<M-1,5 SD	Very less

Data analysis or data classification is an important step in research. In its implementation, there are two types of data analysis, according to Sutrisno Hadi (1988: 21), that in a research, the data analysis method used in this research is statistical calculations using percentage descriptive analysis. According to Suharsimi Arikunto in Dian Hidayat (2011: 50), The formula used to find the percentage is as follows:

$$P = \frac{F}{N} \times 100\%$$

RESULTS AND DISCUSSION

Result

This research aims to find out the technical analysis of top serves in the Volleyball Game at Club Dynamite Volleyball, Bone Regency. The data collection process was carried out in July 2023. with a sample size of 15 students. The results of this research are intended to describe the data, namely the level of top service technique in volleyball games which is measured using tests and measurements. To measure the top service technique in the Volleyball Game at Club Dynamite Volleyball, Bone Regency, is done by categorizing it into five criteria, namely very good, good, Enough, less, and very less.

Research data analysis uses quantitative descriptive analysis techniques with percentages in the form of frequency distribution using the SPSS version 26 computer program and presented in the form of a histogram. The results of the descriptive statistical analysis of the top service technique analysis in the Volleyball Game at Club Dynamite Volleyball, Bone Regency, obtained the lowest (minimum) score of 6, the highest (maximum) score of 14, the average (mean) of 8.40, the middle value (median) of 8.00,

the highest value. appears frequently (mode) 8, standard deviation (SD) 1.920 Complete results can be seen in **Table 2** as follows:

Table 2.
 Descriptive statistical results

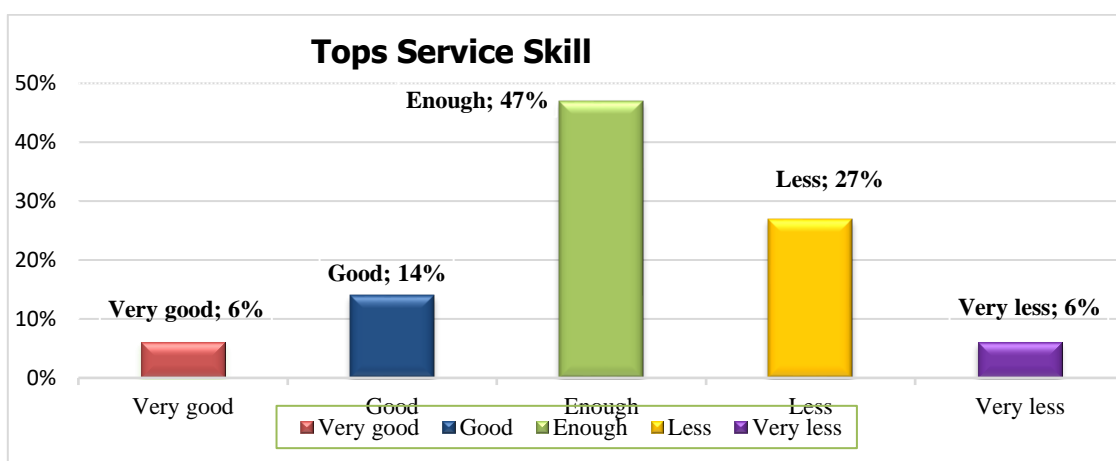
Statistics	Top Service on Volleyball
N	15
Mean	8.40
Median	8.00
Mode	8
Std, Deviation	1.920
Minimum	6
Maximum	14

Furthermore, the data is arranged in a frequency distribution which is filtered into five categories based on the average value and standard deviation obtained. Descriptive statistical data from research analysis of upper serve techniques in the Volleyball Game at Club Dynamite Volleyball, Bone Regency, when displayed in the form of a frequency distribution, analysis of upper serve techniques in the Volleyball Game at Club Dynamite Volleyball, Bone Regency based on the assessment rubric is presented in **Table 3** as follows:

Table 3.
 Frequency Distribution based on a scoring rubric

No	Interval	Frequency	Category	Percentage
1	> 11	1	Very good	6%
2	> 9 - 11	2	Good	14%
3	> 7 - 9	7	Enough	47%
4	> 6 - 7	4	Less	27%
5	≤ 6	1	Very less	6%
Amount		15	100%	

Based on the frequency distribution in **Table 3** above, the analysis of top serving techniques in the Bone Regency Club Dynamite Volleyball Volleyball Game, based on the assessment rubric is presented in **Figure 1** as follows:



Gambar 1.
 Top serving techniques in volleyball games

Based on **Table 3** and **Figure 1** above, show that the analysis of top service techniques in the Volleyball Game at Club Dynamite Volleyball, Bone Regency based on the assessment rubric is in the "Very poor" category at 6% (1 person), the "poor" category at



27% (4 people), the "Fair" category was 47% (7 people), the "good" category was 14% (2 people), and the "Very Good" category was 6% (1 person). Based on the average score of 8.40, the analysis of top service techniques in the Bone Regency Club Dynamite Volleyball Volleyball Game based on the assessment rubric is in the "Enough" category.

Discussion

This research aims to determine the technical analysis of top serves in the Volleyball Game at Club Dynamite Volleyball, Bone Regency. Based on the results of this research, show that the level of top service technique in the Bone Regency Club Dynamite Volleyball Volleyball Game is in the Fair category. Serving in volleyball is the initial capital in starting the game. In the development of the game of volleyball, serving is one of the determining factors for victory in addition to the physical condition, technique and maturity of the champion. For this reason, in a match, at least 90% of serves can cross the net into the opponent's area. (Viera, 2000: 27)

From the description of the results of the research conducted regarding the Upper Serve in the Volleyball Game at Club Dynamite Volleyball, Bone Regency, it was found that the Upper Serve in the Volleyball Game at Club Dynamite Volleyball, Bone Regency, was sufficient considering that the average value of 8.40 was in the value interval ($> 7 - 9$) Top service technique in the Club Dynamite Volleyball Volleyball Game, Bone Regency which is categorized as very good 1 person or 6%, good 2 people or 14%, enough 7 people or 47%, less than 4 people 27% and very poor 1 person or 6%.

Based on the results of this research, show that the top service technique in the Bone Regency Club Dynamite Volleyball Volleyball Game is in the Enough category. Volleyball is a big ball game played by teams or teams facing each other. In a match, players must master several basic techniques, one of which is the top serve. A serve in volleyball is defined as the first shot that signals the start of play. The top serving technique by Club Dynamite Volleyball athletes cannot be separated from the effective training process implemented by Club Dynamite Volleyball coaches.

The results of this research are the opinion of (Firdaus, 2021) his research, namely, the factors that influence the accuracy of service are factors that come from within a person (internal) and factors that come from outside a person (external). Internal factors include skills (coordination, strength and weakness of movements, speed of movement, mastery of technique, ability to anticipate movements), and feelings (feeling, accuracy, sharpness of senses). Meanwhile, external factors include the level of difficulty (target size, distance), and environmental conditions. (Samsudin 2008: 21). To have this level of skill, a person must be able to have the movement components and knowledge of the skill well. Having agile and strong movements will be able to have a driving factor to perform playing skills well.

Apart from having good talent, Club Dynamite Volleyball athletes need to have a good level of knowledge about playing skills. This is because good knowledge will help athletes to understand what types of movements and movements to do. Accuracy in serving in a volleyball game determines the level of difficulty in receiving the service, therefore serving in a volleyball game requires the accuracy of the position of the serve to get a point or score. In the beginning, service was the initial blow to start a game, but if viewed from a tactical point of view, it was already an initial attack to gain points so that a team could achieve victory.

Based on the data taken in the research, it can be concluded that some of the top serve techniques in the Club Dynamite Volleyball Volleyball game in Bone Regency have mastered the correct techniques and movements and some are still wrong when executing

the top serve, this is due to the athlete's lack of attention at the time. The training process, such as the upper serve, still takes the movement for granted, even though perfect movement can make it easier to perform a good and correct upper serve. With this, it is hoped that the Bone Regency Dynamite Volleyball Club coaches can improve the training portion, especially the top serve so that athletes in particular can maintain or perhaps further improve the top serve ability and in general can improve the volleyball playing skills of Bone Regency Dynamite Volleyball Club athletes.

CONCLUSION

Based on the results of the research and discussion, it can be concluded that the research results show that the Top Serve Technique in the Club Dynamite Volleyball Bone Volleyball Game is in the "Enough" category.

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