



The Difference Between The Practice Of Passing Underhand The Ball Reflected On The Wall And The Ball Hanging On The Skill Of Passing Underhand Volleyball

Rumiati^{1*}, Setyo Harmono², Budiman Agung Pratama³

^{1,2,3}Postgraduate Program / Nusantara PGRI Kediri University / East Java / Indonesia

^{1,2,3}Street. KH. Ahmad Dahlan No. 76, Mojoroto, District. Mojoroto, Kediri City, East Java, 64112

¹rumiati250582@gmail.com, ²setyo.harmono@unpkediri.ac.id, ³agung10@unpkediri.ac.id

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ABSTRACT

The importance of lower passing in the game of volleyball to get the maximum achievement and considering the type of passing training program walled and passing using hanging balls is a method that can be used to improve passing underhand in volleyball games, this study aims to determine the effect of walled passing and passing exercises using hanging balls on lower passing skills at PGRI Jogorogo Junior High School, Ngawi Regency. This study uses a quantitative approach, the type of research is experimental research, the research design uses a randomized control group pretest-posttest, the sample is 39 people, while the data on volleyball passing underhand skills are collected using the lower passing test instrument. The data analysis technique used is an independent sample t-test. The results showed that the sig value of $0.001 < 0.05$ which showed that there were differences in the method of passing exercises on the wall and passing using hanging balls against the bottom passing skills of volleyball, this was seen from the average value of the pretest and posttest of the walled passing group of 9.62 compared to the passing group using hanging balls with an average value of 4.31. Where is seen from the difference with an average value of 5,31.

Keywords: *Passing on the Wall; Hanging Ball Passing; Passing Underhand; Volleyball.*

INTRODUCTION

The basic technique of volleyball passing must be mastered by volleyball players because volleyball is more played by passing before it is then smashed (Atsani, 2020). The basic technique of volleyball is the mastery of the subject that every player must understand and master in playing volleyball (Hamid, 2013; Sahabuddin & Hakim, 2019). The basic technique that is very important to master is the basic technique of lower passing (Indra, Palasa, Eddy, 2020) because lower passing is very useful for defence and can even be used as an additional point for the team to win. Passing underhand is useful for receiving the ball down and for feeding (Karim et al, 2017). In the game of volleyball, passing can be done by passing up and passing down (Febriani & Rifki, 2020). Upper passing and

underhand passing have different functions. If the player receives a served ball or an attack from the opponent and the ball goes down, then the player receives the ball using the passing underhand (Sahabuddin et al., 2020). Then if it receives a ball that bounces over the head, the player uses upper passing to receive the ball (Kusnadi & Gani, 2020). To be able to play volleyball, a student must master the basic techniques, one of which is the passing underhand technique of volleyball game (Haprabu, 2017). Passing underhand is the most common type of passing used in the game of volleyball, and all players must learn how to do passing underhand because players will rotate through all field positions (Hanief et al., 2010). Passing underhand in the game of volleyball is used to receive service, spikes that are directed hard, balls that fall, and balls that lead to the net (Effendy et al., 2020). The passing underhand technique of the ball game is a technique that must be mastered well by each player (Hambali, 2019), without mastering the lower passing technique the ball game will not go smoothly, other techniques will not be able to be used perfectly so that the game becomes less interesting (Pasaribu, 2016).

Based on the opinion of experts, it can be concluded that the basic technique of passing underhand in the game of volleyball must be well mastered by each player to receive service, spike and pass to friends. The passing underhand of the volleyball game is at the heart of the volleyball game. Therefore, passing underhand is the initial foundation in the game of volleyball so that the game goes well.

Based on observations and observations made by researchers on September 16, November 2021 about the lower passing skills of PGRI Jogorogo Junior High School students, Ngawi Regency to 16 students, the following results were obtained:

Table 1.
 Data from the Observation of Basic Technical Skills of the Volleyball Game

TOTAL SET	Skills							
	Service		Passing		Smash		Block	
	True	Wrong	True	Wrong	True	Wrong	True	Wrong
Sum	81	27	73	82	17	9	10	2
Percentage (%)	75 %	25 %	47,10 %	52,90%	65,38 %	34,62 %	83,33 %	16,67 %

Based on table 1. It can be concluded that the basic technical skills of the volleyball game carried out by 16 students with one game (3 sets of games) in 1 hour obtained data that the extracurricular male students of PGRI Jogorogo Junior High School, Ngawi Regency still made many mistakes, namely the biggest mistakes occurred in passing with the number of errors as many as 82 times out of 155 times passing with a percentage of errors of 52.90%, Followed by successively, namely Smash with the number of errors 9

times from 26 times doing Smash with a percentage of errors as much as 34.62%, Service with the number of errors as many as 27 times from 108 times doing services with a percentage of errors as much as 25%, and Blocks with the number of errors as many as 2 times from 12 times doing blocks with a percentage of errors as much as 16.67%. Judging from the results of observations during the game, it can be concluded that the researcher focused on the weakest skill lies in the passing technique with the wrong movement of 52.90%.

Table 2.
 Data Observation Results Basic Technique Skills Passing Game Volleyball

Information	Passing Skills			
	Underhand Passing		Upper Passing	
	True	Wrong	True	Wrong
Sum	11	78	62	4
Percentage (%)	12,36%	87,64%	93,94%	6,06%

Based on Table 2. it is known that the basic technical skills of passing the ball game carried out by 16 students with one game (3 sets of games) in 1 hour obtained data that the extracurricular male students of PGRI Jogorogo Junior High School, Ngawi Regency still made many mistakes, namely the biggest mistakes occurred in the lower passing with the number of errors as many as 78 times out of 89 times making lower passes with a percentage of errors of 87.64%, and followed by upper passing with the number of errors 4 times out of 66 times making upper passes with an error percentage of 6.06%. Based on these data, it can be concluded that a mistake that often occurs when performing basic passing technique skills in a volleyball game made by extracurricular male students of PGRI Jogorogo Junior High School, Ngawi Regency, is a mistake in the basic technical skills of lower passing in the game of volleyball.

Based on preliminary observations, the most mistakes made were when passing. There are various ways to improve passing skills, including the method of passing exercises reflected on the wall according to purwatiningsih (2004) expresses the opinion that the lower passing practice reflected on the wall affects the improvement of passing skills under volleyball. and there is another method, namely using hanging balls and passing under hanging balls has a good effect on lower passing skills in the game of volleyball, Dahliya (2013). Based on this theory, there are two training methods to improve volleyball passing underhand skills, but of the two methods, the difference has not been determined, which one is better for improving passing skills.

According to previous research from Purwatiningsih (2004), learning passing underhand techniques can be done with a variety of training patterns. The given pattern of lower passing exercises should help students practise against wild balls that are out of control. Based on the previous information about the passing technique used to deal with wild balls must use front arm passes, and the training pattern given must support this. One form of exercise that can be given is the pattern of lower passing exercises reflected against the wall, this is following the statement of Kleinmann & Kruber (1984) who mentioned that perfecting the ability to control the ball with the passing underhand can be done by reflecting on the wall (wall). Previous research from Purwatiningsih (2004) also concluded the same thing, namely "the practice of lower passing reflected on the wall affects improving the passing skills under the ball".

Based on the opinion of experts, it can be concluded that the passing underhand reflected on the wall is the passing underhand practice of the ball game by the way the ball is bounced on the wall to help practice the passing underhand facing the wild ball. Aji (2015) explains that "a hung ball is one of the media that can be used as an intermediary to transfer in conveying messages from sender to receiver". Aji (2015) further explains that "the hanging ball referred to in this sense is a ball suspended with a rope tied to the end of a pole that pivots on a rope fastener, using a volleyball at a height according to the player's range" (Sahabuddin, 2018). Hanging ball passing underhand has a good effect on passing underhand skills in volleyball games, this is following previous research by Dahliya (2013) who concluded that "in learning the passing underhand of mini balls using hanging balls this is proven to give a positive response to learning the lower passing of mini volleyball so that students become interested and motivated to study harder".

Based on the opinions of experts, it can be concluded that the passing underhand using a hanging ball is a passing underhand exercise using a ball that is hung on a goal post using a rope as an auxiliary tool with the height of the ball adjusted to the height of the student, the passing underhand exercise using a hung ball has a good effect on the passing underhand skills of the ball game. In volleyball, the results of two theories suggest that the practice of passing under the ball reflected on the wall with the practice of passing under the hanging ball influences the skill of the passing underhand practice of the ball game. However, the difference in the influence of the two passing exercises is not yet known, so researchers will conduct research on experimental studies to find out the difference between the influence of lower passing exercises with passing media reflected on the wall with the hanging ball passing media.

Table 3.
 Preliminary Test Results Data Basic Passing Technique Skills
 Under The Game of Volleyball

Information	Passing underhand Skills	
	True	Wrong
Sum	66	254
Percentage (%)	20%	80%

Based on table 3. It is known that the results of the initial test of basic passing skills under the game of volleyball conducted by 16 students, each student conducted a lower passing test 20 attempts. As a result, the percentage of errors is as much as 80%, and the percentage of correct 20%. Based on these data, it can be concluded that the error percentage result is higher than the correct percentage result.

METHOD

The research method used in this study is experimental with a randomized control group pretest-posttest design (Nazir, 2014). Judging from the nature of the problems that have been presented, this research is included in experimental research. Maksum (2009) states that experiential research is "a way to reveal a relationship between two or more variables and also to look for the influence of one variable on another. The variables in this study include (1) bound variables, namely lower passing of the ball, (2) free variables, namely lower passing exercises reflected on the wall and passing underhand exercises using hanging balls. In this study, two groups were randomly selected, and then each group was given a preliminary test to find out the initial state before being treated. Furthermore, at the end of the treatment, the final test (posttest) is carried out. So the design in this study is a "randomized control group pretest-posttest" (Maksum,2009). The study design can be seen in table 4.

Table 4.
 Research design randomized control group pretest-posttest

Sampling Techniques	Group	Pre-test	Treatment	Post-test
Random	The exercise method is reflected on the wall	P01	X1	P1
	Hanging ball practice method	P02	X2	P2

The research site was carried out on the volleyball court of PGRI Jogorogo Junior High School, Ngawi Regency, the research site was chosen because the field is a training ground for volleyball players at PGRI Jogorogo Junior High School, Ngawi Regency. Sugiyono (2011) explained that "Population is a generalized area consisting of objects/regions that have certain

qualities and characteristics that are determined by researchers to be studied and then drawn conclusions". While according to Arikunto (2014), the population is the entire subject of the study. Based on the above understanding, the population in this study was all 45 extracurricular students. Whether or not the sample determination is determined will affect the validity of the study. To obtain a good and representative sample, sampling techniques are used. The sample is partial or representative of the population under study (Arikunto, 2014). Based on the above understanding, this study used a sample of 45 extracurricular students who were selected using random techniques. The random sampling technique is a sampling technique that provides equal opportunities for individuals who are members of the population to be selected as sample members. The random technique can be done by drawing lots or by random numbers.

The hypothesis Test uses a t-test using the help of the SPSS 22.0 computer program, which is by comparing the average values between three groups. The significant level used is 5%. If the value of the t count is smaller than the t of the table then H_a is rejected, and if the t count is greater than the t of the table then H_a is accepted. From the data that has been obtained, it is continued by analyzing using Anova. ANOVA is used because it tests between two or more data groups. ANOVA stands for Analysis Of Variance which is designed to simultaneously test the differences between dependent variables. For such purposes, a widely used form of hypothesis testing is Wilks' λ . If the results of Wilks' λ analysis show significant differences, then the analysis is continued by looking at combinations of differences between groups (Ali Maksum, 2012).

RESULTS AND DISCUSSION

Results

This research was carried out at PGRI Jogorogo Ngawi Junior High School, Jogorogo District, Ngawi Regency, to be precise, with the number of players studied as many as 39 people. The training location is at SMP PGRI Jogorogo Jogorogo, Jogorogo district, Ngawi regency. This research was conducted from February 10, 2022, to March 20. The pretest was taken on February 10, 2022, and the posttest was taken on March 15, 2022.

The ability to improve lower passing skills in volleyball uses a passing test that has 2 15-meter targets that have their value to be targeted. Posttests are carried out after being given walled passing exercises and passing using hanging balls. Meanwhile, the presentation of the material is adjusted to the available time allocation, namely 18 exercises

per Exercise Method which is carried out 3 times a week. Thus, multistage test data are obtained when carrying out the pretest and posttest as follows:

Table 5.

The passing group is walled against the volleyball player's passing underhand

	Passing underhand Score		
	Pre-test	Post-test	Different
Mean	7,15	16,77	9,62
Standard Deviation	2,23	1,36	0,87
Maximum	12	19	7
Minimum	4	15	11

Table 6.

Passing groups use hanging balls against volleyball players' passing underhand

	Passing underhand Score		
	Pre-test	Post-test	Different
Mean	7,31	11,62	4,31
Standard Deviation	2,13	1,85	0,28
Maximum	11	14	3
Minimum	4	8	4

Table 7.

Control group over volleyball players' passing underhand

	Passing underhand Score		
	Pre-test	Post-test	Different
Mean	7,23	10,92	3,69
Standard Deviation	1,92	1,60	0,32
Maximum	4	11	3
Minimum	8	14	6

The magnitude of the difference in the change in the passing underhand of volleyball in each group can be described in the following histogram:

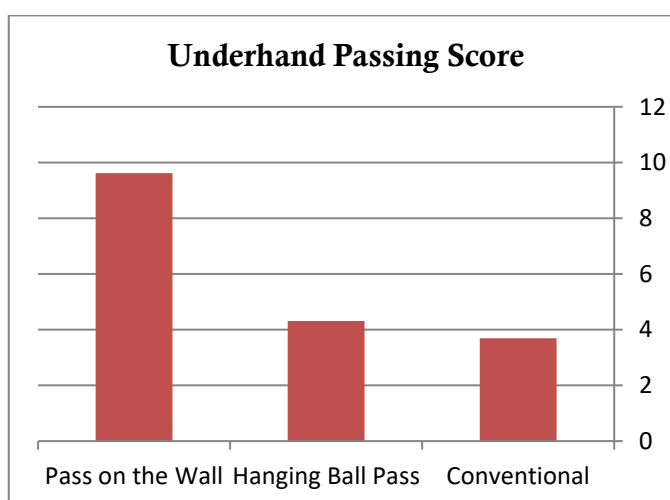


Figure 1.

Volleyball passing underhand histogram

The normality test in this study was used to test the data obtained whether the data were normally distributed or not, carried out using the Kolmogorov-Smirnov test. The basis of the analysis used in making decisions is Asymp. Sig (2-tailed) > from 0.05 then the data can be said to be normally distributed. Based on the results of the normality test using SPSS 22 for Windows, the following results were obtained:

Table 8.
 Normality test using One-Sample Kolmogorov-Smirnov Test

	Pre-test P.D	Post-test P.D	Pre-test B.G	Post-test B.G	Pre-test Control	Post-test. Control
N	13	13	13	13	13	13
Kolmogorov-Smirnov Z	0.200	0.154	0.200	0.174	0.200	0.200
Asymp. Sig. (2-tailed)	0.593	0.132	0.684	0.178	0.707	0.904

Based on the normality test table of the three groups shows the magnitude of the Asymp value. The sig (2-tailed) of the three groups is greater than 0.05. It can be said that the distribution of data from the three groups of both pre-test and post-test data from the entire population is normally distributed. So that it can be used to analyze research results.

The homogeneity test is useful for testing the usefulness of the sample, whether in uniform or not a variant of the sample taken from the population. The homogeneity test used in this study used Levene Statistics. The homogeneity test is used to determine whether or not the variation of samples taken from the same population is uniform. To calculate the homogeneity test, use the SPSS 22.0 program. The following are the results of the homogeneity test obtained:

Table 9.
 Homogeneity Test Table

Test of Homogeneity of Variances Variable dependents: Passing Down			Information
Group	Levene Statistics	Sig.	
Walled Passing Hanging Ball Passing Control	0.727	.490	Homogeneous

From the table of homogeneity test results above, it can be seen that the statistical levane value is 0.727 and the Sig value is. (p = 490) because of the value of Sig. (p = 490 > 0.05) according to the decision-making criteria, it can be said that the distribution of data from all three groups has the same (homogeneous) variants. Therefore, for the test, the average difference between groups is taken from the Equal variances Asssum value, because the data obtained are homogeneous.

To answer the hypothesis that has been proposed, the analytical test used in this study is the average difference test (mean difference test) using the t-test analysis (Paired t-test). The values used in calculating the t-test (Paired t-test) are the pre-test and post-test values of each group, with the presentation of the data, the results of the t-test calculation (Paired t-test) are as follows:

Table 10.
 Test the Difference in Average Paired Samples

Passing underhand		Mean	Mean Differences	t	Df	Sig (2-tailed)
P.G	Pre-test	7,315	9,69	11.716	12	,000
	Post-test	16,77				
B.G	Pre-test	7,31	4,31	9,699	12	,000
	Post-test	11,62				
Control	Pre-test	7,23	0,69	12,906	12	,000
	Post-test	10,92				

Testing of average differences synchronously between groups to determine the difference in the effect of treatment on the increase in variables tied to volleyball before and after treatment between groups using ANOVA (Analysis Of Variance) statistics. From the calculation of SPSS 22 for Windows, the following results are obtained:

Table 11.
 Results of Aerobic Capacity ANOVA Calculation

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	265.282	2	132.641	50.633	.000
Within Groups	94.308	36	2.620		
Total	359.590	36			

Based on the results of the statistical hypothesis testing above, the calculated F value of 50.633 and the table F of 3.26 were obtained. Using the hypothesis testing criteria it can be argued that Ho rejected Ha was accepted because the F value was $50.633 > F_{table} 3.26$. In other words, there are differences in the influence of walled passing exercises, hanging balls and control groups on the passing underhand of volleyball players, Significant differences are seen in the walled passing practice methods compared to hanging and conventional balls with the highest improvement of the three practice methods, which has an average of 9.69.

Discussion

Improved Passing Exercises On The Wall Against Volleyball Under-Passing Skills.

According to Wahyuni and Sutarmin (2012), passing is a way of hitting the ball with two hands held together and swinging from the bottom (passing underhand) or hitting the ball with two separate hands open fingers above the head slightly forward (upper

passing). This further shows that the provision of walled passing exercises affects the improvement of volleyball passing underhand skills. Walled passing exercises have the characteristic of repeated exercises by being reflected in the wall or wall interspersed with periods of recovery in a certain time. In practice, players have a good bounce of the ball because they are actually against themselves, whereas if the passing volleyball is good then the return will be good. So that players have more opportunities to repeat and provide perfect passing at the time of re-doing. This is shown in the test results of the data obtained with the T-count value of 11.176 and for the t-table obtained 2.179, and the significance value of $0.001 < 0.05$, then this result shows that there is a significant difference. The exercise will be more effective to improve the passing underhand skills because the exercises are done repeatedly and the reflection is the wall, this exercise is very much in line with the elements needed in the passing underhand in volleyball. Then it is certain that the training will be able to increase the player's concentration. with the statement of Kleinmann & Kruber (1984) which mentions that perfecting the ability to control the ball with the passing underhand can be done by being reflected on the wall (wall). Previous research from Purwatiningsih (2004) also concluded the same thing, namely "the practice of lower passing reflected on the wall affects improving the passing skills under the ball". Based on the opinion of experts, it can be concluded that the passing underhand reflected on the wall is the passing underhand practice of the ball game by the way the ball is bounced on the wall to help practice the passing underhand facing the wild ball.

Improved Passing Exercises Using Hanging Balls Against Volleyball Passing underhand Skills

By utilizing the media in passing under volleyball, namely by replacing or designing the original volleyball by hanging it or it can be said to be with hanging ball media. Hanging balls are one of the media that can be used to foster student motivation in participating in extracurricular activities., exercises using ball media (a) Increase student interest and motivation in learning; (b) Increase students' sense of confidence to do the right techniques; (c) Increase the courage of students to undertake; (d) Provide a new atmosphere in training (Sulistiyono 2010). This is shown in the test results of the data obtained a T-count value of 3.340 and for the t-table obtained 2.179, and the significance value of $0.001 < 0.05$, then this result shows that there is a significant difference. Aji (2015) explains that "the hanging ball referred to in this sense is a ball suspended with a rope tied to the end of the pole that pivots on the rope fastener, using the ball at a height according to the player's range." This is following previous research by Dahliya (2013) who concluded that " learning the passing

underhand of the mini ball using a hanging ball is proven to give a positive response to learning passing under mini volleyball so that students become interested and motivated to study harder". Thus, the hanging ball in question becomes more effective because the student is always poked at the ball and is intended to make it easier for students to understand the movement correctly and not hesitate when passing down.

The difference in Passing Exercises On the wall or Hanging Ball 1:1 Ratio To Volleyball Passing underhand Skill Improvement.

Based on the analysis obtained, it shows that the Wall Passing exercise shows that the provision of walled passing exercises affects the improvement of volleyball passing underhand skills. Walled passing exercises have the characteristic of repeated exercises by being reflected in the wall or wall interspersed with periods of recovery in a certain time. In practice, players have a good bounce of the ball because they are actually against themselves, whereas if the passing volleyball is good then the return will be good. So that players have more opportunities to repeat and provide perfect passing at the time of re-doing. In passing exercises using hanging balls is one of the media that can be used to foster student motivation in participating in extracurricular activities., exercises using ball media (a) Increase student interest and motivation in learning; (b) Increase students' sense of confidence to do the right techniques; (c) Increase the courage of students to undertake. In the passing practice, the wall and the hanging ball have something in common, whereas at practice time there is a break or recovery. There is also a difference, namely in walled passing which presents a practice situation directly opposite the wall, while hanging ball passing presents exercises that use a hung boal medium, but in this study, both have benefits or influences on improving the passing skills under volleyball. In walled passing there is an influence in improving the lower passing skills of volleyball, this is shown in the test results data obtained t-count value 11.716 and for t-table obtained 2.179, and significance value $0.001 < 0.05$, then this result shows there is a significant difference. In passing using hanging balls, there is an influence in improving volleyball passing underhand skills, this can be seen from the test results of the data obtained a t-count value of 9.699 and for the t-table obtained 2.145, and a significance value of $0.001 < 0.05$, then this result shows that there is a significant difference.

Which is a good exercise or better to improve volleyball passing underhand skills.

The results of the analysis showed that walled passing is better at improving the passing underhand ability of volleyball students of PGRI Jogorogo Ngawi Junior High

School compared to passing exercises using hanging balls Based on the results of the analysis, the average post-test value of the passing group was obtained. walled by 9.62 compared to the hanging ball group with an average value of 4.31. Where is seen from the difference with an average value of 5.31. This can show that the provision of walled passing training methods is more effective and efficient to improve the lower passing skills of PGRI Jogorogo Ngawi Junior High School extracurricular students. In line with the two previous studies by Dahliya and Purwatiningsih that both methods of exercise can improve the skill of passing underhand in volleyball. However, from the results of both good practice methods to improve the volleyball passing underhand skills of extracurricular students is passing on the wall.

CONCLUSIONS AND SUGGESTIONS

Conclusions

The results of the study on the difference in the effect of walled passing exercises and hanging balls on volleyball passing underhand skills can be concluded as follows: (1) There is a significant effect of the provision of walled passing exercises on volleyball bottom passing skills, this is based on a t-test that states a calculated t value of $11.716 > t_{table} 2.179$, and a signification value of $0.001 < 0.05$, and (2) There was a significant effect of passing exercises using hanging balls on volleyball passing underhand skills, this is based on a t-test that states a calculated t value of $9.699 > t_{table} 2.179$, and a signification value of $0.001 < 0.05$. Passing exercises are better than passing exercises using hanging balls in improving volleyball passing underhand skills, this is seen from the average pre-test and post-test of the two variables.

suggestions

Looking at the results that have been achieved during the study, the researcher would like to convey some suggestions, namely: (1) For extracurricular coaches, providing variations of various exercises to improve passing skills, (2) For players, as motivation how important a programmatic and planned exercise is to an improved result. As the saying goes "hard work will not produce results", and (3) For extracurricular students of PGRI Jogorogo Ngawi Junior High School, need a directed, programmatic and planned exercise program to achieve higher and improved results.

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