



International Seminar of  
Sport Culture and Achievement

# ISSCA 2014 PROCEEDINGS

*“Global Issues of Sport Science &  
Sport Technology Development”*



Diterbitkan Oleh:  
**Fakultas Ilmu Keolahragaan**  
Universitas Negeri Yogyakarta



**International Seminar of Sport Culture and Achievement**  
*“Global Issues of Sport Science & Sport Technology Development”*

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**Design & Lay Out**

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**Secretariat:**

Yogyakarta State University, Indonesia Telp: +62274 550307  
Email: [issca\\_2014@uny.ac.id](mailto:issca_2014@uny.ac.id) - Website: [seminar.uny.ac.id/issca2014](http://seminar.uny.ac.id/issca2014)

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*24 April 2014*

## Preface

### **Salam Olahraga!**

Praise and be grateful to the Lord, so that this proceeding can be issued. The International Seminar of Sport Culture and Achievement with "Global Issues of Sport Science & Technology Sport Development" theme is held on 23rd- 24th April 2014 at Yogyakarta State University Hotel. The seminar is conducted by Faculty of Sport Science, Yogyakarta State University.

The seminar was conducted in order to enliven the 50th anniversary of Yogyakarta State University. The Seminar aims at revealing any growing sport potentials and recent worldwide research results. There are three pillars of sport: recreational sports, physical education/ sports pedagogy, and elite sport that in common have one goal to form characters and support achievement.

Hopefully, the publication of this proceeding can bring benefits to the participants in particular and readers in general. Final words for all those who have helped this seminar, we thank you.



**Dean of Faculty of Sport Science**  
Yogyakarta State University,

**Drs. Rumpis Agus Sudarko, M.S.**

## Preface

*Assalamualaikum Warrah Matullahi Wabarakatuh*

The honorable speakers, Prof. Dr. Djoko Pekik Irianto, M.Kes. AIFO (Deputy of Achievement Improvement of Sport and Youth Ministry), Dr. Wayne Cotton (Australia), Dr. Jose Vicente Garcia Jimenez (Spain), Dr. Achara Soachalerm (Thailand), Dr. Lim Peng Han (Singapore), and Dr. Gunathevan A/L Elmulai (Malaysia). The distinguished guests.

First of all, on behalf of the committee of the International Seminar of Sport Culture and Achievement, let me express great thank to God Allah SWT who gives us opportunity and health, so that we can join this international seminar on sport culture and achievement. It is my pleasure to welcome you to the International Seminar of Sport Culture and Achievement in Faculty of Sport Science Yogyakarta State University.

The international seminar is in order to celebrate the 50th anniversary of Yogyakarta State University. In this opportunity, we invite five speakers from five countries; they are from Spain, Australia, Thailand, Singapore, and Malaysia. The participants of the seminar are 250 participants.

Finally, allow me to express my gratitude to all audiences, especially the honorable speakers and the distinguished guests for paying attention to this seminar. I hope that the seminar will run well and be successful.

Thank you very much.

*Wassalamualaikum Warrahmatullahi Wabarakatuh*

Yogyakarta, 24<sup>th</sup> April 2014

**Chairman of ISSCA,**



**Dr. Pangung Sutapa, M.S.**

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# GAME VOLLEYBALL PREPARING ATTACK FOR SPORT AND HEALTH EDUCATION LEARNING FOR FIRST CLASS IN JUNIOR HIGH SCHOOL

Yuyun Ari Wibowo

Yogyakarta State University, Indonesia

## Abstract

Title of this research is game volleyball preparing attack for Sport and Health Education learning for first class in Junior high school. This research based on volleyball learning process with drill method commonly makes students bored. Playing type is to be on of the alternative to disappear saturation. Purpose of the research develops game volleyball preparing attack. This research is a development. Development is done through phases: preliminary design, production, evaluation, and revision. After going through the initial stages of production resulting products were validated by experts material. Furthermore, the products have been tested on students through the testing phase of small and large scale. Product trials are subject class VII student of SMP N 2 Kasihan. Data were collected through observation. Data in the form of product quality assessment, suggestions for product improvement. Quantitative data were analyzed with descriptive statistics. The suggestions obtained is used as the basis for revising the product. Results of the study is the formulation of a model for the volleyball game preparing attack sport and physical education teaching health class VII. The model of the game is: (1) *passing* dari bola pantul, (2) *passing* pantul serang, (3) *passing* tangkap serang, (4) *passing* tangkap lalu serang dengan *passing* bawah.

**Keywords:** game, prepare for an attack, volleyball.

## INTRODUCTION

The learning process of physical education and health sport synonymous with the active role of the learner. Active learners in the learning process is now questioned because often encountered students who just sit around during the learning process. Issues about activity learners being a hot issue for the students raised in the final thesis. The existence of learners who do not want to come or queue activity and rest make less than the maximum optimization study time. Even worse if the students also behave passively in their daily life, then fitness will be very difficult to be realized.

Optimization of time in the learning process to be one thing that is very important in the educational process. Time for physical education subjects in junior sport and health are 2 x 40 minutes. The question is: can utilize the time available to continue the move. Unpleasant activity will certainly not be able to make the students want to do it in a longer period of time, so the shade, lounging, and do other activities besides the subject matter is the choice. An example is the passing down of learning for students of class VII, drill approach, by being asked to do in a portion of the lot and a long time will make learners are easily bored and consequently some of the above. So we need a way to be able to optimize the learning time.

The game is one way that can be used for physical education to learn sports and health. The game also as one of the preferred activities. Proof that games are a nice

thing is when learning of physical education and athletics own health, when the teacher asked today want to learn what? The answer would have been a lot of students who answered play soccer, volleyball, or another game. Game has a number of advantages to active learners. Learners can be active with the game because the game will make them challenged and feel curious.

The game can make students more excited, because there are competitive elements. Competitive element of the game can influence the participants to continue the game. Someone that play and defeat a little or thin certainly still felt could win the game.

Physical education and sports health much use sports games as the material. Examples of sports games that are used in physical education and health sport is football, basketball, volleyball, and others. Volleyball game is one sport that takes a long time to be able to play it.

Learn to play volleyball with the drill method often makes the students become bored. Form of play to be one alternative to relieve boredom. Form of play is also believed to be able to make the students feel challenged. Learn to play volleyball with mini-game form of actual game will also help learn the supporting techniques.

Learn to play volleyball get through techniques or tactics. The basis technique of the volleyball game is service, passing down, passing on, spike and block. Tactics that are in the volleyball game can be grouped in two things; tactics of attack and defense, and can also be distinguished on individual and group tactics. One of the defense tactic is to prepare the attack. Preparing attack tactic is a tactic used to produce a good passing to get lured easily. Preparing attack tactic in the volleyball game there some sort.

Learners in junior class VII generally will get a volleyball game in odd and even semester. Volleyball game first taught in junior high school is the basic technique. The initial basic technique is given in general is passing. The main function of passing is to prepare the attack. Preparing for an attack is a problem of tactic in the volleyball game. Researchers associated with this expansion will do to make a game with volleyball preparing attack tactic for class VII students.

## **METHODS**

### **1. Development Model**

This research is a development research. According to Borg and Gall (1983:) research and development is a process used to develop or validate the products are used in education and learning. Development carried out to get a game to prepare an attack.

### **2. Procedure Development**

The procedure to prepare the attack volleyball game development is in accordance with the steps of research and development according to Borg and Gall. According to Borg and Gall (1983: 222) in conducting research development, there are several steps that must be taken, the steps that must be taken as follows, (1) an analysis of the information that has been collected, (2) plan research, (3) developing initial products, (4) expert validation and revision, (5) with small-scale field trials and revisions products, (6) large-scale testing and revision of the product. development measures according Wasis Dwiyo D. (2004: 6) is: (1) performs the analysis of the product to be developed; (2) developing initial products; (3) validation of the expert; (4) the trial court, (5) revision of the product.

Based on the development steps of Borg and Gall then researcher planned research steps as follows:

- a. Analyze of the information gathered.
- b. Develop the initial product.
- c. Expert validation and revisions.
- d. Field trials and revisions with small scale or large scale and revision.
- e. The result of the evaluation made by the experts are then used as input material for researcher to improve the models that have been compiled and then having to do revision / improvement, then do a test model in a larger scale.

### 3. Testing Products

Product trials meant to collect data as a basis in determining the goodness of the model developed. Here is a description of the trial design of the product, subject try, data type, data collection instruments, and data analysis techniques.

#### a. Product Trial Design

Trial design is intended to get direct feedback from users about the quality of the developed model. This study will test the model draft done twice, that is small-scale trials and large-scale trials / wide. Before any testing both small and extensive prior validation requested experts as well as physical education teachers.

#### b. Subjects Try

Subjects try involved in this study were students in SMP N 2 Kasihan Bantul. Then according to the stages of research for a small-scale trial involving 12 students and a large-scale trial involving 32 students.

#### c. Data types

Data collected from this study is data from experts, teachers, and students. Data from the experts and teachers using a questionnaire to assess the quality of the quality of the learning model before field testing. Data small-scale field trials, and wide scale resulting from the observation that given the expert and teacher while observe the implementation of the trial that has been documented. The data obtained from the student questionnaires after students attend trials on a wide scale.

#### d. Data Collection Instrument

Data collection instrument in this study is questionnaire then made a survey of assessment tools from 2 consultants / experts and a junior high school sports and health education teachers. Instruments for field trial using the guidelines is expected to offer observations reveal the opinion of the experts and sports and health education teachers. Questionnaire and observation guidelines using questionnaire and observation Ahmad Rithaudin guidelines on research with the title "game model in the water as a learning medium physical education for elementary school children of the underclass". Questionnaire and observation guidelines used because basically that is developed is just the same that is a game, and games are arranged or produced for the learning of physical education.

#### 4. Data Analysis Techniques

Data analysis techniques in this study using descriptive data analysis. There are two kinds of descriptive data analysis performed in this study namely: descriptive data analysis of quantitative and qualitative. Quantitative data analysis is done to analyze the data and the observation of experts and teachers on the quality of the model prior to the field trials. Qualitative analysis was conducted on data from the observations of experts and sports and health education teachers in providing advice or input as well as revisions to the model are arranged mainly in the field testing stage both small scale and large scale.

### RESEARCH AND DEVELOPMENT

Data obtained from the questionnaire filling of sports experts and teachers a guide to state models made feasible or not. The results of the questionnaire by experts and teachers can be seen in table 1 below.

**Table 1**  
**Recapitulation Data Questionnaire Results of the Experts in the Draft Model.**

No	Model type	Experts Assessment Score			Total Score	Average Score
		A.1	A.2	G.1		
1	Permainan <i>Passing</i> dari Bola Pantul	64	66	63	193	64,33
2	<i>Passing</i> Pantul Serang	65	66	62	193	64,33
3	<i>Passing</i> Tangkap Serang	65	64	62	191	63,67
4	<i>Passing</i> tangkap lalu Serang dengan <i>passing</i> bawah	63	62	60	185	61,67

#### Information

- A.1 : Expert 1
- A.2 : Expert 2
- G.1 : Teacher

Based on data from Table 1 above it can be concluded that the models are feasible for small-scale performance tested. It can be seen from the average score across the experts and teachers are above a score of 45 as the limit of the receipt of a model. The mean score drafts 1, 2, 3 and 4 above 45 then the draft prepared declared eligible to be tested.

The following are inputs to the model are established: (1) clarify the whole sentence in the model developed, (2) The purpose of the game should be clarified, (3) classroom management should be able to accommodate all learners to learn, (4) passing principles incorporated under the laws volleyball.

As for the advice and input from the observation of the small and large scale are: (1) after catching the ball should be able to run forward while bringing the ball to be ferried, (2) area for the proposed service to be 3 feet from the rear, and 3, 5 from the side lines.

Research by title volleyball game preparing attack on sports and physical education teaching health class VII produces four kinds of games namely: (1) *Passing* dari Bola Pantul, (2) *Passing* Pantul Serang, (3) *Passing* Tangkap Serang

dan (4) *Passing* tangkap lalu Serang dengan *passing* bawah. As for a more detailed explanation of the above games are as follows:

1. *Passing* dari Bola Pantul

**Table 2**  
***Passing* dari Bola Pantul**

GENERAL INSTRUCTIONS	
Name Game	<i>Passing</i> dari Bola Pantul
The game goal	Increase the frequency of doing <i>Passing</i> , as well as correcting the basic techniques of passing down.
Facilities and Infrastructure	1   volleyball court, size 18 x 9 meters.
	2   Net
	3   Ball, size 4
Time	25-30 Minutes
Rules of the game	1   Service replaced by the bottom two-hand throw, in the service area. The service area is an area of 2 square meter box that is 3 meters from the rear line of volleyball field and 3.5 meters from the side lines volleyball court.
	2   Games with 6 vs 6
	3   Earn points when team opponent can not return the ball beyond the net.
	4   System point is relly point.
	5   Reach 25 points first is the winner.
	6   Ball from the opposing team assault as a result the service or when relly should reflect to the floor first than allowed to be passing down.
	7   The ball from passing down should bounce then allowed captured by another member of team and than allowed to attacked to the opposing team. Allowed to bring the ball forward before pass the net.
	8   Ball attacked to the opponnent's field must pass over the net with a height of 2 meters. The throw is used with two hands from below.
	9   Not allowed to take across the ball thrown from the shoulder and using one hand.
	10   Rotation is rotation used in official volleyball game.
How to make a game	Start the game using the two-handed shot as a substitute service, in the service area. Ball result of past service on the net should be bouncing on the floor before passing down. Passing down results should also reflect on the floor first before being caught and space attacked to the opponents. Ball results throw down a two-handed should pass over the net and fell in field opposite. Team which win the relly earn points.



1. *Passing pantul serang*

**Table 3**  
***Passing pantul serang***

<b>GENERAL INSTRUCTIONS</b>	
Name Game	<i>Passing Pantul Serang</i>
The game goal	Increase the frequency of doing Passing, passing under the correct basic techniques, as well as creating a simple rally in playing volleyball.
Facilities and Infrastructure	1 volleyball court, size 18 x 9 meters.
	2 Net
	3 Ball, size 4
Time	25-30 Minutes
Rules of the game	1 Service replaced the bottom two-hand throw, in the service area. The service area is an area of 2 square meter box that is 3 metse from the rear line of volleyball field and 3.5 meters from the side lines volleyball court.
	2 Games with 6 vs 6
	3 Earn points when team opponent can not return the ball beyond the net.
	4 System point is relly point.
	5 Reach 25 points first is the winner.
	6 The ball from the other side of both servicing and attack results when relly should direct passing.
	7 Passing the ball must bounce first then allowed to captured by a another member of team then allowed to attacked to the opposing team.
	8 Ball attacked to the opponnent's field must pass over the net with a height of 2 meters. The throw is used with two hands from below.
	9 Not allowed to take across the ball to be thrown over the shoulder and using one hand.
	10 Throw the ball fall on the ground opponnent in the attack line until mid-line is considered out.
	11 Rotation is rotation used in official volleyball game.
How to make a game	Starting the game with a two-handed throw-down instead of a service, in the service area. Service that passes the ball over the net should direct passing. Passing the ball must bounce on the floor first before being captured. Throw the ball down the two hands must pass over the net and fell field opponents. Balls are dropped on the ground opponnent from attack line until mid-line is considered out. Team that wins the rally earn points.

## 2. *Passing Tangkap Serang*

**Table 4**  
***Passing Tangkap Serang***

GENERAL INSTRUCTIONS	
Name Game	<i>Passing Tangkap Serang</i>
The game goal	Increase the frequency of doing Passing, as well as creating a simple rally in playing volleyball.
Facilities and Infrastructure	1   volleyball court, size 18 x 9 meters.
	2   Net: Height: 200 cm
	3   Ball size 4
Time	25-30 Minutes
Rules of the game	1   Service replaced the bottom two-hand throw, in the service area. The service area is an area of 2 square meter box that is 3 meters from the rear line of volleyball field and 3.5 meters from the side lines volleyball court.
	2   Games with 6 vs 6
	3   Earn points when team opponent can not return the ball beyond the net.
	4   System point is relly point.
	5   Reach 25 points first is the winner.
	6   The ball from the other side of both servicing and attack results when relly should direct passing.
	7   Passing the ball immediately captured by a team of friends to attacked the opponent field.
	8   Ball attacked to the opponnent's field must pass over the net with a height of 2 meters. The throw is used with two hands from below.
	9   Not allowed to take across the ball to be thrown over the shoulder and using one hand.
	10   Throw the ball fall on the ground opponnent in the attack line until mid-line is considered out.
	11   Rotation is rotation used in official volleyball game.
How to make a game	Starting the game with a two-handed throw-down instead of a service, in the service area. Service that passes the ball over the net should direct passing. Passing the ball then caught and passed over the opponent's net spaciousness. Throw the ball down the two hands must pass over the net and fell field opponents. Ball fall on the ground opponnent in the attack line until mid-line is considered out. Team that wins the rally earn points.

3. *Passing* tangkap lalu Serang dengan *passing* bawah

**Table 5**

***Passing* tangkap lalu Serang dengan *passing* bawah**

GENERAL INSTRUCTIONS	
Name Game	<i>Passing</i> tangkap lalu Serang dengan <i>passing</i> bawah
The game goal	Increase the frequency of doing <i>Passing</i> , as well as creating a simple rally in playing volleyball.
Facilities and Infrastructure	1   volleyball court, size 18 x 9 meters.
	2   Net: height: 200 cm
	3   Ball, size 4
Time	25-30 Minutes
Rules of the game	1   Service replaced the bottom two-hand throw, in the service area. The service area is an area of 2 square meter box that is 3 meters from the rear line of volleyball field and 3.5 meters from the side lines volleyball court.
	2   Games with 6 vs 6
	3   Earn points when team opponent can not return the ball beyond the net.
	4   System point is relly point.
	5   Reach 25 points first is the winner.
	6   The ball from the other side of both servicing and attack results when relly should direct <i>passing</i> .
	7   <i>Passing</i> the ball caught before touching the floor, and then passed to another friend of the team with throw hands from below.
	8   Ball attacked to the opponents with <i>passing</i> .
	9   Ball attacked to the opponents must pass over the net with a height of 2 meters.
	10   Throw the ball fall on the ground opponnent in the attack line until mid-line is considered out.
	11   Rotation is rotation used in official volleyball game.
How to make a game	Starting the game with a two-handed throw-down instead of a service, in the service area. Service that passes the ball over the net should direct <i>passing</i> . <i>Passing</i> the ball before it touches the floor had to be captured after that throw with two hands for the next <i>passing</i> by a friend to passed to the opponent's field. Team that wins the rally earn points.

## **CONCLUSION**

Based on our results, it can be concluded that is arranged volleyball preparing attack model for learning Sports and Health Education Class VII. Models of this game is as following settings: (1) *Passing* dari Bola Pantul, (2) *passing* pantul serang, (3) *Passing* Tangkap Serang dan (4) *Passing* tangkap lalu Serang dengan *passing* bawah.

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