

INCREASE THE PASSING SKILLS UNDER THE MINI VOLLEYBALL THROUGH THE PLAY METHOD

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Abstract

Volleyball games at the elementary school level are modified according to the ability level of students who are named with mini volleyball. Students who take part in mini volleyball extracurricular activities in Pasireurih 2 Public Elementary School generally do not master under passing. So this study aims to determine the improvement of mini volleyball under passing skills through the play method. This research uses the action research method according to Kemmis and Taggart by using four stages in its activities namely planning, action, observation and reflection with data collection techniques through observation, documentation and tests. The number of students involved was as many as 25 people. In this study also carried out 3 stages of activities namely pre-cycle, cycle 1 and cycle 2. The results of the pre-cycle, students who completed as many as 5 people with a percentage of 20% and as many as 20 students who have not completed the percentage of 80%. In cycle 1, as many as 16 students completed with a percentage of 64% and as many as 9 students completed with a percentage of 36%. In cycle 2 students who completed as many as 22 people with a percentage of 88% and students who did not complete as many as 3 people with a percentage of 12%. Success criteria are determined when 80% of students have been completed. Thus, the ability to pass under a mini volleyball has a significant increase through the method of play.

Keywords: action research, mini volleyball, play

MENINGKATKAN KETERAMPILAN PASSING BAWAH BOLA VOLI MINI MELALUI METODE BERMAIN

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Abstrak

Permainan bola voli di tingkat sekolah dasar dimodifikasi sesuai dengan tingkat kemampuan peserta didik yang diberi nama dengan bola voli mini. Peserta didik yang mengikuti kegiatan ekstrakurikuler bola voli mini di SD Negeri Pasireurih 2 pada umumnya belum menguasai passing bawah. Sehingga penelitian ini bertujuan untuk mengetahui peningkatan keterampilan passing bawah bola voli mini melalui metode bermain. Penelitian ini menggunakan metode penelitian tindakan (*action research*) menurut Kemmis dan Taggart dengan menggunakan empat tahapan dalam kegiatannya yaitu perencan, tindakan, pengamatan dan refleksi dengan teknik pengumpulan data melalui pengamatan, dokumentasi dan tes. Jumlah peserta didik yang dilibatkan sebanyak 25 orang. Dalam penelitian ini juga dilaksanakan 3 tahap kegiatan yaitu pra siklus, siklus 1 dan siklus 2. Adapun hasil dari pra siklus, siswa yang tuntas sebanyak 5 orang dengan presentase 20% dan siswa yang belum tuntas sebanyak 20 orang dengan persentase 80%. Pada siklus 1 siswa yang tuntas sebanyak 16 orang dengan persentase 64% dan siswa yang belum tuntas sebanyak 9 orang dengan persentase 36%. Pada siklus 2 siswa yang tuntas sebanyak 22 orang dengan persentase 88% dan siswa yang belum tuntas sebanyak 3 orang dengan persentase 12%. Kriteria keberhasilan ditentukan apabila 80% jumlah siswa telah tuntas. Dengan demikian, kemampuan passing bawah bola voli mini mengalami peningkatan yang signifikan melalui metode bermain.

Kata kunci : *action research*, bola voli mini, bermain