



# Improving Volleyball Overhead Passing Learning Outcomes Through Hanging Ball Media for Fifth Grade Students of SD 064006 Marelan

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## Abstract.

### Background

This variation in the use of hanging balls aims to train overhead passing skills in volleyball, thereby improving student learning outcomes. Elementary School 064006 Marelan, the ability of fifth-grade students in performing overhead passes is still relatively low.

### Objectives

The purpose of this study was to determine the improvement in volleyball overhead passing learning outcomes using hanging balls in fifth-grade students at SD 064006 Marelan in the 2025/2026 academic year

### Methods

In this study, the researcher intends to apply the Classroom Action Research method.

### Results

The results showed that the use of hanging balls improved volleyball overhead passing learning outcomes. Based on the results of the initial activities, follow-up activities (cycle 1), and (cycle 2), significant learning outcomes were obtained.

### Conclusion

The use of hanging ball media **\*\*has been proven effective\*\*** in improving the learning outcomes of volleyball overhead passing for fifth grade students of SDN 064006 Marelan in the 2025/2026 academic year, as indicated by an increase in learning completeness from **\*\*30% in the initial data\*\***, to **\*\*57% in cycle I\*\***, and **\*\*83% in cycle II\*\***, as well as an increase in the average value of student learning outcomes.

**Keywords:** Hanging Ball Media, Volleyball Overhead Pass.

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## INTRODUCTION

Physical education, in general, is a learning process that focuses on developing physical abilities, fitness, and motor skills, as well as understanding the importance of maintaining good health through physical activity. Physical education encompasses a variety of sports, physical exercises, and games aimed at improving coordination, strength, endurance, flexibility, and cardiovascular fitness.

Physical education is one of the subjects students enjoy in school and look forward to every class. The goal of this lesson is to improve motor skills, physical fitness, and abilities in various sports. One of the sports taught in elementary school is volleyball. In volleyball, players must master basic techniques such as serving, passing, smashing, and blocking. The overhand pass is a crucial element as it plays a key role in organizing attacks and building teamwork.

Based on the explanation above, the author concludes that physical education is a learning process that involves the use of body parts in physical activities and plays a role in developing psychomotor skills. Therefore, physical education in schools teaches a variety of activities from various sports. Among these many sports, volleyball is one that is quite popular and favored in the school environment.

According to Lahinda and Jori (2023), volleyball is a fairly complex learning material and is not easily mastered by everyone. This is due to the need for excellent motor coordination to correctly execute each movement in volleyball.

In physical education learning, a teacher needs to be creative and innovative in teaching and understand the obstacles faced by students in the learning process. In volleyball learning, there are still a number of students who feel bored and less enthusiastic about following the lesson. This is caused by the material that tends to be monotonous and the lack of supporting facilities. Teachers only use the facilities available at school without making modifications that can make learning more interesting. Especially in learning the volleyball overhead pass, most students are less interested in this game compared to those who like it, because the teaching method is less varied and tends to be monotonous. In addition, in the practice of

overhead passes, many students experience pain in their fingers. This can be due to improper body position, as well as incorrect ball contact techniques, so that the ball hit is less than optimal.

The lack of interest in sports among children, particularly in mastering the overhand pass in volleyball, has prompted teachers to implement more diverse and modified learning methods. This approach aims to increase the effectiveness and appeal of learning overhand passes in volleyball. Therefore, modifications to aids, such as the use of hanging balls, are necessary. These variations in the use of hanging balls aim to practice overhand passing skills in volleyball, thereby improving student learning outcomes.

One of the main factors contributing to the low overhand pass skill is the lack of learning media used during training. Currently, the learning methods employed are still conventional, where students simply follow teacher instructions without any aids to facilitate independent practice.

To address this issue, more creative and interactive learning methods are needed. One such medium is a hanging ball, a ball tied to a string and hung from a pole to keep it within reach of students. Observations indicate that the media used in learning is still limited, with students simply following movements or exercises directed by the teacher. Therefore, researchers recognize the importance of adding supporting media to improve learning outcomes in overhead passing through the use of hanging balls.

Hanging ball is a learning method that utilizes a ball tied to a rope and hung from a pre-prepared pole. Hanging the ball prevents it from falling when students perform the overhead pass technique. This hanging ball can be used as a tool to help pass the ball to teammates. The advantage of this hanging ball approach is that it makes the training more enjoyable and less tiring for children, especially when practicing the overhead pass movement. After executing an overhead pass, the ball returns to its original position, ready to be passed again. The overhead pass technique requires players to focus on the point of contact and the strength of their fingers when the ball is touched. This is especially important for female players, who need to use their fingers precisely to direct the ball to its intended target. This technique requires strong skills and good sensitivity (Suhairi & Dewi, 2021). By using this method, students can practice overhead passes without worrying about the ball falling, allowing them to focus more on correct technique.

## METHOD

### Research Design

In this study, the researcher intends to apply the Classroom Action Research (CAR) method. According to the book "Classroom Action Research," CAR is research conducted by teachers in their own classrooms through reflection, which aims to improve performance as teachers and improve student learning outcomes. Meanwhile, research is carried out systematically and reflectively on various actions taken by teachers, who also play a role as researchers, starting from planning to implementing real actions in the classroom in the form of a learning process, with the aim of improving the learning situation.

### Participant

The research subjects in this study consist of the population and sample. In this study, the entire population is students at SD 064006 Marelan. Meanwhile, the research sample in this study is Class V (B) of SD 064006 Marelan. This is because it is known that students in class V (B) have a much lower Upper Passing Ability than students in class V (A).

### Data Analysis

An analysis process that aims to sharpen, direct, eliminate irrelevant data, and organize data that has been reduced and classified based on the category of the problem being studied, thus making it easier to draw conclusions.

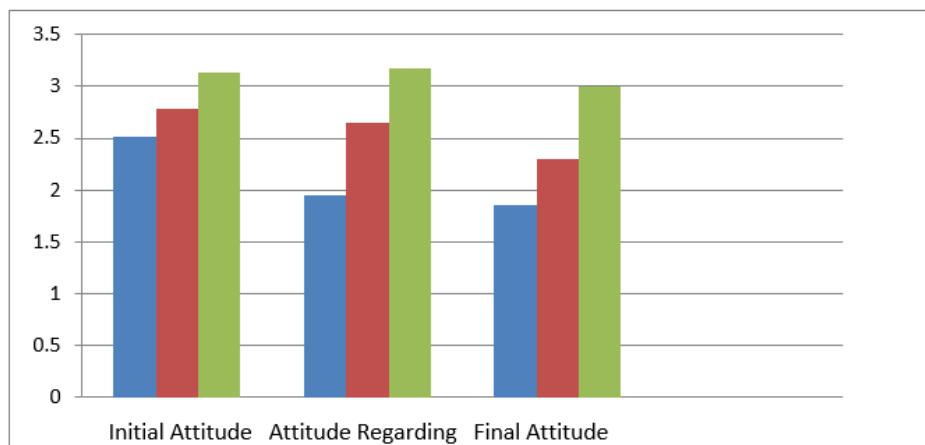
## RESULTS AND DISCUSSION

### Results

The description of the research data at SDN 064006 Marelan for the 2025/2026 academic year is presented starting with the initial test results, followed by the first cycle test, and concluding with the second cycle test. The initial test results showed that the initial attitude aspect achieved a total score of 58 with an average of 2.52. The attitude aspect achieved a total score of 45 with an average of 1.95. Meanwhile, the final attitude aspect recorded a total score of 43 with an average of 1.86. Furthermore, in the first cycle test results, the initial attitude achieved a total score of 64 with an average of 2.78; the attitude aspect achieved a score of 61 with an average of 2.65; and the final attitude achieved a score of 53 with an average of 2.30. In the second cycle test, the initial attitude increased to a score of 72 with an average of 3.13; the attitude aspect

achieved a score of 73 with an average of 3.17; and the final attitude achieved a score of 67 with an average of 2.91.

To provide a clearer picture of the research data, the following presentation is presented in graphical form.



Picture 1. Completeness Graph of Upper Passing Results

The graph above shows an increase in the percentage of completion and the average value of the learning outcomes of passing the volleyball from the initial test stage to cycle I, and continues to increase until cycle II.

## Discussion

The actions in Cycle I were carried out after considering several factors, including the need for researchers to further optimize the management and implementation of volleyball overhead passing techniques. Most students had not yet mastered the basic techniques, and their learning outcomes were still relatively low. Furthermore, the initial stance for overhead passing was a major obstacle, preventing some students from achieving learning completion.

The results of the volleyball overhead pass learning process in Cycle II showed significant improvement. This was evident in the increasing number of students who were able to master the overhead pass technique correctly. Most students were also able to perform the starting position effectively. However, the test results in Cycle II indicated that not all students had achieved learning completion. Based on the researcher's analysis, this was due to some students still needing more time to master the movement. The researcher is confident that these students will achieve even better results.

Learning completion is a teaching and learning process that aims to ensure complete mastery of the learning material, meaning complete mastery by students. Learning completion in volleyball overhead pass is characterized by individual differences, especially in this case, a teacher must truly understand the abilities of each student. Therefore, in teaching, teachers need to know what to do when dealing with students who are smart, those who are average, or those who are not at all capable.

Improving teacher teaching strategies through the use of hanging balls and more effective overhead passing facilities is expected to improve learning outcomes. This allows teachers to more intensively correct errors in volleyball overhead passing techniques, thus maximizing results.

## CONCLUSION

It was concluded that the use of a hanging ball was effective in improving volleyball overhead passing learning outcomes for fifth-grade students at SDN 064006 Marelan in the 2025/2026 academic year.

- 1) Based on initial data, only 7 (30) students were able to perform a volleyball overhead pass using the hanging ball.
- 2) In Cycle I, there was an increase of 13 (57%) students who were able to perform a volleyball overhead pass using the hanging ball.
- 3) In Cycle II, there was an increase of 19 (83%) students who were able to perform a volleyball overhead pass using the hanging ball.

This improvement was evident in the increasing number of students who achieved learning completion and the increasing average scores on the learning outcome tests in Cycles I and II.

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### AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Herbert Rizki Panjaitan, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Liliana Puspa Sari performed data analysis, interpreted the findings, and contributed significantly to the preparation of the manuscript. All authors participated in the revision of the manuscript, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

### CONFLICT OF INTEREST AND FUNDING

The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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