

ABSTRAK

POLA LATIHAN SMASH BOLA VOLI PADA TIM SMK NEGERI 2 SOE

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Latar belakang: Smash merupakan teknik serangan utama dalam permainan bola voli yang sangat menentukan perolehan poin. Pengamatan awal menunjukkan variasi kemampuan smash pada atlet Tim SMK Negeri 2 Soe, serta dokumentasi pola latihan yang belum tersusun secara sistematis.

Tujuan Penelitian: Mendeskripsikan pola latihan smash bola voli yang diterapkan pada Tim SMK Negeri 2 Soe.

Metode Penelitian: Penelitian ini menggunakan pendekatan deskriptif kualitatif dengan teknik pengumpulan data berupa observasi, wawancara (pelatih, kapten, dan atlet), serta dokumentasi; analisis data dilakukan secara interaktif menurut Miles dan Huberman (reduksi, penyajian, dan penarikan kesimpulan), dan keabsahan data diuji melalui triangulasi sumber, teknik, dan waktu.

Hasil Penelitian: Pola latihan smash yang diterapkan bersifat sistematis dan berkesinambungan dengan frekuensi latihan tiga kali per minggu. Setiap sesi berurut dari doa, pemanasan, latihan kondisi fisik (push-up, sit-up, squat jump, hurdle, ladder, resistance), latihan teknik bertahap (awalan tanpa bola, tolakan, pukulan, pendaratan) hingga latihan menggunakan bola dengan tosser; metode yang digunakan meliputi demonstrasi, drill, dan latihan berulang dengan koreksi langsung dari pelatih. Evaluasi dilakukan berkelanjutan berdasarkan kekuatan pukulan, kecepatan bola dan ketepatan sasaran. Faktor pendukung meliputi penguasaan teknik dasar, kondisi fisik, motivasi atlet, dan pengalaman pelatih. Sedangkan kendala utama adalah kondisi fisik beberapa atlet yang belum optimal dan ketidaktepatan timing lompatan terhadap umpan.

Simpulan: Pola latihan smash pada Tim SMK Negeri 2 Soe telah dirancang dan dilaksanakan secara sistematis sehingga mendukung peningkatan kemampuan smash, namun masih perlu peningkatan pada aspek kondisi fisik individual dan latihan khusus untuk memperbaiki timing.

Kata kunci: pola latihan smash; teknik smash; latihan bola voli; SMK Negeri 2 Soe.

ABSTRACT

Volleyball Smash Training Pattern at SMK Negeri 2 Soe

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Background: The smash is the main attacking technique in volleyball and is highly decisive in scoring points. Preliminary observations showed variations in smash ability among the athletes of SMK Negeri 2 Soe and that the training pattern had not been systematically documented.

Objective: This study aimed to describe the smash training pattern applied to the volleyball team of SMK Negeri 2 Soe.

Method: This research used a descriptive qualitative approach. Data were collected through observation, interviews with the coach, captain, and athletes, and documentation. Data analysis was conducted interactively according to Miles and Huberman, consisting of data reduction, data display, and conclusion drawing. Data validity was ensured through source, technique, and time triangulation.

Results: The smash training pattern implemented was systematic and continuous, with training conducted three times per week. Each session consisted of prayer, warm-up, physical conditioning exercises such as push-ups, sit-ups, squat jumps, hurdles, ladder drills, and resistance training, followed by step-by-step technical practice including approach without the ball, take-off, hitting, and landing, and then drills with the ball and setter. The methods used included demonstration, drill, and repeated practice with direct correction from the coach. Evaluation was carried out continuously based on hitting power, ball speed, and target accuracy. Supporting factors included mastery of basic techniques, physical condition, athlete motivation, and the coach's experience, while the main obstacles were the suboptimal physical condition of some athletes and the inaccuracy of jump timing with the set ball.

Conclusion: The smash training pattern at SMK Negeri 2 Soe has been designed and implemented systematically to support the improvement of smash ability, although further development is still needed in individual physical condition and specific timing training.

Keywords: smash training pattern; smash technique; volleyball training; SMK Negeri 2 Soe.