EFFECT OF ARM MUSCLE POWER AND BALANCE ON PASSING ABILITY ON FOOTBALL STUDENTS IN CLASS XI UPT SMAN 10 ENREKANG

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ABSTRACT

The research aims to determine: (1) The influence of arm muscle power on overhead passing ability, (2) The influence of balance on overhead passing ability, (3) the difference in more effective influence between arm muscle power and balance Enrekang students. Experimental research with the research design used, namely pretest-posttest. The population used in this research was class XI UPT SMAN 10 Enrekang students with a total of 20 students. Sampling used the proportional sampling technique. The group division in this research is ordinal pairing. For the arm muscle power training group and the balance training group. The research results show that: (1) There is an influence of arm muscle power on students' volleyball passing ability with a calculated t value of 12.555 > t table 1.833, and a significant value of 0.000 < 0.05, (2) There is an influence of balance on volleyball passing ability with t calculated value 9.043 > t table 1.833, and significance value 0.000 < 0.05, (3) There is a difference in the influence of arm muscle power and balance on students' volleyball passing ability with t calculated value 1.936 > t table 1.734 and sig. 0.085 > 0.05, the difference in the posttest mean value is 1.00.

Keywords: arm power, balance, passing, volleyball

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INTRODUCTION

Physical education is part of education. Physical education is carried out in order to achieve national education goals which comprehensively include psychomotor, physical, mental, emotional, moral and social movements. This goal will not be achieved by itself, but must be through a teaching and learning process that is managed as well as possible. To create good learning, various important components must be paid close attention to by a physical education teacher. One of the ways is choosing the method, method or media used in the learning process.

Volleyball is one of the sports games to improve the freshness and physical fitness of students. Volleyball is a complex game that is not easy for everyone to play (Risma et al., 2020). Because, playing volleyball requires good movement coordination, especially the movements found in volleyball. So far, the physical education learning process, especially volleyball material, in delivering learning material by physical teachers uses examples of movements carried out by the teacher himself and the students imitate them or are commanded. Sometimes teachers only provide material that is minimal and lacks depth. The teacher's teaching is still monotonous, namely students try one by one and are immediately corrected according to the teacher's wishes. This makes students' cognitive abilities not work because students immediately practice without thinking about the correct movements. Physical education teachers should always use effective, efficient and safe movements in volleyball lessons (Suardi, 2019).

One tool that can be used to increase arm strength is medicine ball exercises (Santos et al., 2020). Medicine ball exercises use energy from the anaerobic process which uses overall body function movements to increase the power and strength of the arm muscles. The muscles that play a role are the triceps, biceps, deltoid, pectoralis major, serratus anterior, trapezius, gastrocnemius, quadriceps. In volleyball, balance is very necessary when carrying out a movement in volleyball such as making a top pass, spike, number serve, and so on. Deceive your opponent (Mulyadi & Pratiwi, 2020). With the medicine ball pass and balance method, it is hoped that the students' arm power and balance can be maximized. This exercise is also used as a variation of training so that students do not experience boredom when practicing passing in volleyball games.

Regarding volleyball learning at UPT SMAN 10 Enrekang, the learning that has been mastered is not optimal. Even though the school has very good facilities and infrastructure for learning volleyball activities and there are many matches held at regional and national levels for high school age. The lack of optimization of mastery of volleyball playing techniques by students at UPT SMAN 10 Enrekang is caused by several conditions, including the lack of frequency of practice for students.

Apart from the obstacles above, another obstacle is the conflict between the training schedule and school activities, for example student guardian meetings, school committee meetings, mid-semester and semester exams. So extracurricular activities are closed. This is what makes the training program and training targets not optimal. And the lack of student development through extracurricular activities has had implications for the decline in the performance of the UPT SMAN 10 Enrekang volleyball team in 3 consecutive years at the Enrekang Regency High School level championship.

Efforts to improve upper passing ability must pay attention to the principles of ability and physical conditions such as arm muscle power and balance. A volleyball player's ability to make overhead passes has an indirect relationship with his arm power. Every volleyball player needs to have good arm strength to support good playing technique. Volleyball players at SMA Negeri 10 Enrekang don't have good arm strength, the upper passing ability of class , and 35 students with upper passing ability could not do it at all.

METHOD

1. Types of research

This type of research is categorized as experimental research. Manorut (Hadi, 1985) Experimental research is research conducted to determine the consequences of a treatment given intentionally by researchers.
Furthermore according to Sugiyono in (Prastyo & Wulandari, 2021) study experiment give information related solution about consequence And required treatment _ by studied sample . _

Research data collection is planned to be carried out in September 2022 in 3 weeks. And the implementation of this research was carried out at the UPT SMAN 10 Enrekang school, Pasui Village, Buntu Batu District, Enrekang Regency.

A. Research design
This research chart is as follows:
This research uses a **Pre Test - Post Test Design** with 2 groups (Sugiyono, 2016).

**PreTest-Post Test TwoGroup Design** Research Design

2. Population and Sample
1. Population
The population in this study were 11th grade students at UPT SMAN 10 ENREKANG, totaling 105 students.

2. Sample
Sampling in this research was carried out using **purposive sampling**. The sample in this study was 20% of the 105 students at UPT SMAN 10 Enrekang, namely 20 people.

3. Research procedure
The research procedure in the study is a form of training program that will be carried out over 8 meetings by dividing two samples into two different types of training which can be seen as follows:

<table>
<thead>
<tr>
<th>Types of exercise</th>
<th>Dosage of exercise</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine practice Ball Over head throw</td>
<td>Frequency: 3 times/week</td>
<td>Done in stages</td>
</tr>
<tr>
<td></td>
<td>Repetitions: 12 times</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Duration: 8 exercises</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sets: 3 times</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Recovery: 2 minutes between sets</td>
<td></td>
</tr>
<tr>
<td>Balance training (zig-zag tiptoe jumping)</td>
<td>Frequency: 3 times/week</td>
<td>Done step by step</td>
</tr>
<tr>
<td></td>
<td>Repetitions: 12 times</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Duration: 8 exercises</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sets: 3 times</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Recovery: 2 minutes between sets</td>
<td></td>
</tr>
<tr>
<td>Practice receiving serves with overhead passing</td>
<td>Frequency: 3 times/week</td>
<td>Done step by step</td>
</tr>
<tr>
<td></td>
<td>Repetitions: 12 times</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Duration: 8 exercises</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sets: 3 times</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Recovery: 2 minutes between sets</td>
<td></td>
</tr>
</tbody>
</table>

4. Data collection technique

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This data collection technique activity is divided into three stages, namely: pre-test stage, training stage, and post-test stage.

i. Pre-test
The pre-test is carried out to determine the player's initial ability to pass quickly, skillfully and correctly. Pre-test The test carried out a week before the treatment is carried out is a test of volleyball passing skills.

ii. Treatment or treatment
After carrying out the pre-test, the subjects were separated into two experimental groups according to arm muscle power and balance (dynamic) or the treatment was carried out in accordance with the training program that had been designed and prepared systematically by the researcher beforehand. Treatment is carried out 4 times a week for 8 meetings.

iii. Post-test or final test
After the training program is completed, a final test is carried out, the procedures and implementation of which are the same as the initial test. The post-test will be held one day in September 2022. The purpose of carrying out the final test is to find out the results achieved by students.

1. Exercise Program
Physical exercise that is done correctly and programmed will provide changes to the body's systems, including the metabolic system, nervous system, muscles and hormones. All physical training must refer to and be guided by the training program. The training program is carried out regularly, planned, methodical, sustainable and adapted to the needs and age of the athlete.

According to Sukadiyanto in (Dos Santos, nd) strength training for early adolescents aged 11-15 years using light weights, with lots of repetitions (>10x) to train endurance. Arm muscle power training is an exercise that is done by pushing quickly and strongly using the weight of a medicine ball that has intensity. According to (Suharjana, 2012) Weight training with your own body weight usually uses maximum repetitions for one set or 30% to 80% for 2-3 sets of exercises.

So, in terms of specifications, this program aims to increase the strength and speed (power) of the muscles that play a role in making overhead passes.

From the opinions of the experts above, it can be concluded that speed strength (power) is a combination of the elements of strength and speed of a group of muscles in overcoming resistance and loads at a relatively fast tempo. In order for the muscles that play a role in making overhead passes to improve, there needs to be a good training program and training basics so that the training goals are achieved. Sukadiyanto (2010: 19) the basics of speed strength training are lots of repetitions, moderate load, fast duration, and moderate rhythm.

<table>
<thead>
<tr>
<th>Group A Power of arm muscles</th>
<th>Group B Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
</tr>
</tbody>
</table>

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arm muscle power and balance training program is carried out regularly twice a week (Thursday and Saturday) for 16 exercises. This time allocation is based on the intensity, frequency and duration of exercise. Bowers and Fox (1992) quoted in the physical training book by Sukadiyanto (2010: 66) stated that training with a frequency of 2x/week for (duration) 7 weeks is better than training with a frequency of 4x/week for 13 weeks.
From the expert's explanation above, it can be concluded that providing an arm muscle power and balance training program by providing regular treatment twice a week (Thursday and Saturday) for 16 training sessions. Each exercise treatment is given with 3 sets of 10 repetitions at meetings 1 to 3. 4 sets, 15 repetitions at meetings 4 to 6. 4 sets, 20 repetitions at meetings 7 to 9. 5 sets, 20 repetitions at meeting 10 to 12. 5 sets, reps 25 times at meetings 13 to 16.

5. Data analysis technique

1. Hypothesis test

After the data is collected, the next step is to analyze the data. The data analysis technique for analyzing experimental data with the pretest posttest design model is to use the t-test. To test its effectiveness or test its significance according to Arikunto (2002: 79) use the t-test.

To find out whether there is an effect of arm muscle power and balance training after the initial test (pretest) and before the final test (posttest), the results of T (count) are consulted with T (table) at a significance level of 5%. If the value of t (calculated) is greater than t (table) then there is a significant (meaningful) difference, thus the null hypothesis (Ho) is rejected and the working hypothesis is accepted (Ha).

RESULTS AND DISCUSSION

1. Research result

a. Descriptive Analysis of Research Data

This study aims to determine the volleyball passing ability of group XI UPT students at SMAN 10 Enrekang through arm muscle strength and balance training. The sample in this study consisted of two groups, namely the group with arm muscle power training and the group with balance training. The results of descriptive analysis of research variables are as follows:

Table 3. Descriptive Results Statistics

<table>
<thead>
<tr>
<th>Variable</th>
<th>N</th>
<th>Minimum</th>
<th>Maximum</th>
<th>Mean</th>
<th>Std. Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm Muscle Power pre-test</td>
<td>10</td>
<td>24</td>
<td>40</td>
<td>33.80</td>
<td>5.224</td>
</tr>
<tr>
<td>Arm Muscle Power post test</td>
<td>10</td>
<td>35</td>
<td>48</td>
<td>41.00</td>
<td>3.972</td>
</tr>
<tr>
<td>Balance pre-test</td>
<td>10</td>
<td>25</td>
<td>40</td>
<td>33.50</td>
<td>5.339</td>
</tr>
<tr>
<td>Balance Post test</td>
<td>10</td>
<td>32</td>
<td>46</td>
<td>40.00</td>
<td>3.972</td>
</tr>
</tbody>
</table>

1. The results above show that the minimum passing score for the group with arm muscle power training was 24 scores with a maximum score of 40 scores and an average score of 33.80 with a standard deviation of 5.224.
2. The results above show that the minimum passing score for the group with arm muscle power training was 35 scores with a maximum score of 48 scores and an average of 41.00. score with a standard deviation of 3.972.
3. The results above show that the minimum passing score for the group with balance training was 25 scores with a maximum score of 40 scores and an average score of 33.50 with a standard deviation of 5.339.
4. The results above show that the minimum posttest score for the group with balance training was 32 scores with a maximum score of 46 scores and an average score of 40.00 with a standard deviation of 3.972. B

2. Data analysis

a. Analysis Prerequisite Test

The normality test is carried out to determine whether the research variable data is normally distributed or not. Normality testing using Shapiro Wilk analysis. The results of the normality test for each research variable are presented in the following table:

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Sig.</th>
<th>α</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre test Arm muscle strength</td>
<td>0.923</td>
<td>0.379</td>
<td>0.05</td>
</tr>
<tr>
<td>Post test Arm muscle strength</td>
<td>0.977</td>
<td>0.945</td>
<td>0.05</td>
</tr>
<tr>
<td>Pre test Balance</td>
<td>0.918</td>
<td>0.338</td>
<td>0.05</td>
</tr>
<tr>
<td>Post test Balance</td>
<td>0.968</td>
<td>0.871</td>
<td>0.05</td>
</tr>
</tbody>
</table>

Table 4. Data normality test

Based on the table above, the results of the normality test can be seen that all research data has a significance value greater than 0.05 (p > 0.05), so it can be concluded that all research data in the group with arm muscle power training and the group with balance training data normally distributed.

b. Data Homogeneity Test

The data homogeneity test is intended to determine whether the samples taken from the population come from the same variance and do not show significant differences from each other. (Arisman et al., 2022). The statistical test used is the F test, namely by comparing the largest variance and the smallest variance. The condition for the variance to be homogeneous is if the calculated F value is smaller than the table F value at the significance level α=0.05. The results of data homogeneity test calculations carried out with the help of the SPSS for window 19.0 program show that \( F_h < F_t \), meaning that the data for the two groups are homogeneous.

The summary of the results of the data variance homogeneity test is presented in the following table.

<table>
<thead>
<tr>
<th>Data</th>
<th>Levene Statistics</th>
<th>Sig.</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre test-Post test scores</td>
<td>1.016</td>
<td>0.397</td>
<td>Homogeneous</td>
</tr>
</tbody>
</table>

Table 5 Homogeneity of Variance Test

From the data above, it can be concluded that for the pre-test and post-test data in the arm muscle power group and the balance group, it can be seen that the significance value is greater than 5% (p 0.397 > 0.05), which means that the pre-test and post data -test both groups are homogeneous, so they meet the requirements for carrying out a t-test.

c. Research Hypothesis Testing

1) Arm Muscle Power Training on Upper Passing Ability

In this test, we will test the hypothesis of whether there is an influence of upper passing ability on the game of volleyball. To find out whether there is an influence on upper passing ability on volleyball games with arm muscle
power training, it was analyzed using the t test. The research conclusion is declared significant if the calculated t value > t table with db = (n-1) and the sig value is smaller than 0.05 (sig < 0.05). The t-test results are shown in the following table:

Table 6. Results of the t test for upper passing ability in arm muscle power training

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>t count</th>
<th>t table</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pretest arm muscle power</td>
<td>33.80</td>
<td>-12.555</td>
<td>1.833</td>
<td>0.000</td>
</tr>
<tr>
<td>Posttest Arm muscle power</td>
<td>41.00</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Based on the results of the t test, the calculated t value was -5.842 with a significance of 0.000. The t table value with db = 9 at the 5% significance level is 1.833, because the calculated t value > t table (12.555 > 1.833) and the sig 0.000 is smaller than 0.05 (sig < 0.05), this means there is an influence upper passing ability in volleyball after following arm muscle power training, so it can be concluded that there is an influence on upper passing ability in volleyball after following arm muscle power training.

2) Balance Training on Top Passing Ability

In this test, we will test the hypothesis that there is an influence of top passing ability on the game. To find out whether there is an influence of upper passing ability on volleyball games with balance training, it was analyzed using the t test. The research conclusion is declared significant if the calculated t value > t table with db = (n-1) and the sig value is smaller than 0.05 (sig<0.05). The t-test results are shown in the following table:

Table 7. Results of the t test for upper passing ability with balance training

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>t count</th>
<th>t table</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance Pretest</td>
<td>33.50</td>
<td>-9.043</td>
<td>1.833</td>
<td>0.000</td>
</tr>
<tr>
<td>Balance Posttest</td>
<td>40.00</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Based on the results of the t test, the calculated t value was 9.410 with a significance of 0.000. The t table value with db=9 at the 5% significance level is 1.833, because the calculated t value > t table (9.043 > 1.833) and the sig 0.000 is smaller than 0.05 (sig < 0.05), this means there is an influence Upper passing ability in volleyball after following balance training, so it can be concluded that there is an influence on upper passing ability in volleyball after following balance training.

3) Differences in Upper Passing Posttest Using Arm Muscle Power Training and Balance Training

Arm muscle power training methods and balance training. To find out which training techniques are more effective in improving upper passing ability, a t test was carried out on the posttest of upper passing ability using the arm muscle power training method and balance training.

The results of the t test show that the calculated t value is 2.449 with a significance of 0.031. The t table value with db=24 at the 5% significance level is 1.711. Because the calculated t value > t table (2.449> 1.711).
This means that there is a significant difference between upper passing ability with arm muscle power training methods and balance training.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>t count</th>
<th>t table</th>
<th>sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm Muscle Power</td>
<td>41.00</td>
<td>1.936</td>
<td>1.734</td>
<td>0.085</td>
</tr>
<tr>
<td>Balance</td>
<td>40.00</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 8. Posttest t test results

Based on the results of the analysis, it can be seen that the t test between the two training methods has a calculated t of 1.936 > t table of 1.734, so there is a difference between the two averages. The average passing for the balance group was 40.00, while the average passing for the arm muscle power group was 41.00. If we look at the average of the two groups, the upper passing ability using arm muscle power training is better than the balance training group. So Ho is rejected and Ha is accepted, it is concluded that upper passing training with arm muscle power training is more effective in improving the upper passing ability of students who take part in extracurricular volleyball at UPT SMA Negeri 10 Enrekang, accepted.

2. Discussion

The research results show that the hypothesis in this study states that:

1. There is an influence of arm muscle power on the upper passing ability of class XI UPT students at SMA Negeri 10 Enrekang.

   overhead passing technique is a technique for taking the ball using both hands, namely touching the ball on both upper arms with the aim of passing the ball to a teammate to play the ball on their own field or use it as a starting point for an attack. So the passing technique is one way to receive an opponent’s serve or attack (Ilmi & Irawan, 2022), because by using overhead passes each player can still easily direct the ball. Top passing is one of the most important techniques, because passing is the most important technique in volleyball.

   The strength of the arm muscles also supports the movement’s ability to pull backwards and then with maximum contraction perform reflex movements in the arm muscles thereby increasing the driving force of passing. (Amalia et al., 2023). If arm muscle power can be maximized in the process of volleyball passing movements, it will support the power or style to make strong and fast passes. Arm muscle power can also determine the direction of the passing target. If the arm muscles are not strong enough, it will reduce acceleration to carry out muscle work repeatedly, and for a relatively long time, so that the volleyball passes that are made become weaker and weaker. The arm muscles have the most important role in passing volleyball, because the arm muscles are the center of power (Bompa & Buzzicelli, 2015), so that the power of the arm muscles will support the power of other parts of the body.

   In the game of volleyball, power is required from all parts of the body, while the power required for overhead passing is the contraction power of the arm muscles because according to the overhead passing pattern, the movement of the arm towards the front (anteflexion) from the shoulder is determined by the shoulder muscles. Harsono in (Widiastuti, 2019) said that power remains the basis of all components of a strong physical condition, making muscles work more efficiently on a daily basis and can shape the body better. Muscles that are not trained for some reason will become weak and therefore the membranes will become smaller (atrophy) (Junaidi, 2020). In line with the description above, to increase muscle power, exercise is needed so that muscle power can increase. Thus, if students or volleyball players have good physical condition, arm muscle power and are trained in a programmed manner, they will improve their volleyball passing ability optimally.
2. There is an influence of balance on the upper passing ability of class XI UPT students at SMA Negeri 10 Enrekang.

Passing is a technique that is often used as a set-up to present the ball for a smash (Tilli et al., 2022). So that teammates can attack their opponents well, the overhead passing technique must be done well and precisely.

Balance is needed when executing overhead passes (Pratiwi & Prayoga, 2019), because the ball that will be passed may not necessarily aim at the player who will make the upper pass, especially if it is done by students who are still beginners. The possibility that can happen on the field is that the student who is going to make a top pass must move left, right, forward or even backwards to meet the ball that is coming to make the top pass. For this reason, good balance is needed, so that the implementation of overhead passes can be more focused on teammates because balance can be maintained. When making a top pass in a volleyball game, you need strong arms, because it is one of the success factors in making a top pass.

In line with what was expressed by (Widiastuti, 2019) Balance is the ability to maintain posture and body position quickly when standing (static balance). The ability to maintain balance is influenced by several factors including: visual, vestibular. Therefore, when someone is going to carry out balance movements, they are indirectly in direct contact with other body parts.

3. There are differences in the influence of arm muscle power and balance on the ball passing ability of class XI UPT students at SMA Negeri 10 Enrekang.

Based on these results, it can be seen that the passing ability of upper group students who use arm muscle power training is better than the passing ability of students who use balance training. This is proven by the average posttest score for the group using arm muscle power training of 6.27 and the average of the group using balance training of 4.20. These results are also shown by the difference in improvement with the average increase in the group with arm muscle power training amounting to 32.02% which is greater than the group with balance training amounting to 21.78%.

Increasing the passing ability of class more participants came from the high group 2) The researcher did not divide the upper passing ability equally between each method so that it is possible that in one of the methods there are more participants whose upper passing ability is good. 3) Extracurricular participants through balance training often experience boredom because they do the same thing over and over again, which affects the participants' activeness.

The results of this research support the results of research conducted by Wisma Nugraheni entitled "Improving Basic Technical Passing Skills in Volleyball Games Using Playing Forms in Students Who Participate in Extracurriculars at SMP N 14 Yogyakarta". The results of this research are: there was a significant improvement in the basic techniques of playing volleyball in the form of play among students who took part in extracurricular activities at SMP N 14 Yogyakarta.

Basically, students are very happy with physical education and sports lessons. Meanwhile, volleyball games are included. The game of volleyball is included in the physical education curriculum, therefore teachers are required to teach the basic techniques of playing volleyball. In accordance with the characteristics of students who generally like to play, to improve the abilities of students who take part in extracurricular activities, arm muscle strength training and balance training are used.

Many factors influence basic volleyball technical abilities. The cause of the low passing ability of students needs to be explored. Is it due to poor mastery of basic techniques, physical abilities that do not support it or teaching methods that are less effective? Improving students' skills with balance training will be very difficult for students to accept because the average student still enjoys games. Therefore, to improve students' abilities, teachers are required to be able to develop a game method that can improve students' skills in certain sports.
In volleyball, overhead passing is a basic technique that must be mastered. In carrying out the training, a method is needed that attracts students' interest so that they actively participate so that subconsciously the students can master the techniques being taught. In balance training, students do monotonous movements so they easily get bored while following the exercises.

**CONCLUSION**

Based on results study and discussion study this, then can seen that:

1. There is an influence on arm muscle power on the volleyball passing ability of class
2. There is a balance effect on the volleyball passing ability of class
3. There are differences in the influence of arm muscle power with balance on the volleyball passing ability of class 0.085 > 0.05, the difference in the posttest mean value is 1.00.

**REFERENCE**


