

**Volleyball Game Learning Education**  
**Upper Level Elementary School Children**

**Septyaningrum Putri Purwoto<sup>1</sup>, Heni Yuli Handayani<sup>2</sup>, Agus Himawan<sup>3</sup>,  
Haryo Mukti Widodo<sup>4</sup>**

<sup>1234</sup>STKIP PGRI Bangkalan, Madura, Indonesia

[septyaningrum@stkippgri-bkl.ac.id](mailto:septyaningrum@stkippgri-bkl.ac.id); [heni@stkippgri-bkl.ac.id](mailto:heni@stkippgri-bkl.ac.id);  
[agus@stkippgri-bkl.ac.id](mailto:agus@stkippgri-bkl.ac.id); [haryomukti@stkippgri-bkl.ac.id](mailto:haryomukti@stkippgri-bkl.ac.id)

\*Corresponding Author: [septyaningrum@stkippgri-bkl.ac.id](mailto:septyaningrum@stkippgri-bkl.ac.id)

Dikirim: 30 Maret 2025; Direvisi: 20 April 2025; Diterima: 31 Mei 2025

**Abstrak**

Kegiatan pengabdian kepada masyarakat ini bertujuan untuk memberikan edukasi mengenai dasar-dasar permainan bola voli kepada siswa sekolah dasar tingkat atas di SDK Maria Fatima, Bangkalan, Madura. Permainan bola voli merupakan salah satu cabang olahraga yang mampu mengembangkan aspek fisik, motorik, sosial, dan kognitif anak secara holistik. Namun, di lapangan masih ditemukan berbagai kendala, seperti kurangnya pemahaman guru dalam menyampaikan materi secara efektif, rendahnya minat siswa terhadap olahraga bola voli, serta terbatasnya keterampilan dasar yang dimiliki siswa. Untuk menjawab permasalahan tersebut, kegiatan ini dirancang melalui metode ceramah, demonstrasi, diskusi interaktif, dan praktik langsung dengan pendekatan yang menyenangkan serta disesuaikan dengan karakteristik perkembangan anak. Pelaksanaan kegiatan dilakukan selama satu bulan dan melibatkan 20 siswa kelas atas serta guru di SDK Maria Fatima. Hasil kegiatan menunjukkan adanya peningkatan pemahaman siswa terhadap konsep dasar dan teknik permainan bola voli, peningkatan keterampilan motorik dalam melakukan gerakan dasar seperti passing, servis, dan smash, serta tumbuhnya minat dan partisipasi aktif siswa dalam kegiatan pembelajaran jasmani. Selain itu, kegiatan ini juga memberikan dampak positif bagi guru dalam hal penerapan metode pembelajaran olahraga yang lebih variatif dan efektif. Dengan demikian, program ini memberikan kontribusi nyata dalam meningkatkan kualitas pendidikan jasmani di tingkat sekolah dasar, khususnya dalam cabang olahraga bola voli.

**Kata Kunci:** Edukasi; permainan bola voli; siswa sekolah dasar; keterampilan motorik; pembelajaran jasmani.

**Abstract**

This community service activity aims to provide education about the basics of volleyball to high school students at SDK Maria Fatima, Bangkalan, Madura.

Volleyball is one of the sports that is able to develop children's physical, motor, social, and cognitive aspects holistically. However, in the field, various obstacles are still found, such as the lack of understanding of teachers in delivering material effectively, low interest in volleyball sports, and limited basic skills that students have. To answer these problems, this activity is designed through lectures, demonstrations, interactive discussions, and hands-on practice methods with a fun approach and adapted to the characteristics of children's development. The implementation of the activity was carried out for one month and involved 20 upper-class students and teachers at SDK Maria Fatima. The results of the activity showed an increase in students' understanding of basic concepts and techniques of the game of volleyball, an improvement in motor skills in performing basic movements such as passing, serving, and smash, as well as a growth in students' interest and active participation in physical learning activities. In addition, this activity also has a positive impact on teachers in terms of implementing more varied and effective sports learning methods. Thus, this program makes a real contribution to improving the quality of physical education at the elementary school level, especially in volleyball.

**Keywords:** Education; volleyball games; elementary school students; motor skills; Physical Learning.

## **INTRODUCTION**

Volleyball learning is an integral part of physical education designed to hone motor skills, understand basic strategies, and instill a sportsmanlike attitude in students through structured play activities (Widodo & Wandono, 2025). Volleyball itself is a team sport played by two teams, each consisting of six players, with the main objective of directing the ball through the net into the opponent's area and preventing the ball from falling in its own territory (Setiawan et al., 2024). At the elementary school level, especially for upper-class students (grades IV to VI), the learning approach must be adjusted to the child's physical, mental, and emotional development stages (Adji et al., 2024).

Teaching materials generally include an introduction to basic techniques such as bottom and top passing, serves, and light smashes (Siregar et al., 2023). In addition, students are also taught the rules of the game, the importance of teamwork, effective communication, and character values such as responsibility and fair play (Rahma et al., 2025). The learning process can be applied through methods that are fun and in accordance with the child's ability, such as technique demonstrations, live exercises, modified games with lighter balls, and the use of a lower net to make it easier for children to understand and master basic movements (Djami et al., 2025; Sania et al., 2022).

Basic techniques in volleyball are core skills that must be mastered by every player in order to be able to play effectively and in accordance with the

applicable rules (Agil Satria & Adifai, 2025). Mastering this technique becomes an important basis before moving on to more complex game strategies (Dias Ramara et al., 2025). Some of the basic techniques that are commonly taught include serve, passing, set-up, smash, blocking, and dig (Iyet Yulianti & Oki Candra, 2025). A serve is an opening shot to start the match, which aims to send the ball into the opponent's area with a certain accuracy and strength. Serve can be done by means of a bottom serve (simple and suitable for beginners), top serve (more pressing), and jump service (combining jump and power, generally done by experienced players) (Arga., 2025).

Passing is used to control the ball, both from opponents and teammates, which consists of a lower pass for a low ball and an upper pass for a high ball. Set-ups or passes are carried out to prepare for attacks to teammates, usually using a high level of top passing technique. A smash is a hard, fast punch directed at the opponent's court to score points, done with jumps and precise timing coordination. The blocking technique is used to resist or break an opponent's attack near the net by jumping and raising both hands. Meanwhile, the dig technique is carried out as a form of defense to save the ball from the opponent's attack that almost touches the floor, which demands quick reactions and body agility (Nor et al., 2024). All of these techniques are interrelated and are an important foundation in improving the quality of volleyball, especially at the basic level (Nor et al., 2024).

Volleyball is a type of sport that contributes greatly to the overall development of children, both physically, mentally, and socially (Herlambang et al., 2024). These games not only encourage improvements in body fitness such as muscle strength, endurance, agility, and coordination of movements but also shape the psychological aspects of children, including confidence, decision-making skills, and emotional control. More than that, these activities also instill important social values, such as teamwork, effective communication, sportsmanship, discipline, and responsibility for each other's roles (Bachtiar et al., 2023; Batiurat et al., 2023). Introducing sports since elementary education is a strategic step, considering that this period is a golden phase of children's motor and cognitive development. Therefore, introducing the game of volleyball early is not only a form of physical exercise, but also as a means of character formation and healthy living habits in a sustainable manner.

On the other hand, the real conditions on the field show that there are still many challenges in the implementation of volleyball learning at the elementary school level, especially in areas such as Bangkalan, Madura. Some of the obstacles that are often encountered include the limitation of teachers who have competence in the field of physical education, the lack of adequate training facilities, and the lack of a structured and consistent training pattern. As a result, students' potential in the field of sports is not explored to the maximum and the development of their abilities is hampered.

SDK Maria Fatima Bangkalan, As one of the elementary schools that has a passion for developing students' talents, it shows promising potential in

sports coaching, especially volleyball. The support of the school environment and the enthusiasm of students are important capital to encourage more targeted activities. Therefore, this community service activity was initiated to provide education as well as basic volleyball technique training to upper-class students. This program is designed with a hands-on practice approach and participatory learning, so that students not only understand theory, but also be able to apply skills such as serving, passing, set-up, smash, and blocking in real life on the court.

Through this educational activity, students are expected to gain a complete understanding of the game of volleyball and have good basic skills. Not only in the technical aspect, but also in the development of social values and the formation of positive character through sports. This program is expected to be the starting point for the growth of sports culture in the elementary school environment, as well as encouraging teachers to continue to develop sports learning methods that are creative, contextual, and in accordance with the needs of today's students.

In formulating the problems faced by partners, the implementation of the partnership program to the community has discussed several main problems that are being faced by partners. Some of the main problems that are the result of the proposer's discussion with partners conclude several things, including:

1. Lack of knowledge of teachers in applying the bolavoli learning method.
2. Lack of interest in students in participating in football defense.
3. Lack of children's knowledge related to volleyball material.
4. Lack of children's skills in doing basic techniques and volleyball games.

#### **METHOD OF IMPLEMENTATION OF ACTIVITIES**

This community service activity is carried out with an approach that prioritizes active participation and fun learning (Badwi et al., 2025). The implementation team acts as a companion that encourages direct involvement from students and teachers, both in the process of understanding concepts and practicing the game of volleyball. This approach is designed so that the learning atmosphere is not only informative but also interactive, so that students can more easily absorb the material while still enjoying the activity.

Time: November – December 2021 (duration of one month). Location: SDK Maria Fatima Bangkalan, Bangkalan District, Bangkalan Regency, Madura, East Java. Participants: 20 upper-class students of SDK Maria Fatima Bangkalan. Parties Involved: Teachers and staff of SDK Maria Fatima who help coordinate and accompany the course of the activity.

The program is aimed at encouraging students' improvement of skills and interest in the sport of volleyball directly. Not only students, teachers are also empowered to be able to apply teaching methods that are more adaptive and attractive to children. It is hoped that this activity will be the first step in

building an elementary school environment that has a healthy, sustainable, and student-oriented sports culture.

The series of activities is carried out through several stages that are integrated with each other, namely the following:

1. Delivery of Educational Materials

The activity began with an introduction to the importance of volleyball for elementary school-age children. The material includes the meaning of the game, the benefits for physical and mental development, and positive character values that can be instilled through sports. To support understanding, the delivery is carried out communicatively with the help of visual media such as images, short videos, and illustrations of basic movements.

2. Interactive Session: Discussion and Q&A

After the presentation session, it was followed by an open discussion. Students and teachers are given space to submit questions and responses. The implementation team answered directly and provided further explanations to strengthen participants' understanding of the concept of volleyball and its application in the school context.

3. Teacher Collaboration: Learning Strategies and Techniques

Furthermore, a special discussion was held with sports teachers to discuss teaching methods that are suitable for elementary school students. In this session, the implementation team also practiced the basic techniques of the game such as serving, passing, set-up, smash, and blocking. This process is delivered in the form of simulations and group exercises, with a hands-on approach and in-depth coaching.

4. Field Exercises and Simulations

Students were then directed to practice the game directly on the field. This activity is carried out in small groups to build teamwork and practice engineering skills in an applicative manner. The implementation team also provides direction and feedback on the movements carried out, so that students gain a more concrete understanding.

5. Evaluation and Reflection

The final stage of the activity is evaluation. Assessment is carried out qualitatively by observing students' skills and behaviors during practice, conducting light interviews with teachers, and listening to students' reflections on their experiences. The results of this evaluation are used as a consideration for the improvement of similar activities in the future.

## **IMPLEMENTATION OF ACTIVITIES AND DISCUSSIONS**

The realization of the community partnership program in community service activities is carried out in a structured arrangement of activities as in the following explanation.

### **Cooperation Partner Participation**

Partner participation in this program is for students of SDK Maria Fatima Bangkalan. In addition, partners also help the process of running the

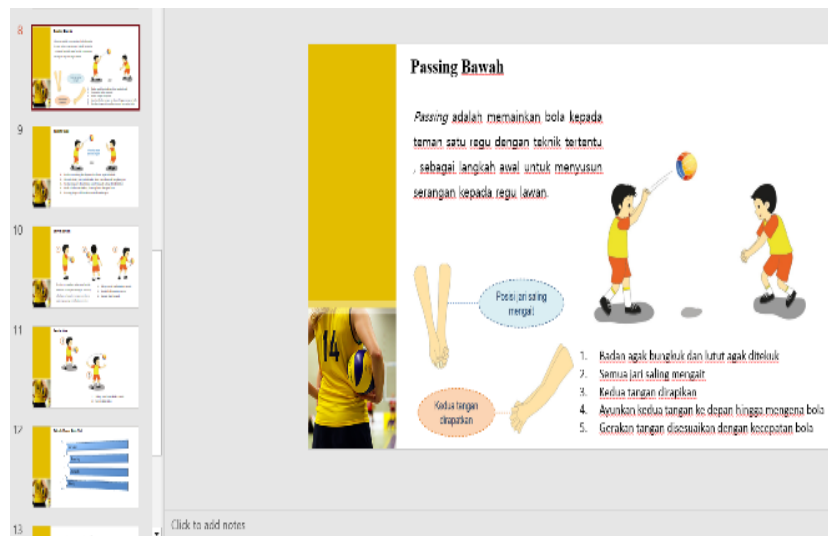
partnership program, both during knowledge socialization, mentoring, and active participation during the presentation of the material.



**Figure 1.** Delivery of Materials



**Figure 2.** Material Appearance



**Figure 3.** Volleyball Learning Educational Materials



**Figure 4.** Socialization Materials

The community service activity with the theme of Volleyball Game Learning Education in Upper Elementary School Children was carried out with the aim of broadening the horizon and increasing students' understanding of the game of volleyball. The main focus of this activity includes the introduction of basic techniques, understanding the rules of the game, and instilling sportsmanship during play. The target of the program is students in grades IV to VI of elementary school who are physically and motor able to participate in big ball sports learning.

The educational process is carried out through an active learning approach, which combines concise theory delivery with hands-on practical activities in the field. Some of the materials provided include:

1. Introduction to volleyball, including the background of the game, its main objectives, and its benefits for physical fitness and the formation of students' social character.
2. Introduction to basic techniques, such as bottom and top passes, basic serves, and simple smashes.
3. Simulation of the game, in which students participate in a mini volleyball game that has been modified to better suit the student's age and abilities.
4. Strengthening character values, such as cooperation, mutual respect, as well as honesty and fair play during activities.

Based on the observation results, hands-on practice-based learning methods have been proven to increase student participation and interest. They show high enthusiasm when practicing basic techniques and become more familiar with the plot and rules of the game after being actively involved in the simulation. In addition, this learning also encourages the growth of the spirit of togetherness and discipline in the group.

The final evaluation showed that most students were able to master the basic techniques of volleyball quite well after taking part in the training. The school, especially PJOK teachers, welcomed this activity because it is in line with the learning goals and can be used as a reference for developing sports materials at the elementary school level.

In general, this service program has a positive impact on fostering sports literacy in elementary school students, especially in volleyball. It is hoped that similar activities can continue to be carried out to expand the benefits and become a reference for the implementation of other educational activities in the elementary school environment.

## **CONCLUSION**

The community service activities that have been carried out have made a real contribution to improving the quality of volleyball learning in the elementary school environment. Through the process of training and mentoring, teachers gain new insights and improve their ability to apply appropriate and effective learning methods in teaching volleyball to students. On the other hand, students show increased enthusiasm and engagement in the learning process, especially after the introduction of an interactive and fun approach. In addition to strengthening students' understanding of the basic concepts of the game of volleyball, this activity also succeeded in improving their basic motor skills and techniques in the practice of the game. Overall, this program has provided solutions to existing challenges and supported the strengthening of physical education, especially in the field of volleyball, in elementary schools.

In order for the impact of this service activity to continue to be sustainable and provide long-term benefits, it is recommended that schools routinely organize similar training, both for teachers and students, especially in the field of physical education. Teachers need to continue to be supported through workshops or advanced training to deepen their understanding and

ability to apply creative and adaptive sports learning methods. In addition, schools are expected to provide adequate facilities and infrastructure to support the learning process of volleyball practice optimally. It is also important to build cooperation with external parties, such as universities or the sports community, to expand access to training and develop students' interests in sports, especially volleyball.

## **REFERENCE**

- Adji, T. P., Khusna, N., Shufa, F., Rachim, R. S., & Binathara, M. B. (2024). Pengembangan Model Pembelajaran Pendidikan Jasmani Materi Bolavoli di SDN 5 Gembong Kabupaten Pati. *Jurnal Limit Multidisiplin*, 1(1), 1-6. <https://doi.org/10.xxxx/jlm.vxix.xxx>
- Agil Satria, D., & Adifai. (2025). Analisis Keterampilan Teknik Dasar Permainan Bola Voli Pada Siswa Kelas 10 di SMAN 01 Bumi Agung. *Al-Zayn Jurnal Ilmu Sosial & Hukum*, 3(1), 38-43. <https://ejournal.yayasanpendidikandzurriyatulquran.id/index.php/Al-Zayn>
- Arga, A. (2025). Analisis Denyut Nadi Sebelum dan Sesudah Melakukan Lari 12 Menit Mahasiswa Pendidikan Kepelatihan Olahraga Universitas Pejuang Republik Indonesia. *Jurnal Pendidikan Kepelatihan Olahraga (PEJUANG)*, 1(2), 11-25.
- Bachtiar, Rimansyah, T., & Nugraheni, W. (2023). Permainan Bola Voli Berbasis Aplikasi Android. *Jurnal Educatio*, 9(4), 2181-2186.
- Badwi, A., Arba, M. A., Rahmatullah, W., Rerung, C. T., Aulria, S. N. M., Arga, A., & Hasran, H. (2025). Socialization of Petanque Sports at SMAS YASPIB Bontolempangan Gowa. *Jurnal Perjuangan dan Pengabdian Masyarakat: JPPM*, 1(2), 1-8.
- Batiurat, W., Wandik, Y., & Putra, M. F. P. (2023). Modifikasi permainan bolavoli dalam pendidikan jasmani. *Multilateral : Jurnal Pendidikan Jasmani Dan Olahraga*, 22(4), 272. <https://doi.org/10.20527/multilateral.v22i4.16470>
- Dias Ramara, A., Sistiasih, V. S., Jariono, G., & Nugroho, H. (2025). Analisis Keterampilan Teknik Dasar Bola Voli pada Club Bola Voli Putra Meteor Dermolo Jepara. *Jurnal Porkes*, 8(2), 599-611. <https://doi.org/10.29408/porkes.v8i2.29635>
- Djami, C. A., Rah, P., Pawitra, A., Afandi, A., Budiono, D., & Artanti, A. (2025). Minat Siswa Kelas IV SDN dalam Pembelajaran Bola Voli Mini. *ANGGARA (Jurnal Pendidikan Olahraga, Kesehatan, Rekreasi Dan Terapannya)*, 2(2), 93-100.
- Herlambang, D. F., Ratimiasih, Y., & Kresnapati, P. (2024). Pengembangan Alat Pembelajaran Passing Bawah Bola Voli Siswa Kelas V SD Negeri 1 Jaraksari. *Journal of Physical Activity and Sports (JPAS)*, 5(2), 74-80. <https://doi.org/10.53869/jpas.v5i2.221>
- Iyot Yulianti, & Oki Candra. (2025). Survei Keterampilan Teknik Dasar Bola Voli Siswa Ekstrakurikuler Di Mts Masmur Pekanbaru. *Jurnal Pengabdian*

- Masyarakat Dan Riset Pendidikan, 3(4), 5738-5747.  
<https://doi.org/10.31004/jerkin.v3i4.1480>
- Jurnal, W., Githa Valia, V., Thamrin Hidayat, M., Rulyansah, A., Guru Sekolah Dasar, P., Kata Kunci, A., & Spons, B. (2025). Indonesian Research Journal on Education Analisis Media Bola Voli Spons untuk Meningkatkan Kemampuan Passing Bawah dalam Pembelajaran Bola Voli pada Siswa SD-ShareAlike 4.0 International (CC BY-SA 4.0). In Indonesian Research Journal on Education (Vol. 5). <https://irje.org/index.php/irje>
- Nor, M. F., Mashud, & Perdinanto. (2024). Analisis Keterampilan Teknik Dasar Bola Voli Pasing Atas Siswa Ektrakurikuler Tindak Lanjut Pembinaan Prestasi Siswa SMPN 3 Banjarbaru. *Jumper: Jurnal Mahasiswa Pendidikan Olahraga*, 5(1), 98-105.
- Paembonan, R., Ma'na, P., & Halik, J. B. (2024). Analisis akuntabilitas kinerja keuangan daerah di kantor pelayanan kekayaan negara dan lelang kabupaten biak provinsi Papua. *Journal of Marketing Management and Innovative Business Review*, 2(2), 1-6.
- Rahma, A. N., Julianti, R. R., & Salam Hidayat, A. (2025). Pembentukan Karakter Siswa Melalui Pembelajaran Bola Voli. *Jurnal Pendidikan Dan Pengajaran*, 6(3), 205-217. <https://ijurnal.com/1/index.php/jpp>
- Rerung, C. T., Aulria, S. N. M., Hudain, M. A., & Mappaompo, M. A. (2025). Pelatihan Teknik Dasar Taekwondo untuk Meningkatkan Motorik dan Percaya Diri Siswa SDN Inpres 127 Moncongloe. *Jurnal Perjuangan dan Pengabdian Masyarakat: JPPM*, 1(1), 35-42.
- Saleh, M. S. (2024). Keterampilan Kids Athletics Siswa UPTD SD Negeri 164 Barru Kecamatan Pujananting Kabupaten Barru. *Journal Physical Health Recreation (JPHR)*, 4(2), 532-538.
- Sania, A., Sazeli Rifki, M., Zarya, F., Olahraga, P., Ilmu Keolahragaan, F., Negeri Padang, U., Hamka Kampus Air Tawar Padang, J., Barat, S., Olahraga, K., dan Rekreasi, K., & Author, C. (2022). Pengaruh metode pembelajaran dan motivasi belajar terhadap keterampilan dasar bolavoli mini di SDN 09 Lanai Sinuangon. *JORPRES (Jurnal Olahraga Prestasi)*, 18(2), 30-43.
- Setiawan, F., Bahtiar, & Alwi, A. (2024). Peningkatan Hasil Pembelajaran Passing Bawah Bola Voli Dengan Pembelajaran berbasis gerak Manipulatif Menggunakan Bola. *Jurnal Educatio*, 10(4), 1090-1094. <https://doi.org/10.31949/educatio.v10i4.8735>
- Siregar, S., Hutasoit, G., & Hariadi, H. (2023). Penerapan bahan ajar passing bawah berbasis aplikasi bagi siswa sekolah dasar negeri 01 Perkebunan Tanah Itam Ulu. *Multilateral : Jurnal Pendidikan Jasmani Dan Olahraga*, 22(3), 215. <https://doi.org/10.20527/multilateral.v22i3.15610>
- Widodo, P., & Wandono, A. S. T. (2025). Kemampuan Pasing Bawah Bola Voli pada Siswa Kelas V di Sekolah Dasar. *Jurnal Pengabdian Masyarakat*

Dan Riset Pendidikan, 4(1), 160-169.  
<https://doi.org/10.31004/jerkin.v3i4.1391>