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The Relationship Between Passing Accuracy and On-Point Passing Skills Among Amateur Club-Level Volleyball Players

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ABSTRACTS

Purpose	Passing accuracy is an essential technical skill in volleyball that determines the effectiveness of team attacks and game organization. However, many developing athletes still experience difficulties in maintaining accurate and consistent passing performance. Therefore, this study aims to analyze the relationship between passing accuracy and on-point passing skills among Kendal Sewu volleyball players.
Materials and Methods	This study employed a descriptive approach involving 12 active volleyball players from the Kendal Sewu Volleyball Club aged between 15 and 25 years. Data were collected using a questionnaire consisting of 24 items designed to measure passing accuracy and on-point passing performance. Observations during training sessions were also conducted to support the data. Instrument validity and reliability were tested using item-total correlation and Cronbach's Alpha with SPSS software.
Result	The findings indicate that most players still demonstrate inconsistent passing accuracy during training sessions and gameplay situations. Only a small proportion of players showed adequate on-point passing performance, while the majority experienced difficulties in directing passes accurately toward teammates. These findings suggest that technical mastery, coordination, and training variation may influence passing performance.
Conclusion	Passing accuracy plays a crucial role in building effective offensive strategies in volleyball. The results highlight the importance of structured and varied training programs to improve passing precision and overall team coordination among Kendal Sewu volleyball players.
Keywords	Volleyball; Passing accuracy; Technical skills; Passing performance; Training.

INTRODUCTION

Volleyball is one of the most popular team sports played at various levels, ranging from recreational activities to competitive tournaments. The game requires coordination, agility, strength, and teamwork to successfully execute offensive and defensive strategies. Among the fundamental technical skills in volleyball, passing plays a crucial role because it serves as the foundation for

building attacks and maintaining ball control during rallies. Accurate passing enables teams to organize effective offensive plays, while poor passing often disrupts team coordination and reduces scoring opportunities. Studies on volleyball performance emphasize that technical execution and team coordination play a crucial role in determining the effectiveness of offensive and defensive strategies in the game (Boichuk et al., 2025).

Previous studies have emphasized that passing accuracy is strongly associated with the effectiveness of team performance in volleyball. Technical and tactical performance indicators play a crucial role in volleyball success, where the quality of initial ball control such as passing significantly affects the effectiveness of offensive strategies during matches (Isabel et al., 2013). Motor coordination and body control are essential factors influencing the execution of technical skills such as passing accuracy in volleyball athletes (Yılmaz et al., 2024). Game-based training approaches have been shown to improve technical skill execution and decision-making ability in volleyball players, including passing performance during match situations (Trajković et al., 2016).

Despite the importance of passing accuracy, several studies indicate that many volleyball players still experience difficulties in consistently performing accurate passes during training and competition. These limitations are often related to insufficient variation in training methods, limited technical mastery, and inadequate coordination among team members. As a result, inaccurate passing frequently disrupts the flow of the game and reduces the effectiveness of team attacks. Among the various technical skills in volleyball, passing is considered a fundamental component that determines the success of team play. Passing serves as the first step in organizing offensive strategies and maintaining ball control during rallies. Accurate passing enables setters to distribute the ball effectively, allowing attackers to perform well-structured offensive movements. Conversely, inaccurate passing often disrupts the rhythm of play and reduces the effectiveness of team attacks. Several recent studies highlight that technical skills such as passing accuracy significantly influence overall team performance and tactical effectiveness in volleyball competitions (Iermakov et al., 2023).

Recent research also shows that improving passing accuracy requires structured and varied training programs. Training models that combine technical drills, coordination exercises, and game-based scenarios have been shown to significantly improve the accuracy and consistency of volleyball passing performance. For instance, drill-based training methods and specific passing exercises have been found to enhance ball control and passing precision among volleyball players (Valerio et al., 2025). Furthermore, structured training programs that incorporate varied drills and skill-specific exercises can improve passing performance and reduce technical errors during matches (Suhadi et al., 2023). Research in volleyball training development suggests that innovative and game-based training approaches are more effective in improving technical skills and maintaining athlete motivation during practice sessions. Training programs that focus on skill accuracy and situational gameplay can help athletes develop more consistent passing performance during competitions (Shen et al., 2026).

Despite the growing number of studies examining technical performance in volleyball, most previous research has primarily focused on elite athletes, match performance analysis, or the effectiveness of general training methods. Limited studies specifically investigate the relationship between passing accuracy and on-point passing performance at the club training level, particularly among developing athletes. Previous research has highlighted the importance of technical indicators in volleyball performance, yet empirical investigations that connect passing accuracy with practical training outcomes in local club environments remain scarce (Pawlik et al., 2024; Costa et al., 2017). Furthermore, many studies emphasize tactical analysis during competitions rather than examining

technical accuracy problems that occur during routine training sessions (López-Serrano et al., 2023). Therefore, this study attempts to fill this gap by analyzing the relationship between accuracy and on-point passing skills among Kendal Sewu volleyball players within a real training context. The novelty of this research lies in its focus on evaluating passing accuracy as a determinant of on-point passing performance in a developing volleyball club environment, providing practical insights that may support coaches in designing more effective training strategies to improve technical consistency and team coordination.

Observations conducted in the Kendal Sewu Volleyball Club revealed similar challenges. Although the club has implemented regular training programs, many players still demonstrate low accuracy when performing on-point passing during training sessions and match situations. This condition suggests that passing accuracy remains a key technical issue that needs further evaluation and improvement within the team.

Therefore, this study aims to analyze the relationship between accuracy and on-point passing skills among Kendal Sewu volleyball players. Understanding this relationship is expected to provide insights for coaches and athletes in developing more effective training strategies to improve passing performance and overall team play.

METHODS

Research Design

This study employed a descriptive quantitative research design to analyze the relationship between passing accuracy and on-point passing skills. Primary data was collected through structured questionnaires and direct interviews to ensure data validity. The research instruments were evaluated using validity testing to accurately measure the intended variables. The collected data were then systematically analyzed to test the research hypotheses and draw comprehensive conclusions regarding the research questions.

Study Participants

The participants for this study were drawn from the Kendal Sewu Volleyball Club, located in Tarik, Sidoarjo. These players served as the primary data source for the research. They actively participated in the study by completing the provided questionnaires and engaging in the interview sessions.

Data Collection

The research was conducted during regular training sessions of the Kendal Sewu Volleyball Club over a four-week period. Data collection consisted of three stages. First, researchers conducted direct observations during training sessions to evaluate players' passing performance and training conditions. Each observation session lasted approximately 90 minutes and was conducted twice per week. Second, players completed a structured questionnaire consisting of 24 items designed to measure perceptions related to passing accuracy and on-point passing performance. The questionnaire used a Likert scale to assess the frequency and accuracy of passing techniques during training and gameplay situations. Third, informal discussions with the team coach were conducted to gain additional insights regarding training methods and technical challenges experienced by players.

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Statistical Analysis

The validity test results show that all questionnaire items have correlation values higher than the critical value (r-table = 0.404), indicating that all items are valid for measuring passing accuracy and on-point passing performance. The reliability test results show that the Cronbach's Alpha value exceeds 0.60, indicating that the questionnaire instrument has acceptable internal consistency and can be considered reliable for data collection.

RESULT

Data were collected from 12 players using a 24-item questionnaire. The analysis demonstrates that all 24 items are valid for measuring the intended variable. This overall validity is established because the item-total correlation scores exceed the critical threshold of 0.404 at a 5% significance level.

Table 1. Data validity

Variable 1 (Y)	R count	R table	Information
Question 1	0,925	0,404	Valid
Question 2	0,715	0,404	Valid
Question 3	0,925	0,404	Valid
Question 4	0,715	0,404	Valid
Question 5	0,925	0,404	Valid
Question 6	0,723	0,404	Valid
Question 7	0,715	0,404	Valid
Question 8	0,743	0,404	Valid
Question 9	0,944	0,404	Valid
Question 10	0,743	0,404	Valid
Question 11	0,944	0,404	Valid
Question 12	0,944	0,404	Valid
Question 13	0,925	0,404	Valid
Question 14	0,925	0,404	Valid
Question 15	0,944	0,404	Valid
Question 16	0,925	0,404	Valid
Question 17	0,925	0,404	Valid
Question 18	0,925	0,404	Valid
Question 19	0,925	0,404	Valid
Question 20	0,944	0,404	Valid
Question 21	0,715	0,404	Valid
Question 22	0,925	0,404	Valid
Question 23	0,925	0,404	Valid
Question 24	0,715	0,404	Valid

After carrying out the validity test, the researcher carried out a data reliability test to find out how far the tool is bona fide and reliable. If the Cronbach alpha number is > 0.60, the tool or instrument can be declared reliable. From the data processing output, it can be concluded that the questionnaire instrument for this research is reliable, this is because the Cronbach's Alpha coefficient, the instructor's understanding variable regarding athletes' passing accuracy and skills, is at a higher number of 0.60.

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Table 2. Data Reliability Test

Item-Total Statistics				
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
Y01	63.8333	90.697	.918	.980
Y02	63.6667	94.788	.701	.982
Y03	63.8333	90.697	.918	.980
Y04	63.6667	94.788	.701	.982
Y05	63.8333	90.697	.918	.980
Y06	63.8333	92.515	.700	.982
Y07	63.6667	94.788	.701	.982
Y08	63.8333	92.333	.722	.981
Y09	63.7500	91.659	.939	.980
Y10	63.8333	92.333	.722	.981
Y11	63.9167	84.811	.934	.981
Y12	63.9167	84.811	.934	.981
Y13	63.8333	90.697	.918	.980
Y14	63.8333	90.697	.918	.980
Y15	63.9167	84.811	.934	.981
Y16	63.8333	90.697	.918	.980
Y17	63.8333	90.697	.918	.980
Y18	63.8333	90.697	.918	.980
Y19	63.8333	90.697	.918	.980
Y20	63.9167	84.811	.934	.981
Y21	63.6667	94.788	.701	.982
Y22	63.8333	90.697	.918	.980
Y23	63.8333	90.697	.918	.980
Y24	63.6667	94.788	.701	.982

Table 2 presents the item-total statistics used to evaluate the internal consistency of the 24-item instrument. The results indicate that all items (Y01 to Y24) are highly valid, with corrected item-total correlation values ranging from 0.700 to 0.939, well above the standard acceptable threshold. Furthermore, the "Cronbach's Alpha if Item Deleted" values remain exceptionally high and stable between 0.980 and 0.982. This demonstrates that the questionnaire possesses excellent reliability, and the removal of any single item would not significantly improve the overall consistency, confirming that all 24 items are robust and should be retained for the study.

Table 3. Data Reliability Test Results

Variable 1 (Y)	Cronbach,s Alpha	α	Information
Question 1	0.980	0,60	Reliable
Question 2	0.982	0,60	Reliable
Question 3	0.980	0,60	Reliable
Question 4	0.982	0,60	Reliable
Question 5	0.980	0,60	Reliable
Question 6	0.982	0,60	Reliable
Question 7	0.982	0,60	Reliable
Question 8	0.981	0,60	Reliable
Question 9	0.980	0,60	Reliable
Question 10	0.981	0,60	Reliable
Question 11	0.981	0,60	Reliable

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Variable 1 (Y)	Cronbach,s Alpha	α	Information
Question 12	0.981	0,60	Reliable
Question 13	0.980	0,60	Reliable
Question 14	0.980	0,60	Reliable
Question 15	0.981	0,60	Reliable
Question 16	0.980	0,60	Reliable
Question 17	0.980	0,60	Reliable
Question 18	0.980	0,60	Reliable
Question 19	0.980	0,60	Reliable
Question 20	0.981	0,60	Reliable
Question 21	0.982	0,60	Reliable
Question 22	0.980	0,60	Reliable
Question 23	0.980	0,60	Reliable
Question 24	0.982	0,60	Reliable

Explanation: in this data, the variable data in the table above is declared reliable because the questionnaire data has a value above 0.60. In the next stage, the researcher carried out a variable distribution test regarding accuracy and on-point passing skills with a 24-question questionnaire, and after the data was collected, the researcher managed the data using SPSS software.

Table 4. Final Data Reliability Test Results

Number	List of Tables	Frequency of Answers is Sufficient Exactly players (per player)	Answer Frequency Rare (per player)
1	Questionnaire table 1	3	9
2	Questionnaire table 2	1	11
3	Questionnaire table 3	3	9
4	Questionnaire table 4	1	11
5	Questionnaire table 5	3	9
6	Questionnaire table 6	3	9
7	Questionnaire table 7	1	11
8	Questionnaire table 8	3	9
9	Questionnaire table 9	2	10

The validity test results indicate that all questionnaire items have correlation values higher than the critical value (r-table = 0.404), meaning that all items are valid for measuring passing accuracy and on-point passing performance. Furthermore, the reliability analysis shows a Cronbach's Alpha value greater than 0.60, indicating that the instrument has good internal consistency and is suitable for assessing players' passing accuracy during training sessions. Observational data collected during training sessions revealed that several players experienced difficulties in controlling the direction and height of the ball when performing passing techniques. In some situations, players tended to misdirect passes, making it difficult for the setter to organize attacks effectively. In addition, limited variation in training drills was observed, which may contribute to inconsistent passing accuracy among players.

DISCUSSION

The findings of this study indicate that most Kendalsewu volleyball players still demonstrate low accuracy in performing on-point passing. Based on the questionnaire analysis involving 12 players, only a small proportion of players showed sufficient passing accuracy, while the majority demonstrated inaccurate passing performance. This result suggests that passing accuracy remains a major technical issue that affects the effectiveness of team play. Accurate first-pass reception plays

a crucial role in determining the success of offensive strategies and the overall efficiency of team attacks in volleyball matches (Paulo et al., 2018).

Passing accuracy is a critical component in volleyball because it determines the quality of the first ball control and directly influences the organization of attacks. When passes are inaccurate, the setter has difficulty distributing the ball effectively, which ultimately reduces the team's attacking opportunities. Technical skills such as passing and serve reception are considered key determinants of successful performance in volleyball competitions (Oliinyk et al., 2021). Training variability has been shown to significantly improve the consistency and effectiveness of technical skills in volleyball athletes (Liu et al., 2026). Motor coordination and neuromuscular control are essential components influencing the execution accuracy of volleyball technical skills (Trajković & Bogataj, 2020).

The low passing accuracy observed among Kendalsewu volleyball players may be influenced by several internal factors. First, technical mastery of passing techniques appears to be inconsistent among players. Some players still struggle to control the direction and height of the ball when receiving or passing under pressure during gameplay situations. If these components are not sufficiently developed, players may have difficulty producing accurate passes during matches. Psychological factors such as competitive anxiety and concentration levels can significantly influence the accuracy of technical skills in volleyball players (Galily et al., 2024). Effective communication among team members plays a critical role in improving coordination and execution of technical skills during volleyball matches (ZHU & SONG, 2023).

Second, psychological factors may also contribute to the accuracy of passing. In competitive situations, players often experience pressure and anxiety, which can negatively affect concentration and decision-making when performing technical skills. Therefore, mental readiness and confidence are important aspects that should be considered in training programs.

In addition to internal factors, several external factors may influence passing accuracy. One important factor is the training method used during practice sessions. Observations in the Kendalsewu volleyball club revealed that passing exercises are often limited to repetitive drills, such as passing the ball against a wall. Although this method can help develop basic coordination, it may not adequately simulate real match situations that require quick decision-making and teamwork. Game-based training approaches have been found to enhance technical skill execution and decision-making ability in volleyball players during match situations (Barrett et al., 2025).

Another external factor is the level of communication and teamwork among players. Volleyball is a highly cooperative sport that requires strong coordination between team members. Inaccurate passing may occur when players fail to communicate effectively or misinterpret the movement of teammates. Effective communication during gameplay helps players anticipate ball direction and adjust their positioning more efficiently.

The findings of this study have important implications for volleyball training programs at the club level. Coaches should design more varied and structured training programs that emphasize passing accuracy under realistic game conditions. Training sessions should include drills that integrate technical, tactical, and psychological components simultaneously. For example, small-sided games, target-based passing drills, and situational exercises can help players improve their decision-making and accuracy when passing the ball.

Furthermore, coaches should provide continuous evaluation and feedback to players during training sessions. Monitoring individual performance and identifying specific weaknesses in passing techniques can help develop personalized training strategies. By implementing varied training methods and focusing on both technical and psychological aspects, it is expected that players' passing accuracy and overall team performance can be improved.

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These findings provide practical insights for volleyball coaches in designing more effective training programs that emphasize passing accuracy, coordination, and game-based practice to improve team performance. The findings of this study have several practical implications for volleyball coaches and players. Coaches are encouraged to design more structured and varied training programs that specifically focus on improving passing accuracy. Training sessions should include target-based passing drills, game-based exercises, and coordination training to simulate real match situations. In addition, players should receive continuous technical feedback to improve body positioning, arm movement, and ball control during passing execution. By implementing varied and systematic training approaches, it is expected that players can improve their on-point passing performance and contribute more effectively to team offensive organization.

This study has several limitations that should be considered when interpreting the findings. First, the number of participants involved in the study was relatively small, consisting of only 12 players from a single volleyball club. Therefore, the results may not fully represent volleyball players in other clubs or competitive levels. Second, the data collection relied primarily on questionnaire responses and observational data during training sessions, which may not fully capture players' performance during official match situations. Future research is recommended to involve a larger sample size and incorporate more objective performance measurements, such as video analysis or performance tracking during competitions.

CONCLUSION

This study concludes that inconsistent passing accuracy significantly hinders team coordination and offensive organization among the evaluated volleyball players. To address this technical gap, it is essential for coaches to implement structured, target-based, and game-simulated passing drills, complemented by continuous feedback. Ultimately, enhancing passing precision is vital for effective setter coordination and overall team success. Future research should evaluate the efficacy of specific training models to systematically improve passing accuracy in volleyball athletes.

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CONFLICT OF INTEREST

The authors declare that there is no conflict of interest regarding the research, authorship, or publication of this study.

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