

ABSTRAK

PENGARUH LATIHAN *SETTER TRAINING BALL* TERHADAP KEMAMPUAN *PASSING* ATAS ATLET *CLUB AKADEMI VOLI BANYUMAS (AVOBA)*

Ahmad Multazam Syauqi¹, Panuwun Joko Nurcahyo², Bayu Suko Wahono²

Latar Belakang: Berdasarkan hasil wawancara dengan pelatih, didapatkan informasi bahwa *passing* atas anggota *CLUB AVOBA* Banyumas masih belum maksimal. Peneliti melakukan pengukuran terhadap 10 atlet (*AVOBA*) mendapat kriteria sedang 4 (atlet) dan kriteria kurang 6 (atlet) menunjukkan bahwa kemampuan *passing* atas atlet tersebut masih belum maksimal. Oleh karena itu dibutuhkan model latihan yang efektif untuk meningkatkan kemampuan *passing* atas. Maka dari itu peneliti akan melakukan peningkatan latihan kemampuan *passing* atas tentunya untuk meningkatkan performa permainan pada atlet *Club Akademi Banyumas (AVOBA)* dengan menggunakan latihan *passing* atas dengan *Setter training ball*.

Metodologi Penelitian: Jenis penelitian ini adalah penelitian eksperimen dengan *Pretest-Posttest-Control-Group-Design* yang digunakan untuk mencari pengaruh latihan latihan menggunakan *setter training ball* dan Latihan bola standar. Pengambilan sampel menggunakan *Purposive Sampling*.

Hasil Penelitian: Berdasarkan hasil uji hipotesis, pengaruh latihan *setter training ball* (X1) terhadap kemampuan *passing* atas (Y) memperoleh nilai signifikansi 0,000. Pengaruh latihan bola voli standar (X2) terhadap kemampuan *passing* atas (Y) memperoleh nilai signifikansi 0,000. Dan Perbedaan pengaruh antara latihan *setter training ball* (X1) dan bola voli standar (X2) terhadap peningkatan kemampuan *passing* atas (Y) memperoleh nilai signifikansi 0,000. Latihan *setter training ball* lebih efisien dalam meningkatkan kemampuan *passing* atas bola voli dari pada latihan bola voli standar berdasarkan hasil uji *paired sample t-test* dengan nilai T kelompok *Setter Training Ball* $-31.754 > -28,290$ kelompok bola standar.

Kesimpulan: Berdasarkan hasil analisis data, dapat ditarik kesimpulan bahwa terdapat pengaruh latihan *setter training ball* terhadap kemampuan *passing* atas *Club AVOBA* Banyumas, Terdapat pengaruh latihan bola voli standar terhadap kemampuan *passing* atas atlet. *Club AVOBA* Banyumas, dan terdapat perbedaan pengaruh antara latihan menggunakan *setter training ball* dan latihan bola voli standar terhadap kemampuan *passing* atas *Club AVOBA* Banyumas.

Kata Kunci: Bola Voli, *Setter training ball*, *Passing* Atas.

¹Mahasiswa Jurusan Pendidikan Jasmani FIKes Universitas Jenderal Soedirman.

²Departemen Jurusan Pendidikan Jasmani FIKes Universitas Jenderal Soedirman.

ABSTRACT

THE EFFECT OF SETTER TRAINING BALL TRAINING ON THE ABILITY PASSING ABILITY OF *CLUB AKADEMI ATHLETES* VOLLEYBALL BANYUMAS (AVOBA)

Ahmad Multazam Syauqi¹, Panuwun Joko Nurcahyo², Bayu Suko Wahono²

Background: Based on the results of interviews with the coach, information was obtained that the top passing of AVOBA Banyumas *Club* members was still not optimal. Researchers measured 10 athletes (AVOBA) getting 4 (athletes) medium criteria and 6 (athletes) less criteria, indicating that the athlete's upper passing ability was still not optimal. Therefore, an effective training model is needed to improve the upper passing ability. Therefore, the researcher will increase the training of upper passing ability of course to improve game performance in Banyumas Academy *Club* athletes (AVOBA) by using upper passing training with Setter training ball.

Research Method: This type of research is experimental research with Pretest-Posttest-Control-Group-Design which is used to find the effect of training exercises using setter training ball and standard ball training, using Purposive Sampling.

Research Results: Based on the results of hypothesis testing, the effect of setter training ball (X1) on upper passing ability (Y) obtained a significance value of 0.000. The effect of standard volleyball training (X2) on upper passing ability (Y) obtained a significance value of 0.000. And the difference in influence between training setter training ball (X1) and standard volleyball (X2) on improving upper passing ability (Y) obtained a significance value of 0.000. Setter training ball training is more efficient in improving the ability to pass over volleyball than standard volleyball training based on the results of the paired sample t-test with the T value of the Setter Training Ball group $-31.754 > -28.290$ standard ball group.

Conclusion: Based on the results of data analysis, it can be concluded that there is an effect of setter training ball training on the upper passing ability of *CLUB AVOBA* Banyumas, there is an effect of standard volleyball training on the upper passing ability of athletes. *Club AVOBA* Banyumas, and there is a difference in influence between training using setter training ball and standard volleyball training on the upper passing ability of *Club AVOBA* Banyumas.

Keywords: Volleyball, *Setter* Ball Training, *Passing Over*.

¹Student of Physical Education Department, FIKes, Jenderal Soedirman University.

²Department of Physical Education, FIKes, Jenderal Soedirman University.