

ABSTRAK

PENGARUH MODEL LATIHAN BERPASANGAN DAN SASARAN DINDING TERHADAP KEMAMPUAN PASSING ATAS BOLA VOLI

Latar Belakang: *Passing* atas merupakan teknik yang mengutamakan kekuatan jari-jari kedua tangan. Teknik *passing* atas dipilih disaat pemain hendak melakukan umpan agar bola di pukul atau di *smash*. Penelitian ini bertujuan untuk mengetahui pengaruh model latihan berpasangan dan sasaran dinding terhadap kemampuan *passing* atas dan menentukan latihan yang paling efektif untuk meningkatkan kemampuan *passing* atas bola voli.

Metode Penelitian: Penelitian ini merupakan penelitian Eksperimen dengan menggunakan desain *Pre-Eksperimental* dan pendekatan *Two Group Pretest-Posttest Design*. Instrumen yang digunakan untuk mengukur kemampuan *passing* atas adalah *American Association for Health, Physical Education, and Recreation (AAHPER) VolleyBall Skills Test*. Pengambilan sampel dengan menggunakan *Total Sampling*, Sampel yang digunakan adalah atlet putra tim bola voli Jatayu sebanyak 16 anak, dengan teknik pembagian kelompok menggunakan *ordinal pairing/matched subject ordinal pairing*.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa: (1) Ada perbedaan pengaruh yang signifikan dari data *pretest* dan *posttest* model latihan *passing* atas berpasangan, $P= 0,000$. (2) Ada perbedaan pengaruh yang signifikan dari data *pretest* dan *posttest* model latihan *passing* atas sasaran dinding, $P= 0,000$. (3) Model latihan *passing* atas sasaran dinding lebih meningkatkan dibandingkan model latihan *passing* atas berpasangan terhadap kemampuan *passing* atas bola voli, ($P= 0,038$).

Kesimpulan: Dari hasil penelitian ini disimpulkan bahwa: Terdapat pengaruh yang signifikan antara model latihan berpasangan terhadap kemampuan *passing* atas bola voli. Terdapat pengaruh yang signifikan antara model latihan sasaran dinding terhadap kemampuan *passing* atas bola voli. Model latihan sasaran dinding lebih meningkatkan kemampuan *passing* atas bola voli dibandingkan dengan model latihan berpasangan.

Kata Kunci: Latihan Berpasangan, Sasaran Dinding, *Passing* Atas Bola Voli.

ABSTRACT

THE EFFECT OF PAIR EXERCISE MODEL AND TARGET OF WALL TOWARDS OVERHEAD PASS OF VOLLEYBALL

Background of Research: Overhead pass is a technique that involves both hands' fingers. Generally, this technique is chosen when players about to do the bait before doing the last blow or smash. The goal of this research are to know the effect of pair exercise model and target of wall towards overhand pass and to determine the effective exercise to increase overhead pass of volleyball ability.

Research Method: This research is an Experimental research with Pre-Experimental design and Two Group Pretest-Posttest Design approach. The instrument used to measure overhead pass ability was American Association for Health, Physical Education, and Recreation (AAHPER) Volley Ball Skills Test. This research used total as sampling technique. The sample used was 16 male volleyball players of Jatayu team, with ordinal pairing/matched subject ordinal pairing as grouping technique.

Research Findings: This research found that: (1) There is different significant effect from pretest and posttest data of pair overhead pass exercise model, ($P=0,000$). (2) There is different significant effect from pretest and posttest data of overhead pass exercise with target of wall, ($P=0,000$). (3) Overhead pass exercise with target of wall more increases than pair overhead pass exercise model towards overhead pass of volleyball ability, ($P=0,038$).

Conclusion: Based on the research findings we conclude that: There is a significant effect between pair exercise model towards overhead pass of volleyball ability. There is a significant effect between target of wall exercise model towards overhead pass of volleyball ability. Overhead pass exercise with target of wall more increases overhead pass of volleyball ability than pair exercise model.

Keywords: Pair Exercise, Target of Wall, Overhead Pass Volleyball.