

ABSTRAK

PENGARUH LATIHAN SASARAN TERHADAP KEMAMPUAN SERVIS ATAS SISWA PUTRA EKSTRAKURIKULER BOLA VOLI SD NEGERI 3 CIBANGKONG

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Latar Belakang: Pada olahraga bola voli pemain harus menguasai teknik dasar yang ada agar permainan dapat berjalan. Salah satu teknik dasar yang perlu dikuasai adalah servis atas. Servis atas memiliki tingkat kesulitan serta peluang dalam memperoleh poin lebih tinggi, sehingga dibutuhkan latihan yang sesuai untuk meningkatkan kemampuan servis atas. Salah satu metode latihan yang dapat diterapkan yaitu latihan menggunakan sasaran. Tujuan dilakukan penelitian ini untuk mengetahui pengaruh latihan sasaran terhadap kemampuan servis atas siswa putra ekstrakurikuler bola voli di SD Negeri 3 Cibangkong.

Metodologi: Penelitian ini menggunakan metode eksperimen dengan *one group pre-test post-test design*. Sampel diperoleh dengan teknik *purposive sampling*, sehingga diperoleh sampel sebanyak 10 siswa laki-laki. Instrumen yang digunakan untuk mengukur kemampuan servis atas yaitu *American Association for Health, Physical Education Recreation and Dance (AAHPERD)*. Data kemudian diolah menggunakan SPSS dengan teknik analisis Uji Normalitas, Uji Homogenitas, dan Uji Hipotesis.

Hasil Penelitian: Penelitian ini menghasilkan uji *paired sample t test* dengan signifikansi sebesar 0,000, yang berarti terjadi peningkatan kemampuan servis atas yang signifikan setelah diberikan latihan sasaran. Peningkatan nilai rata-rata kemampuan servis atas sebesar 9,8 dari nilai 14 pada saat *pre-test* menjadi 23,8 saat *post-test*.

Kesimpulan: Terdapat pengaruh latihan sasaran terhadap kemampuan servis atas siswa putra ekstrakurikuler bola voli di SD Negeri 3 Cibangkong dengan nilai signifikansi yaitu 0,000.

Kata Kunci: Bola Voli, Servis Atas, Latihan Sasaran

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ABSTRACT

THE EFFECT OF TARGET TRAINING ON THE OVERHEAD SERVE ABILITY OF MALE STUDENTS IN THE VOLLEYBALL EXTRACURRICULAR AT SD NEGERI 3 CIBANGKONG

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Background: In volleyball, players must master basic techniques in order to play the game. One of the basic techniques that must be mastered is the overhead serve. The overhead serve is more difficult and offers a higher chance of scoring points. Hence, proper training is needed to improve overhead serving skills. One training method that can be applied is target training. The purpose of this study was to determine the effect of target training on the overhead serve skills of male students in the volleyball extracurricular program at SD Negeri 3 Cibangkong.

Research Methodology: This study used an experimental method with a one-group pretest-posttest design. The sample was obtained through purposive sampling, providing 10 male students. The instrument used to measure overhead serve ability was the American Association for Health, Physical Education, Recreation, and Dance (AAHPERD). The data were then processed using SPSS, including Normality test, Homogeneity test, and Hypothesis Test analyses.

Research result: This study produced a paired-samples t-test with a significance level of 0.000, indicating a significant increase in overhead serve ability after practicing target training. The average overhead serve ability score increased by 9.8 from 14 on the pre-test to 23.8 on the post-test.

Conclusion: The target training affects the overhead serve ability of male students participating in extracurricular volleyball at SD Negeri 3 Cibangkong, with a significance value of 0.000.

Keywords: Volleyball, Overhead serve, Target Training

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