

ABSTRACT

A CORRELATION BETWEEN EYE AND HAND COORDINATION TO QUICK SMASH SKILLS IN VOLLEYBALL GAMES OF REGIONAL CHAMPIONSHIP ATHLETES IN BENGKULU PROVINCE

By

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The purpose of this study was to evaluate whether there is a relationship between eye-hand coordination and quick smash skills in athletes at the Bengkulu Province Volleyball Regional Championship. Sample consist of 23 athletes was selected for this study. The product moment method was used to analyze the data, with a significance level of $\alpha = 0.05$. The results of the analysis showed that the r -count value was 0.69, exceeding the r -table value of 0.413. This indicates a significant relationship between eye-hand coordination and quick smash skills in these athletes. The implication of this finding is the importance of developing eye-hand coordination in the coaching and training of volleyball athletes, with the hope of improving their performance in competition. This study provides a basis for developing more effective training strategies to improve quick smash skills in volleyball athletes at the Bengkulu Province Regional Championship level.

Keywords: eye and hand coordination, quick smash, Kejurda

