

ABSTRACT

***THE EFFECT OF MULTIPLE TO BOX JUMP TRAINING ON THE
BLOCKING SKILL IN EXTRACURRICULAR VOLLEYBALL GAMES
AT SMP NEGERI 11 IN BENGKULU CITY***

By:

MUHAMAD SUPANDY
Student Reg. ID: 19190004

This study aims to determine the effect of Multiple to Box Jump Training on Blocking Skill in Extracurricular Volleyball Games at SMP Negeri 11 in Bengkulu City. This type of research is correlational research. The research sample amounted to 20 people. The instruments used in this study were leg muscle explosive power tests and blocking tests in volleyball games. Based on multiple to box jump and blocking ability of extracurricular volleyball games at SMP Negeri 11 in Bengkulu City, it is obtained r_{tabel} of 0.443 because the correlation coefficient between $r_{xy} = 0.92 > 0.443$ and a contribution of 92.85% which means that the contribution of multiple to box jump and blocking ability of extracurricular volleyball games at SMP Negeri 11 in Bengkulu City is significant and large. Thus the hypothesis that reads "There is a strong contribution between multiple to box jump and the blocking skill of extracurricular volleyball games at SMP Negeri 11 in Bengkulu City" is accepted. This means that there is a multiple to box jump and blocking skill in extracurricular volleyball games at SMP Negeri 11 in Bengkulu City.

Keywords: Multiple To Box Jump, Blocking Skills

