

Abstract

An Analysis of Basic Volleyball Skills Level in Student Clubs at MTS Negeri 1 Rejang Lebong

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This study aims to determine the level of basic volleyball skills of students participating in extracurricular volleyball club at MTS Negeri 1 Rejang Lebong. The research type is descriptive research. The population in this study is students participating in volleyball extracurricular activities at MTS Negeri 1 Rejang Lebong. The sample was taken through total sampling/ saturated sampling technique, where in this study, all populations were taken as samples, totaling 20 students. The research results show that the basic volleyball skills level of male students participating in volleyball extracurricular activities at MTS Negeri 1 Rejang Lebong is categorized as "sufficient" by 3 individuals with a percentage of 15%, "very good" by 2 individuals with a percentage of 10%, "good" by 9 individuals with a percentage of 45%, "sufficient" by 3 individuals with a percentage of 15%, and "poor" by 3 individuals with a percentage of 15% in the very poor category. Meanwhile, the passing skills test for volleyball students in volleyball extracurricular activities at MTS Negeri 1 Rejang Lebong is categorized as "sufficient" by 5 individuals with a percentage of 25%, "very good" by 3 individuals with a percentage of 15%, "good" by 3 individuals with a percentage of 15%, "sufficient" by 4 individuals with a percentage of 20%, and "poor" by 5 individuals with a percentage of 25% in the very poor category.

Keywords: Overhead Passing Skills and Underhand Passing Skills in Volleyball

