

ABSTRACT

**THE EFFECT OF WAIST FLEXIBILITY TRAINING ON SMASH SKILLS
IN EXTRACURRICULAR VOLLEYBALL GAME AT SMAN 2 KAUR**

By:
Afrian

This study aims to determine the effect of waist flexibility training on smash skills in extracurricular volleyball game at SMAN 2 Kaur. This type of research is experimental research. This research sample is all extracurricular volleyball players at SMAN 2 kaur which amounted to 18 people. It can be seen the improvement of volleyball smash skills through the pre-test and post-test. The highest value of pre test was 15 and the lowest score was 8, an average of 10.56. The highest score of post test was 18, the lowest score was 9, the average was 12.44. Pre-test of 10.56 increased to post-test of 12.44. The instrument used in this study was smash skills of volleyball based on pre-test and post-test data on smash skills of the extracurricular volleyball game at SMAN 2 Kaur. The results of normality test were obtained, all of which were normally distributed data. Furthermore, t test results show t count $4.95 > t$ table $2,110$. So that, this value indicates that waist flexibility training has a significant effect on improving smash skills. Thus the hypothesis that there is an effect of waist flexibility training on smash skills in volleyball game on players at SMAN 2 Kaur is accepted.

Keywords: Smash Skills, Waist Flexibility.

