

ABSTRACT

THE INFLUENCE OF PAIR PASSING TRAINING ON THE ABILITY OF UNDERHAND PASSING OF VOLLEYBALL PLAYERS OF SMK NEGERI 1 OF SOUTH BENGKULU

By:
Supian Hayadi

This study aims: to determine the effect of Paired Training on the Ability of Underhand Passing at SMK Negeri 1 of South Bengkulu. This type of research is experimental research. The sample in this study were all volleyball players at SMK Negeri 1 of South Bengkulu totaling 15 people. The results of the overall group hypothesis testing obtained an initial test score of mean 8.67, standard deviation 2.47, minimum value 5, and maximum value 15, and a final test mean of 12.07, standard deviation 3.58, minimum value 7, and maximum value 19. Based on the measurement of the initial test and final test using the group t-test statistical approach, the overall training method $t_{count} = 6.538$ and $t_{table} (\alpha = 0.05) = 1.761$, which means $t_{count} > t_{table}$, thus it can be concluded that there is a significant influence between paired passing training on the ability of passing underhand volleyball players at SMK Negeri 1 of South Bengkulu. With the explanation as stated in the previous theoretical study, paired passing training is effective in improving the ability to pass under the ball in volleyball.

Keywords :Paired Passing, Volleyball Smash Ability.

