

ABSTRAK

Dono, Yosua Omega. 2018. Profil Kondisi Fisik Atlet Putri Bola Voli Sidoarjo Jaya Usia 13-15 Tahun. Program Studi Pendidikan Kepelatihan Olahraga. Fakultas Keguruan dan Ilmu Pendidikan. Universitas PGRI Adi Buana Surabaya. Pembimbing Dr.Ujang Rohman. M.Kes .

Kata Kunci: *permainan bola voli, atlet putri bola voli, kondisi fisik*

Penelitian ini dilatar belakangi dengan prestasi atlet putri bola voli sidoarjo jaya usia 13-15 tahun yang sudah pernah memperoleh dalam berbagai kejuaraan dicabang olahraga bola voli.

Tujuan penelitian ini untuk mengetahui kondisi fisik atlet putri bola voli sidoarjo jaya usia 13-15 tahun. Penelitian ini berupa serangkaian tes yang akan di berikan kepada atlet putri yang lebih mendala.

Hasil penelitian dan pengamatan ditemukan beberapa komponen kondisi fisik berupa kekuatan, kelincahan, dan daya tahan tubuh. Simpulan dan saran dibeikan agar penelitian ini dapat bermanfaat bagi pembaca, khususnya bagi para pelatih bola voli dan atlet putri bola voli agar lebih memahami kondisi fisik.

ABSTRACT

Dono, Yosua Omega. 2018. Profile of the Physical Condition of the Women's Volleyball Athletes in Sidoarjo Jaya Ages 13-15 Years. Sports Coaching Education Study Program. Faculty of Teacher Training and Education. PGRI Adi Buana University, Surabaya. Advisor Dr. Ujang Rohman. M.Kes.

Keywords: volleyball game, volleyball female athlete, physical condition. This research is motivated by the achievements of female volleyball athletes Sidoarjo Jaya aged 13-15 years who have won in various championships in the volleyball sport.

The purpose of this study was to determine the physical condition of female volleyball athletes in Sidoarjo Jaya, aged 13-15 years. This research is in the form of a series of tests that will be given to more advanced female athletes. The data analysis technique used is description.

The results of research and observations found several components of physical condition in the form of strength, agility, and endurance. Conclusions and suggestions are given so that this research can be useful for readers, especially for volleyball coaches and female volleyball athletes to better u