

ABSTRAK

Ahmad Fathoni. 2019. *Pengaruh Latihan Wall Bounce Terhadap Kemampuan Passing Atas Dalam Permainan Bola Voli Siswa Kelas X SMA Hang Tuah 4 Surabaya*) Program Studi Pendidikan Kepelatihan Olahraga. Fakultas Keguruan dan Ilmu Pendidikan. Universitas PGRI Adi Buana Surabaya. Pembimbing: Dr. Muhammad Muhyi Faruq, M. Pd

Kata Kunci: *WALL BOUNCE*, Passing Atas Bola Voli.

WALL BOUNCE adalah faktor penting yang berpengaruh terhadap kemampuan passing atas bola voli terhadap siswa SMA Hang Tuah 4 Surabaya. *WALL BOUNCE* akan mempengaruhi ketepatan dan keakuratan siswa dalam melakukan passing atas, sehingga semakin sering latihan *WALL BOUNCE* maka semakin tepat/lancar yang dihasilkan oleh siswa X SMA Hang Tuah 4 Surabaya.

Tujuan dari penelitian ini adalah untuk mengetahui seberapa besar pengaruh latihan wall bounce terhadap kemampuan passing atas permainan bola voli siswa SMA Hang Tuah 4 Surabaya. Sampel dalam penelitian ini adalah 30 siswa kelas X SMA Hang Tuah 4 Surabaya. Tes *WALL BOUNCE* menggunakan tembok/dinding, kemudian kegiatan pengamatan untuk menilai ketepatan passing atas siswa dilakukan oleh Peneliti. Masing-masing siswa bergantian untuk passing atas ke tembok/dinding. Koefisien korelasi individu digunakan untuk menentukan besarnya pengaruh antara latihan *WALL BOUNCE* dengan kinerja siswa.

Hasil penelitian ini menunjukkan bahwa adanya pengaruh antara *WALL BOUNCE* dengan kinerja siswa saat menghadapi suatu kejuaraan/pertandingan. Setelah melalui semua tahapan proses penelitian, dapat ditarik kesimpulan bahwa latihan *WALL BOUNCE* memiliki pengaruh yang sangat signifikan terhadap kemampuan passing atas bola voli siswa kelas X SMA HANG TUAH 4 Surabaya.

ABSTRACT

Ahmad Fathoni. 2019. *The Influence of Wall bounce Exercises on Overhead Passing Ability in Volleyball Games in X Class of Senior High School Hang Tuah 4 Surabaya*. Sports Training Education Department. Faculty of Teaching and Education. University of PGRI Adi Buana Surabaya.

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Keywords: *Wall Bounce, Overhead Passing in Volleyball.*

WALL BOUNCE is an important factor that influences the ability of overhead passing in volleyball for students of Senior High School Hang Tuah 4 Surabaya. WALL BOUNCE will affect the exactness and the accuracy of students in overhead passing, so that the more often students do wall bounce exercises the more precise overhead passing do by X students of Senior High School Hang Tuah 4 Surabaya.

This study aims to find out how much wall bounce exercises will influence students' overhead passing ability in volleyball. The specimen in this study is 30 students of X Class of Senior High School Hang Tuah 4 Surabaya. *WALL BOUNCE* test uses walls, then observation activities to assess the accuracy of students' overhead passing conducted by the researcher. Each student takes turns for overhead passing to the wall. Individual correlation coefficients are used to determine how much influence between wall bounce exercises and students performance.

The result of this study shows that there are influences between wall bounce and students performance when facing a competition. After passing through all stages of research, it can be concluded that *Wall Bounce* exercise has a very significant influence on volleyball's overhead passing ability of X class students of Senior High School Hang Tuah 4 Surabaya.