

ABSTRAK

Yulius Bethen. 2023. Pengaruh Latihan *Wall Bounce* Terhadap Kemampuan *Passing* Bawah Permainan Bola Voli Putra Ekstrakurikuler SMA Dr. Soetomo. Program Studi Pendidikan Jasmani. Fakultas Pedagogik Dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing Drs.Ismawandi,B.P.,M.Pd.

Kata Kunci:Latihan *Wall Bounce*,*Passing* Bawah Permainan Bola voli

Olahraga dalam pertumbuhan dan perkembangan manusia seutuhnya mutlak dalam intensifikasi penyelenggaraan Pendidikan sebagai proses pembinaan yang berlangsung seumur hidup, selain mempunyai pengaruh yang luas maka pendidikan olahraga mempunyai tujuan utama yakni physical fitness (kesegaran jasmani) motor skill (ketrampilan motorik) knowledge (pengetahuan) social objective (tujuan sosial)

Teknik dasar passing dalam bola voli merupakan salah satu teknik yang sangat penting, karena passing merupakan komponen dasar terciptanya permainan. Menurut (musthofa et al., 2016). menyatakan bahwa passing dalam permainan bola voli adalah istilah cara memainkan bola pertama setelah bola berada dalam permainan akibat serangan lawan, servis lawan, atau permainan net dan *cover block*). Passing terdiri dari dua, yaitu *passing* atas dan *passing* bawah.

Dalam penelitian ini metode penelitian yang penulisgunakan adalah metode eksperimen dengan mengukur tes *passing* bawah permainan bola voli dengan latihan *wall bounce* yang telah tersusun di program latihan.Setelah dilakukan latihan rata-rata *passing* sebelum program latihan *wall bounce* 13.7500 dengan standar deviasi 3.93199. Sedangkan rata-rata setelah menggunakan *wall bounce* 26.6000 dengan standar deviasi 2.83586. Menunjukkan tingkat signifikan 0,000yang dimana nilai tersebut kurang dari 0,5 sehingga diambil kesimpulan bahwa ada pengaruh *passing* bawah dalam latihan *wall bounce*. Latihan *wall*

bounce berpengaruh dalam melakukan *passing* Bawah permainan bola voli ekstrakurikuler SMA Dr. Soetomo

ABSTRACT

Yulius Bethen. 2023. The Effect of Wall Bounce Training on the Lower Passing Ability in the Extracurricular Men's Volleyball Game at SMA Dr. Soetomo. Physical Education Study Program. Faculty of Pedagogic and Psychology. PGRI Adi Buana University, Surabaya. Advisor Drs. Ismawandi, B.P., M.Pd.

Keywords: Wall Bounce Exercise, Passing Down in Volleyball-Game

Sport in the growth and development of the whole human being is absolute in the intensification of education as a coaching process that lasts a lifetime, in addition to having a broad influence, sports education has the main goal of physical fitness, motor skills, knowledge, social objective. (social goals)

The basic technique of passing in volleyball is one of the most important techniques, because passing is a basic component of creating a game. According to (Musthofa et al., 2016). states that passing in volleyball is the term for how to play the first ball after the ball is in play due to an opponent's attack, opponent's service, or net play (cover spike and cover block). Passing consists of two, namely passing over and passing down.

In this study the research method that the authors used was an experimental method by measuring the passing test under the volleyball game with wall bounce exercises that had been arranged in the training program. After the average passing exercise before the wall bounce training program was 13.7500 with a standard deviation of 3.93199. While the average after using the wall bounce is 26.6000 with a standard deviation of 2.83586. Shows a significant level of 0.000 where the value is less than 0.5 so it is concluded that there is an effect of lower passing in wall bounce training. The wall bounce exercise has an effect on passing Underhand in extracurricular volleyball at SMA Dr. Soetomo