

ABSTRAK

PENGARUH LATIHAN *PASSING* BAWAH KE TEMBOK DAN BERPASANGAN TERHADAP KETEPATAN *PASSING* BAWAH TIM BOLAVOLI SMA NEGERI 1 TANJUNG RAYA MESUJI

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Penelitian ini bertujuan untuk mengetahui pengaruh latihan *passing* bawah menggunakan tembok dan latihan berpasangan terhadap ketepatan *passing* bawah bolavoli. Sampel berjumlah 30 siswa, dengan menggunakan metode eksperimen hasil analisis data menunjukkan bahwa latihan *passing* bawah menggunakan tembok lebih berpengaruh terhadap ketepatan *passing* bawah bolavoli. ($t_{hitung} = 8,649 > t_{tabel} = 2,145$.) begitu pula pada latihan *passing* bawah berpasangan ($t_{hitung} = 16,328 > t_{tabel} = 2,145$.) perbedaan pengaruh menunjukkan bahwa latihan menggunakan tembok lebih berpengaruh dibandingkan dengan latihan *passing* bawah berpasangan terhadap ketepatan *passing* bawah bolavoli ($t_{hitung} = 0,643 < t_{tabel} = 2,048$.)

Kata kunci: ketepatan, *passing*, bolavoli, tembok, berpasangan.

ABSTRACT

**THE EFFECT OF DOWN PASSING TRAINING TO THE WALL AND
PAIRING ON PRECISION DOWN PASSING VOLLEY BALL
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The aim of this study is to know the effect of down passing training by using wall and pair training on the precision of down passing volley ball. The amount of sample was 30 students. By using experimental method the result of data analysis showed that the training down passing by using wall was more influential on the precision of volley ball down passing. ($t_{hitung} = 8,649 > t_{tabel} = 2,145$.) as well as on the training of pairing down passing ($t_{hitung} = 16,328 > t_{tabel} = 2,145$.). The difference of effect showed that training by using wall was more influential than training of pairing down passing on the precision of down passing volley ball ($t_{hitung} 0,643 < t_{tabel} 2,048$.)

Key words: *the precision, passing, volley ball, the wall, pairing.*