ABSTRACT

RELATIONSHIP EXPLOSIVE POWER LEG MUSCLE AND EYE-HAND COORDINATION WITH ABILITY SMASH VOLLEYBALL STUDENTS CLASS X SEKOLAH DARMA BANGSA BANDAR LAMPUNG SCHOOL YEAR 2012/2013

by

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This study aimed to determine the relationship between leg muscle explosive power and eye-hand coordination together with the ability to smash volleyball in class X Sekolah Darma Bangsa Bandar Lampung school year 2012/2013.

This study used a descriptive correlational method. The research is descriptive correlation study to determine whether there is a relationship between two or more variables and to find out how much the donation (correlation) the independent variable (dependent variable) or X1 (Power explosive leg muscle) and X2 (eye-hand coordination) with the dependent variable (independent variable) or Y (Smash Volleyball ability).

The subjects of this study were students of class X Sekolah Darma Bangsa Bandar Lampung were 39 students. Collecting data taken from tests such as the test leg muscle explosive power digital devices, vertical jump, hand eye coordination by throwing catch ball, volley ball and smash the tests Stanley.

The results of this study indicate: 1) There is a significant relationship leg muscle explosive power with the ability to smash a volleyball, 2) There is a significant relationship with the eye-hand coordination skills smash volleyball, 3) There is a significant relationship between leg muscle explosive power and eye-hand coordination together with the ability to smash volleyball in class X Sekolah Darma Bangsa Bandar Lampung school year 2012/2013.