

## ABSTRAK

**ANGGI RAMBE, 6163121007. “PENGARUH VARIASI LATIHAN VOLLEY TERHADAP KEMAMPUAN PUKULAN VOLLEY PADA ATLET PUTRA KOMUNITAS TENNIS UNIMED 2021”. Pembimbing Dr. Imran Akhmad , M.pd.  
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Penelitian ini bertujuan untuk mengetahui Implementasi Variasi Latihan *volley* Untuk Meningkatkan Kemampuan *volley* atlet putra komunitas *tennis* unimed 2021. Variasi latihan *volley* merupakan latihan yang membantu untuk pencegahan kemungkinan timbulnya kebosanan dalam berlatih, dan tetap menjaga motivasi selama menjalankan latihan. Dengan berbagai bentuk latihan *volley* dapat membantu dalam melakukan *volley* dengan kondisi seperti apapun.

Metode penelitian ini adalah Eksperimen dengan waktu penelitian selama 6 minggu, dengan latihan 4 kali dalam seminggu. Jumlah sampel yaitu dengan sampel bersyarat dan didapatkan sebanyak 11 atlet. Semua sampel atlet melakukan latihan dengan bentuk latihan yang telah disusun dalam program latihan dan melakukan *pre-test* sebelum masuk dalam latihan program dan *post-test* setelah diakhir program latihan.

Berdasarkan hasil penelitian yang dilakukan maka diperoleh pengujian hipotesis  $T_{hitung}$  sebesar 6,999. Selanjutnya harga tersebut dibandingkan dengan harga tabel dengan  $n-1 = 11-1 = 10$  pada taraf  $\alpha = 0,05 = 2,228$ . Di dalam kriteria pengujian hipotesis dinyatakan bahwa pada  $t_{hitung} > t_{tabel}$  ( $6,999 > 2,228$ ) dengan taraf  $\alpha = 0,05$  maka  $H_0$  ditolak dan  $H_a$  diterima. Maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari pengaruh variasi latihan *volley* terhadap kemampuan pukulan *volley* pada atlet putra komunitas *tennis* unimed 2021.

**Kata kunci : Tennis, Variasi Latihan Volley, Volley**

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**ANGGI RAMBE, 6163121007 “THE EFFECT OF VOLLEY EXERCISE VARIATIONS ON VOLLEY BLOCK ABILITY IN THE UNIMED TENNIS COMMUNITY MAN ATHLETES 2021”. Pembimbing :Dr. Imran Akhmad , M.pd.SKRIPSI. FAKULTAS ILMU KEOLAHRAGAAN UNIMED 2021.**

This study aims to determine the implementation of volleyball training variations to improve the volleyball ability of male athletes in the unimed tennis community in 2021. Volleyball variations are exercises that help prevent the possibility of boredom in practicing, and maintain motivation during exercise. With various forms of volleyball training can help in doing volleyball in any condition.

This research method is an experiment with a research time of 6 weeks, with exercise 4 times a week. The number of samples is the conditional sample and obtained as many as 11 athletes. All samples of athletes performed exercises with the form of training that had been arranged in the training program and did a pre-test before entering the training program and post-test after the end of the training program.

Based on the results of research conducted, hypothesis testing is obtained  $T_{hitung}$  amounting to 6,999. Furthermore, the price is compared with the table price with  $= n-1 = 11-1 = 10$  at the level  $= 0,05 = 2,228$ . In the hypothesis testing criteria it is stated that at  $t_{hitung} > t_{tabel}$  (  $6,999 > 2,228$  ) with level  $\alpha = 0,05$  then  $H_0$  was rejected and  $H_a$  accepted. So it can be concluded that there is a significant effect of the effect of variations in volleyball training on volleyball skills in male athletes in the unimed tennis community in 2021.

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**Keywords: Tennis, Volleyball Training Variations, Volleyball**