

ABSTRAK

Fadhalan Al Azmi Nainggolan, “ Pengaruh Variasi Latihan Metode *Drill* Terhadap *Jump Serve* Pada Atlet Putra Klub Bola Voli Nusantara Deli Serdang Tahun 2021”.

Pembimbing : Dr. Albadi Sinulingga, M.Pd.

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021.

Penelitian ini bertujuan untuk mengetahui Pengaruh Variasi Latihan Metode *Drill* Terhadap *Jump Serve* Pada Atlet Putra Klub Bola Voli Nusantara Tahun 2021. Latihan metode *drill* merupakan latihan yang dapat membantu meningkatkan gerakan yang baik terhadap *jump serve* pada permainan bola voli dan dalam latihan nya bermain pada waktu pengulangan gerakan *jump serve*, yang diukur dalam penilaian gerakan *jump serve*.

Metode penelitian ini adalah Eksperimen dengan waktu penelitian selama 6 minggu, dengan latihan selama 3 kali latihan dalam seminggu. Jumlah sampel yaitu dengan random sampling sebanyak 12 atlet. Semua sampel atlet melakukan bentuklatihan yang telah disusun dalamprogramlatihan dan melakukan *pre-test* sebelum latihan diminggu awal dan *post-test* setelah akhir latihan di minggu terakhir.

Analisis hipotesis yaitu, pengaruh variasi latihan metode *drill* terhadap *jump serve* pada atlet putra klub bola voli Nusantara Deli Serdang Tahun 2021, diperoleh $t_{\text{hitung}} 28,32$ dan $t_{\text{tabel}} 1,796$ pada taraf nyata $\alpha = 0,05$ maka $t_{\text{hitung}} > t_{\text{tabel}}$. Berdasarkan kriteria pengujian hipotesis yaitu H_0 ditolak dan H_a diterima, maka dalam penelitian ini menyatakan disimpulkan bahwa terdapat pengaruh yang signifikan dari variasi latihan metode *drill* terhadap *jump serve* atlet putra klub bola voli nusantara deli serdang tahun 2021.

Kata kunci : Metode Drill, Jump Serve



ABSTRACT

Fadhalan Al Azmi Nainggolan, "The Effect Of Training Variation Of The Drill Method On Jump Serve On The Athletes Of The Nusantara Deli Serdang Volleyball Club In 2021".

Advisor: Dr. Albadi Sinulingga, M.Pd.

Thesis: Faculty of Sports Science, UNIMED 2021.

This study aims to determine the effect of training variations on the drill method on jump serve in male athletes of the Nusantara Volleyball Club in 2021. The drill method is an exercise that can help improve good movement towards jump serve in volleyball and in practice playing at the repetition time. serve jump movement, which is measured in an assessment of the jump serve movement.

This research method is an experiment with a research time of 6 weeks, with training for 3 times a week. The number of samples is by random sampling of 12 athletes. All samples of athletes did the form of training that had been arranged in the training program and did a pre-test before training in the initial week and post-test after the end of training in the last week.

Analysis of the hypothesis that is, the effect of variations in drill training methods on jump serve on male athletes of the Nusantara Deli Serdang volleyball club in 2021, obtained t-count 28.32 and t-table 1.796 at a significant level = 0.05 then t-count > t - table. Based on the test criteria, namely H_0 is rejected and H_a is accepted, this study states that there is a significant effect of variations in training methods on volleyball jumping athletes from the Deli Serdang archipelago in 2021.

Keywords: Drill Metdhod, Jump Serve

