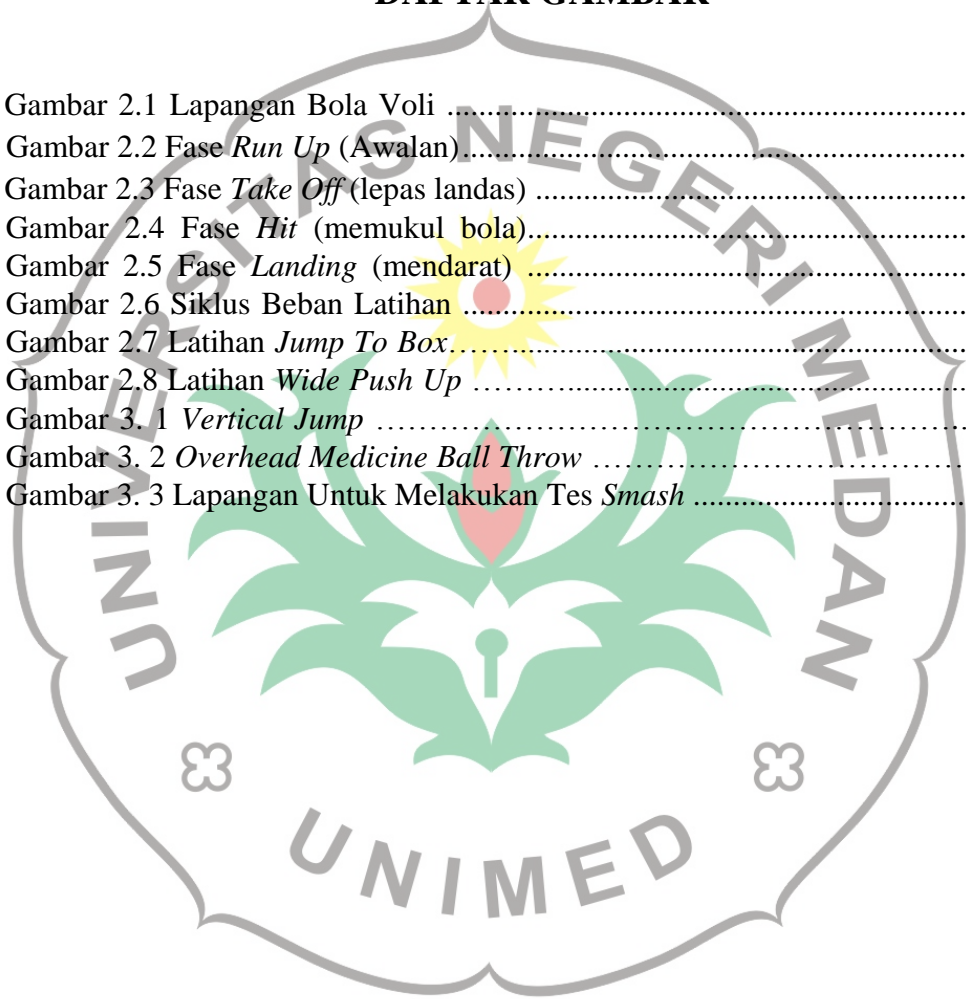


## DAFTAR GAMBAR

Gambar 2.1 Lapangan Bola Voli .....	8
Gambar 2.2 Fase <i>Run Up</i> (Awalan).....	10
Gambar 2.3 Fase <i>Take Off</i> (lepas landas) .....	10
Gambar 2.4 Fase <i>Hit</i> (memukul bola).....	11
Gambar 2.5 Fase <i>Landing</i> (mendarat) .....	12
Gambar 2.6 Siklus Beban Latihan .....	16
Gambar 2.7 Latihan <i>Jump To Box</i> .....	22
Gambar 2.8 Latihan <i>Wide Push Up</i> .....	25
Gambar 3. 1 <i>Vertical Jump</i> .....	36
Gambar 3. 2 <i>Overhead Medicine Ball Throw</i> .....	38
Gambar 3. 3 Lapangan Untuk Melakukan Tes <i>Smash</i> .....	40



THE  
*Character Building*  
UNIVERSITY