

ABSTRAK

Saidan Luthfi, NIM. 6211121015, “Pengaruh Latihan Bervariasi *Wallbounce* Terhadap Kemampuan *Passing* Atas Pada Atlet Bola Voli Putra Klub Akral Deli Serdang”.

Pembimbing Skripsi: Prof. Dr. Albadi Sinulingga, M.Pd.

Skripsi: Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2026.

Permasalahan yang terjadi yaitu rendahnya kemampuan *passing* atas pada atlet bola voli putra klub Akral Deli Serdang. Penelitian ini bertujuan untuk menganalisis pengaruh latihan bervariasi *wallbounce* terhadap kemampuan *passing* atas pada atlet bola voli putra Klub Akral Deli Serdang. Metode penelitian ini yaitu eksperimen, dengan memberikan *treatment* berupa latihan bervariasi *wallbounce* selama 6 minggu. Desain penelitian ini yaitu *One Group Pretest-Posttest Design*. Instrumen penelitian yang digunakan yaitu tes kemampuan *passing* atas dengan norma penilaian untuk atlet putra. Analisis data dilakukan dengan uji t-test. Hasil penelitian menunjukkan bahwa hasil *pretest* kemampuan *passing* atas pada atlet bola voli putra Klub Akral Deli Serdang yaitu sebesar 16.33, sedangkan hasil *posttest* kemampuan *passing* atas pada atlet bola voli putra Klub Akral Deli Serdang yaitu sebesar 38.33. Selanjutnya, nilai signifikan ($0,000 < 0,05$) dan juga nilai $t \text{ hitung} > t \text{ tabel}$ ($10,135 > 2,201$), maka hipotesis diterima. Sehingga disimpulkan bahwa terdapat pengaruh yang signifikan latihan bervariasi *wallbounce* terhadap kemampuan *passing* atas pada atlet bola voli putra Klub Akral Deli Serdang.

Kata Kunci: Latihan *Wallbounce*, Kemampuan *Passing* Atas, Bola Voli

ABSTRACT

Saidan Luthfi, Student ID Number 6211121015, "The Effect of Various Wallbounce Training on Overhead Passing Ability in Male Volleyball Athletes from the Akral Deli Serdang Club."

Thesis Advisor: Prof. Dr. Albadi Sinulingga, M.Pd.

Thesis: Faculty of Sport Science, State University of Medan 2026.

The problem is the low overhead passing ability in male volleyball athletes from the Akral Deli Serdang Club. This study aims to analyze the effect of various wallbounce training on overhead passing ability in male volleyball athletes from the Akral Deli Serdang Club. The research method was experimental, with treatment in the form of various wallbounce training for 6 weeks. The research design was a One Group Pretest-Posttest Design. The research instrument used was an overhead passing ability test with assessment norms for male athletes. Data analysis was performed using a t-test. The results of the study showed that the pretest score for the overhead passing ability of the Akral Deli Serdang Club male volleyball athletes was 16.33, while the posttest score for the Akral Deli Serdang Club male volleyball athletes was 38.33. Furthermore, the significance value ($0.000 < 0.05$) and the calculated t-value $>$ t-table ($10.135 > 2.201$) indicate that the hypothesis is accepted. Therefore, it is concluded that there is a significant effect of varied wallbounce training on the overhead passing ability of the Akral Deli Serdang Club male volleyball athletes.

Keywords: Wallbounce Training, Overhead Passing Ability, Volleyball

