

ABSTRAK

**Andika Maulana Siregar, NIM. 6183311037 “Pengembangan Model Latihan untuk Meningkatkan Keterampilan Passing Atas Bola Voli di SMA Negeri 1 Siantar Narumonda.”, Pembimbing Skripsi : Indra Kasih
Skripsi : Fakultas Ilmu Keolahragaan Unimed 2024**

Penelitian ini bertujuan untuk mengembangkan model latihan yang efektif dalam meningkatkan keterampilan passing atas pada permainan bola voli bagi siswa SMA Negeri 1 Siantar Narumonda. Permasalahan yang melatarbelakangi penelitian ini adalah kurangnya variasi dalam metode latihan, terbatasnya media pembelajaran yang tersedia, serta kemampuan teknik passing atas siswa yang belum merata. Metode yang digunakan dalam penelitian ini adalah metode penelitian dan pengembangan (Research and Development) yang mengacu pada model Borg and Gall dengan sepuluh tahapan pengembangan produk. Subjek penelitian berjumlah 36 siswa kelas XI IPA 3 SMA Negeri 1 Siantar Narumonda. Data dikumpulkan melalui observasi, angket, dan wawancara, serta dianalisis secara deskriptif kualitatif dan kuantitatif. Hasil pengembangan menunjukkan bahwa model latihan yang terdiri atas *bouncing ball*, *pull the ball pass off the wall*, *top pass by human*, *bouncing the ball off the wall*, dan *paired pass* terbukti praktis, efektif, dan dapat meningkatkan keterampilan passing atas siswa. Penelitian ini menyimpulkan bahwa model latihan yang dikembangkan layak digunakan sebagai alternatif pembelajaran bola voli di sekolah.

Kata kunci: model latihan, passing atas, bola voli, pengembangan, SMA

ABSTRACT

***Andika Maulana Siregar 6183311037 “Development of Training Model to Improve Volleyball Overhead Passing Skills at SMA Negeri 1 Siantar Narumonda.”, Thesis Advisor: Indra Kasih
Thesis: Faculty of Sports Science Unimed 2024***

This study aims to develop an effective training model to improve overhead passing skills in volleyball for students of SMA Negeri 1 Siantar Narumonda. The problems underlying this study are the lack of variation in training methods, limited learning media available, and students' uneven overhead passing technique abilities. The method used in this study is the research and development method (R&D) which refers to the Borg and Gall model with ten stages of product development. The research subjects were 36 students of class XI IPA 3 SMA Negeri 1 Siantar Narumonda. Data were collected through observation, questionnaires, and interviews, and analyzed descriptively qualitatively and quantitatively. The results of the development show that the training model consisting of bouncing ball, pull the ball pass off the wall, top pass by human, bouncing the ball off the wall, and paired pass is proven to be practical, effective, and can improve students' upper passing skills. This study concludes that the developed training model is worthy of being used as an alternative to volleyball learning in schools.

Keywords: *training model, upper passing, volleyball, development, high school*