

ABSTRAK

Yasir Saiyid Nasution. NIM. 6211121011 (2021). “Pengaruh Latihan *Triangle Drill* Dan *Shuttle Passing Drill* Terhadap Hasil *Passing Bawah* Pada Atlet Putra *Club Bola Voli CV Relasi Padangsidempuan Tahun 2025*”.

(Pembimbing Skripsi: Albadi Sinulingga)

Skripsi: Fakultas Ilmu Keolahragaan, UNIMED 2025.

Untuk dapat meningkatkan kemampuan bermain bola voli pemain harus dapat menguasai teknik-teknik dasar dengan baik. Teknik dasar merupakan unsur terpenting dalam permainan bola voli, tanpa penguasaan teknik dasar yang baik, bola voli tidak dapat dimainkan dengan sempurna. Yang melatarbelakangi penelitian ini adalah saat observasi dilapangan peneliti menemukan atlet mengalami kesulitan dalam melakukan *passing bawah*, alur bola tidak begitu baik ketika *passing bawah* dan tidak akurat dalam mengumpan bola sama teman satu tim dikarenakan kurang melatih teknik *passing bawah*. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *triangle drill* dan *shuttle passing drill* terhadap hasil *passing bawah* pada atlet putra *club bola voli CV Relasi Padangsidempuan Tahun 2025*. Metode penelitian eksperimen kuantitatif. Desain penelitian *one grup pre-test & post-test design*. Populasi berjumlah 20 atlet. Instrumen menggunakan tes *passing bawah*. Teknik pengambilan sampel *purposive sampling*. Jumlah sampel sebanyak 12 atlet. Penelitian ini dilaksanakan selama 6 Minggu dengan frekuensi latihan 3 kali dalam seminggu. Teknik analisis data menggunakan uji normalitas, uji homogenitas dan uji-t. Hasil analisis hipotesis diperoleh $t_{hitung} 7,25 > t_{tabel} 1,79$. Kesimpulan dengan demikian H_a diterima dan H_o ditolak artinya terdapat pengaruh latihan *triangle drill* dan *shuttle passing drill* terhadap hasil *passing bawah* pada atlet putra *club bola voli CV Relasi Padangsidempuan Tahun 2025*.

Kata Kunci: Pengaruh, *Triangle Drill*, *Shuttle Passing Drill*, *Passing Bawah*

ABSTRACT

Yasir Saiyid Nasution. NIM. 6211121011 (2021) “The Effect of Shooting Drills and Tactical Training on Shooting Skills of U-15 Marindal Star Boys Soccer Players in 2025”.

(Thesis Supervisor: Albadi Sinulingga)

Thesis: Faculty of Sports Sciences UNIMED 2025.

To improve volleyball playing skills, players must be able to master basic techniques properly. Basic techniques are the most essential element in volleyball; without good mastery of these techniques, the game cannot be played perfectly. The background of this research is that during field observations, the researcher found that athletes experienced difficulties in performing under-passing. The ball trajectory was not good during the under-passing and the passes to teammates were inaccurate due to a lack of practice in under-passing techniques. This study aims to determine the effect of the triangle drill and shuttle passing drill training on the under-passing performance of male volleyball athletes at CV Relasi Padangsidempuan Club in 2025. The research method used was quantitative experimental with a one-group pre-test and post-test design. The population consisted of 20 athletes, and the instrument used was an under-passing test. The sampling technique was purposive sampling, resulting in 12 athletes as the sample. The study was conducted over six weeks, with training sessions held three times a week. Data analysis techniques included normality test, homogeneity test, and t-test. The hypothesis test results showed that $t\text{-count} (7.25) > t\text{-table} (1.79)$. Therefore, it can be concluded that H_a is accepted and H_o is rejected, meaning that there is a significant effect of the triangle drill and shuttle passing drill training on the under-passing performance of male volleyball athletes at CV Relasi Padangsidempuan Club in 2025.

Keywords: Effect, Triangle Drill, Shuttle Passing Drill, Underhand Passing