

ABSTRAK

JONATHAN CATUR PRATAMA SIAGIAN, NIM 6193210017, “Pengaruh Variasi Latihan Wall Bounce dan Drill Berpasangan Terhadap Keterampilan Passing Bawah Atlet Bola Voli di Club Volly Deli Serdang”, (Pembimbing: Syamsul Gultom) Skripsi: Fakultas Ilmu Keolahragaan Unimed, 2025.

Penguasaan teknik dasar *passing* bawah dalam bola voli memegang peranan vital sebagai fondasi pertahanan dan awal penyusunan serangan. Namun, observasi dan tes awal di Club Volly Deli Serdang menemukan bahwa keterampilan *passing* bawah atlet belum optimal, ditandai dengan tidak adanya atlet yang mencapai kategori "sangat baik" serta tingginya tingkat kesalahan teknis. Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan *Wall Bounce* dan *Drill Berpasangan* terhadap peningkatan keterampilan *passing* bawah atlet putri di klub tersebut. Penelitian ini menggunakan metode eksperimen dengan desain One Group Pretest-Posttest Design dengan sampel 11 orang atlet putri yang dipilih melalui teknik *Purposive Sampling*. Instrumen tes yang digunakan adalah *Brumbach Forearms Pass Wall-Volley Test*. Perlakuan dilaksanakan sebanyak 18 sesi selama 6 minggu. Analisis data menggunakan Uji Wilcoxon Signed Rank Test karena data *pretest* tidak berdistribusi normal ($\text{Sig. } 0,041 < 0,05$). Hasil penelitian menunjukkan adanya peningkatan yang signifikan, di mana rata-rata *pretest* 58,45 meningkat menjadi 71,45 pada *posttest*. Hasil Uji Wilcoxon menunjukkan nilai signifikansi 0,003 ($p < 0,05$), sehingga Hipotesis Alternatif (H_a) diterima. Disimpulkan bahwa variasi latihan *Wall Bounce* dan *Drill Berpasangan* memiliki pengaruh positif dan signifikan terhadap peningkatan keterampilan *passing* bawah atlet bola voli di *Club Volly Deli Serdang*. Disarankan agar pelatih menjadikan metode latihan bervariasi ini sebagai menu wajib dalam program latihan teknik dasar.

Kata Kunci : *Passing Bawah, Variasi Latihan, Wall Bounce, Drill Berpasangan, Bola Voli.*

ABSTRACT

JONATHAN CATUR PRATAMA SIAGIAN, NIM 6193210017, “The Effect of Wall Bounce and Paired Drill Training Variations on Underhand Passing Skills of Volleyball Athletes at Deli Serdang Volleyball Club” (Advisor : Syamsul Gultom). Thesis: Faculty of Sports Science Unimed, 2025.

Mastery of basic underhand passing techniques in volleyball plays a vital role as the foundation of defense and the initiation of offensive plays. However, observations and preliminary tests at the Deli Serdang Volleyball Club found that athletes' underhand passing skills were not yet optimal, indicated by the absence of athletes achieving the "very good" category and a high rate of technical errors. This study aims to determine the effect of Wall Bounce and Paired Drill training variations on improving the underhand passing skills of female athletes at the club. This study employed an experimental method with a One Group Pretest-Posttest Design involving a sample of 11 female athletes selected through Purposive Sampling technique. The test instrument used was the Brumbach Forearms Pass Wall-Volley Test. The treatment was conducted in 18 sessions over 6 weeks. Data analysis used the Wilcoxon Signed Rank Test because the pretest data were not normally distributed (Sig. $0.041 < 0.05$). The results showed a significant improvement, where the pretest mean of 58.45 increased to 71.45 in the posttest. The Wilcoxon Test results showed a significance value of 0.003 ($p < 0.05$), thus the Alternative Hypothesis (H_a) was accepted. It is concluded that Wall Bounce and Paired Drill training variations have a positive and significant effect on improving the underhand passing skills of volleyball athletes at the Deli Serdang Volleyball Club. It is recommended that coaches incorporate this varied training method as a mandatory component in their basic technique training program.

Keywords: Underhand Passing, Training Variations, Wall Bounce, Paired Drill, Volleyball.