

ABSTRAK

ALE EFENDI (NIM. 6213121060), “ PENGARUH VARIASI LATIHAN OVERHEAD PASSING TERHADAP HASIL PASSING ATAS BOLA VOLI PADA ATLET PUTRA USIA 16-18 TAHUN CLUB VOLI RELASI PADANGSIDIMPUAN TAHUN 2025 ”.(PEMBIMBING : IRWANSYAH SIREGAR) SKRIPSI PENDIDIKAN KEPELATIHAN OLAAHRAGA, FAKULTAS ILMU KEOLAAHRAGAAN UNIVERSITAS NEGERI MEDAN 2025.

Penelitian ini dilatarbelakangi oleh kemampuan teknik overhead passing (passing atas) atlet putra usia 16-18 tahun di Club Voli Relasi Padangsidimpuan yang masih rendah. Berdasarkan observasi awal, mayoritas atlet berada pada kategori "kurang" dan "kurang sekali". Hal ini disebabkan oleh penerapan metode latihan konvensional yang cenderung monoton, sehingga memicu kejenuhan. Tujuan penelitian ini adalah untuk mengetahui pengaruh penerapan variasi latihan overhead passing terhadap peningkatan hasil kemampuan passing atas bola voli pada atlet di klub tersebut.

Lokasi penelitian dilaksanakan di Club Voli Relasi Padangsidimpuan. Metode penelitian yang digunakan adalah eksperimen dengan desain One Group Pre-test Post-test Design. Populasi penelitian berjumlah 30 orang, dengan teknik pengambilan sampel menggunakan purposive sampling berdasarkan kriteria kehadiran dan kemampuan dasar, sehingga diperoleh sampel sebanyak 10 orang atlet putra. Instrumen penelitian yang digunakan adalah tes passing atas ke dinding selama 60 detik dengan target ketinggian 2,5 meter.

Teknik pengumpulan data dilakukan melalui tiga tahapan terstruktur: (1) Tes awal (pre-test) untuk mengetahui kemampuan awal; (2) Pemberian perlakuan (treatment) berupa program latihan variasi selama 6 minggu (18 kali pertemuan) dengan frekuensi 3 kali seminggu. Materi latihan mencakup Passing Ladder (koordinasi kaki), Shuffle Passing (kelincahan), Pipeline Passing (konsistensi), dan Pola Segitiga (akurasi); (3) Tes akhir (post-test) untuk mengukur peningkatan. Teknik analisis data menggunakan uji prasyarat Normalitas (Lilliefors) dan Homogenitas (Uji-F), dilanjutkan dengan uji hipotesis Uji-t (Paired Sample T-Test).

Hasil penelitian menunjukkan peningkatan yang signifikan. Uji prasyarat menunjukkan data berdistribusi normal dan homogen. Hasil uji hipotesis membuktikan bahwa nilai t-hitung sebesar 8,478 jauh lebih besar daripada t-tabel sebesar 1,833 pada taraf signifikansi 5%.

Kesimpulan penelitian ini adalah terdapat pengaruh yang signifikan dari variasi latihan overhead passing terhadap hasil passing atas bola voli pada atlet putra usia 16-18 tahun Club Voli Relasi Padangsidimpuan Tahun 2025. Penerapan variasi latihan terbukti efektif mengatasi kejenuhan dan meningkatkan keterampilan teknik secara nyata dibandingkan metode konvensional.

Kata Kunci: Overhead Passing, Variasi Latihan, Passing Atas, Bola Voli.

ABSTRACT

ALE EFENDI (ID No. 6213121060). "THE EFFECT OF OVERHEAD PASSING TRAINING VARIATIONS ON OVERHEAD PASSING RESULTS IN MALE VOLLEYBALL ATHLETES AGED 16-18 YEARS AT CLUB VOLLEY RELASI PADANGSIDIMPUAN IN 2025". (SUPERVISOR: IRWANSYAH SIREGAR) THESIS OF SPORTS COACHING EDUCATION, FACULTY OF SPORTS SCIENCE, STATE UNIVERSITY OF MEDAN 2025.

This research is motivated by fundamental problems regarding the technical ability of overhead passing in male athletes aged 16-18 years at Club Voli Relasi Padangsidimpuan, which remains low. Based on initial observations, the majority of athletes fall into the "poor" and "very poor" categories. This issue is attributed to the application of conventional training methods that tend to be monotonous, thereby triggering boredom. The objective of this research is to determine the effect of applying overhead passing training variations on the improvement of volleyball overhead passing results in athletes at the club.

The research location was conducted at Club Voli Relasi Padangsidimpuan. The research method employed was an experimental method with a One Group Pre-test Post-test Design. The population of the study consisted of 30 individuals, with the sample selected using purposive sampling based on attendance and basic ability criteria, resulting in a sample of 10 male athletes. The research instrument used was the wall volley test (overhead passing against a wall) for 60 seconds with a target height of 2.5 meters.

Data collection techniques were carried out in three structured stages: (1) Initial test (pre-test) to determine baseline ability; (2) Implementation of treatment in the form of a variation training program for 6 weeks (18 meetings) with a frequency of 3 times a week. The training materials included Passing Ladder (foot coordination), Shuffle Passing (agility), Pipeline Passing (consistency), and Triangle Pattern (accuracy); (3) Final test (post-test) to measure improvement. Data analysis techniques utilized prerequisite tests for Normality (Lilliefors) and Homogeneity (F-Test), followed by hypothesis testing using the t-Test (Paired Sample T-Test).

The results indicated a significant improvement. . Prerequisite tests showed that the data were normally distributed and homogeneous. The hypothesis test results proved that the t-count value of 8.478 was significantly greater than the t-table value of 1.833 at a significance level of 5%.

The conclusion of this research is that there is a significant effect of overhead passing training variations on volleyball overhead passing results in male athletes aged 16-18 years at Club Voli Relasi Padangsidimpuan in 2025. The application of training variations proved effective in overcoming boredom and significantly improving technical skills compared to conventional methods.

Keywords: Overhead Passing, Training Variations, Volleyball.