

**UPAYA PENINGKATAN KETERAMPILAN *PASSING* ATAS BOLA VOLI,
DI EKSTRAKURIKULER BOLA VOLI SMA SWASTA KATOLIK 1
KABANJAHE, DENGAN METODE PENDEKATAN
BERMAIN T.A 2022/2023**

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ABSTRAK

Penelitian ini dilakukan karena kurangnya tingkat keterampilan *passing* atas bola voli siswa yang mengikuti kegiatan ekstrakurikuler bola voli di SMA Katolik 1 Kabanjahe, maka dari itu penelitian ini bertujuan untuk mengetahui dan meningkatkan keterampilan *passing* atas bola voli siswa yang mengikuti kegiatan ekstrakurikuler di SMA Swasta Katolik 1 Kabanjahe.

Desain penelitian ini merupakan penelitian deskriptif kuantitatif. Metode pengumpulan data dengan tes dan pengukuran. Populasi dan sampel penelitian ini adalah seluruh siswa yang mengikuti ekstrakurikuler bola voli di SMA Swasta Katolik 1 Kabanjahe dengan jumlah 27 siswa. Teknik pengambilan data menggunakan tes *passing* atas bola voli menurut DEPDIKNAS dengan kriteria skor tes sebagai berikut : Baik sekali >56, Baik 43-55, Sedang 31-42, Kurang 20-30, Kurang Sekali <19.

tes keterampilan *passing* atas bola voli siswa peserta ekstrakurikuler bola voli di SMA Swasta Katolik 1 Kabanjahe, setelah diberikan perlakuan dengan metode latihan yang sudah ditetapkan. Secara rinci, terdapat 1 siswa (3.70%) Kategori Baik Sekali, 12 siswa (44.44%) kategori Baik, 14 siswa (51.86) kategori Sedang, 0 siswa (0.00%) kategori Kurang, 0 siswa (0,00%) kategori Kurang Sekali.

Berdasarkan hasil penelitian maka dapat disimpulkan bahwa kemampuan *passing* atas siswa putra peserta ekstrakurikuler bola voli SMA Swasta Katolik 1 Kabanjahe setelah diberikan perlakuan dengan penerapan program latihan yang sudah dibuatkan mendapatkan peningkatan.

KATA KUNCI : *Passing atas, keterampilan bermain bola voli, program latihan.*

**EFFORTS TO IMPROVE PASSING SKILLS FOR VOLLEYBALL, AT PRIVATE
PRIVATE PRIVATE VOLLEYBALL AT PRIVATE SCHOOL 1 KABANJAHE,
WITH THE APPROACH METHOD PLAY T.A 2022/2023.**

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ABSTRACT

This research was conducted due to the lack of passing skill level for volleyball students participating in volleyball extracurricular activities at Kabanjahe 1 Catholic High School, Therefore, this study aims to determine and improve the passing skills of volleyball students who take part in extracurricular activities at Kabanjahe 1 Catholic Private High School.

The research design is a quantitative descriptive research. Methods of data collection with tests and measurements. The population and sample of this study were all students who took part in volleyball extracurricular activities at Kabanjahe 1 Catholic Private High School with a total of 27 students. The data collection technique used the volleyball passing test according to the Ministry of National Education with the following test score criteria: Very good > 56, Good 43-55, Moderate 31-42, Poor 20-30, Very poor <19.

passing skill test for volleyball students participating in volleyball extracurricular activities at Kabanjahe 1 Catholic Private High School, after being given treatment with a predetermined training method. In detail, there is 1 student (3.70%) Very Good category, 12 students (44.44%) Good category, 14 students (51.86) Medium category, 0 students (0.00%) Poor category, 0 students (0.00%) Poor category Very.

Based on the results of the study, it can be concluded that the passing ability of male students participating in the volleyball extracurricular activity at Private Catholic High School 1 Kabanjahe after being given treatment with the application of a training program that has been made has increased.

KEY WORDS : Top passing, volleyball skills, training program.

