

AB

TINJAUAN LATIHAN FIS

PUTRI

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Latar belakang: Permainan bola voli yang memerlukan keterampilan dan terjalin akan menghasilkan sebuah p mustahil sebuah kemenangan akan dic permainan yang beragam, baik individ

Tujuan penelitian: Berdasarkan per penelitian ini mempunyai tujuan untu volly bank ntt

ABS

OVERVIEW OF PHYSICAL VOLLEYBALL

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Background : Volleyball is a big team sport that requires a lot of cooperation. The cooperation that exists between players is very important. Without cooperation it is impossible to play volleyball. There are a variety of playing techniques, both individual and team.

Research objectives: Based on the previous study, this study aims to determine the physical education of volleyball players.