

ABSTRAK

Pelaksanaan *Jump* Servis Terhadap Ketepatan Sasaran Pada Tim Voli Putra Bank NTT

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Latar Belakang : Permainan bola voli sangat digemari oleh semua lapisan masyarakat, dari anak-anak, remaja, pemuda, dan orang dewasa baik pria maupun wanita, bahkan masyarakat kota sampai masyarakat desa. *Jump* servis merupakan pukulan servis yang menukik dengan tajam dan keras sehingga dapat menimbulkan kesulitan bagi tim lawan penerima servis. Di zaman sekarang banyak tim bola voli sesuai dengan instruksi pelatih banyak kalangan pemain bola voli baik pemain pemula, pemain nasional bahkan internasional berbondong-bondong berlatih untuk melakukan *jump* servis seperti halnya pada tim bola voli Bank NTT

Tujuan penelitian : untuk mengetahui Pelaksanaan *Jump* Servis Terhadap Ketepatan Sasaran Pada Tim Voli Putra Bank NTT.

Metode penelitian : Penelitian ini menggunakan jenis penelitian deskriptif kuantitatif. Data Teknik pengumpulan data pada penelitian ini dilakukan dengan menggunakan tes. Adapun tes yang digunakan pada penelitian ini tes servis bawah Fenan Lampir dan Faruq (2015). Nilai diberikan kepada pelaksanaan *jump* servis yang benar. Besarnya nilai sesuai dengan jatuhnya bola pada sasaran angka 1, 2, 3, 4 dan 5. Jumlah skor yang dicapai dalam 6 kali *Jump* servis sesuai dengan nilai yang ditentukan di daerah di mana bola jatuh.

Hasil dan pembahasan: Berdasarkan tabel dan grafik di atas menunjukkan bahwa data *jumping* servis berada pada kategori “kurang sekali” persentase sebesar 0%, kategori “kurang” persentase sebesar 0%, kategori “cukup” persentase sebesar 27% (4 Orang), kategori “baik” persentase sebesar 33% (5 Orang), dan kategori “baik sekali” persentase sebesar 40% (6 Orang). Berdasarkan hasil analisis tersebut menunjukkan bahwa ketepatan *jumping* servis pada tim bola voli putra Bank NTT dalam kategori “cukup”, kategori “Baik” dan Kategori “baik sekali” namun tim bola voli Putra Bank NTT perlu melakukan latihan *jumping* servis yang rutin agar setiap atlet bisa melakukan *jumping* servis yang terarah dan memiliki ketepatan servis pada sasaran.

ABSTRACT

Implementation of Jump Serves on Target Accuracy in the Bank NTT Men's Volleyball Team

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Background : The game of volleyball is very popular with all levels of society, from children, teenagers, young adults and adults, both men and women, even city residents to village communities. Jump serve is a service shot that dives sharply and hard so that it can cause difficulties for the opposing team receiving the service. In this day and age, many volleyball teams, in accordance with the coach's instructions, many volleyball players, both beginners, national and even international players, flock to practice jump serves, as is the case with the NTT Bank volleyball team.

Research purposes : to find out the Implementation of Jump Serves on Target Accuracy in the Bank NTT Men's Volleyball Team

Research methods : This research uses quantitative descriptive research. Data The data collection technique in this research was carried out using tests. The test used in this research is the service test under Fenan Lampir and Faruq (2015). Points are awarded for the correct execution of the jump serve. The value corresponds to the ball falling on the target numbers 1, 2, 3, 4 and 5. The total score achieved in 6 jump serves corresponds to the value determined in the area where the ball falls.

Results and Discussion: Based on the table and graph above, it shows that the jumping serve data is in the "very poor" category with a percentage of 0%, the "poor" category with a percentage of 0%, the "fair" category with a percentage of 27% (4 people), the "good" category with a percentage by 33% (5 people), and the "very good" category was 40% (6 people). Based on the results of this analysis, it shows that the accuracy of the jumping serve for the Bank NTT men's volleyball team is in the "fair" category, the "Good" category and the "very good" category, however the Bank NTT Men's volleyball team needs to carry out regular jumping serve training so that every athlete can perform a directed jumping serve and have accurate service on the target.