

ABSTRAK

TES KETERAMPILAN SERVIS BOLA VOLI DI SMA NEGERI 7 KOTA KUPANG

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Latar belakang: Menguasai teknik dasar merupakan modal utama untuk melakukan olahraga ini dan dalam cabang olahraga bola voli terdapat beberapa teknik dasar yang dapat dipelajari, di antaranya *servis*, *passing*, *smash*, dan *blocking*. Passing adalah mengoperkan bola kepada teman sebangkunya dengan gerakan tertentu, sebagai langkah awal untuk menyusun pola serangan kepada regu lawan dan terdapat teknik dasar passing bawah dan atas dalam permainan bola voli.

Tujuan penelitian: Untuk mengetahui keterampilan servis bola voli di SMA Negeri 7 Kota Kupang

Metode penelitian: Pendekatan dan jenis penelitian menggunakan deskriptif kuantitatif, Teknik analisis data pada penelitian ini menggunakan teknik tes keterampilan bola voli.

Hasil dan pembahasan: Hasil penelitian tentang tentang tes keterampilan servis bola voli bagi siswa SMA Negeri 7 Kota Kupang maka diperoleh 60% (12 orang siswa) berkategori Baik dan 40% (8 orang siswa) berkategori Cukup.

Simpulan: Berdasarkan hasil penelitian yang telah dilaksanakan maka dapat disimpulkan bahwa keterampilan servis bola voli siswa SMA Negeri 7 Kota Kupang berada pada kategori Baik dengan presentasi 60%.

Kata kunci: Tes, Keterampilan, Servis bola voli

ABSTRACT

VOLLEYBALL SERVICE SKILLS TEST AT SMA Negeri 7 Kupang City

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Background: Mastering basic techniques is the main asset for playing this sport and in volleyball there are several basic techniques that can be learned, including serving, passing, smashing and blocking. Serve is a ball hit behind the end line of the court beyond the net into the opponent's area. Serve strokes are made at the start and after each error occurs in a volleyball game.

Research objective: To determine volleyball serving skills at SMA Negeri 7 Kupang City

Research method: The approach and type of research uses descriptive quantitative. The data analysis technique in this research uses the volleyball skills test technique.

Results and discussion: The results of the research regarding the volleyball service skills test for students at SMA Negeri 7 Kupang City showed that 30% (10 students) were in the Good category, 60% (10 students) were in the Fair category and none were in the Poor or Poor category.

Conclusion: Research activities have been carried out by students with the lower and upper service steps being followed by students in accordance with the provisions. The results of students' passing skills need to be improved from the fair to good category through media modification, the application of learning methods and strategies that can improve students' volleyball serve learning outcomes.

Keywords: *Skills; Volleyball ser*