

ABSTRAK

TINGKAT KETERAMPILAN PASSING BOLA VOLI BAGI SISWA DI SMA NEGERI TAEKAS

Eleazar R. N. Salu^{1*}, David Loba², Yahya J. Palinata³

^{1,2,3}Program Studi Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Kristen Artha Wacana, Kupang, Indonesia

email. eleazarnsalu@gmail.com

Latar belakang: Bola voli adalah salah satu cabang olahraga bola besar dengan standar kompetensi mempraktekkan gerak dasar ke dalam permainan dan olahraga dan nilai-nilai yang terkandung didalamnya.

Tujuan penelitian: untuk mengetahui tingkat keterampilan passing bola voli bagi siswa di SMA Negeri Taekas.

Metode penelitian: Jenis penelitian yang digunakan dalam penelitian ini adalah deskriptif kuantitatif. Teknik analisis data pada penelitian ini menggunakan teknik tes keterampilan bola voli.

Hasil dan pembahasan: Hasil penelitian tentang tingkat keterampilan passing bola voli bagi siswa di SMA Negeri Taekas diperoleh dari hasil passing atas dan passing bawah bola voli. Sesuai dengan hasil rekapitulasi ke dua teknik dasar passing bola voli, diperoleh 66,67% dari 22 orang dengan kategori Baik dan 33,33% dari 11 orang siswa dengan kategori Cukup.

Simpulan: Kegiatan penelitian dilakukan sesuai dengan tahapan pembelajaran penjasorkes yaitu kegiatan pendahuluan atau pemanasan, kegiatan inti yang diterapkan instrument tes keterampilan passing bola voli dan kegiatan penutup atau pendinginan.

Katakunci: *Tingkat keterampilan; passing; bola voli*

ABSTRACT

VOLLEYBALL PASSING SKILL LEVELS FOR STUDENTS AT TAEKAS STATE HIGH SCHOOL

Eleazar R. N. Salu^{1*}, David Loba², Yahya J. Palinata³

¹²³Physical Education, Health, and Recreation Study Program, Faculty of Teacher Training and Education, Artha Wacana Christian University, Kupang, Indonesia

email. eleazarnsalu@gmail.com

Background: Volleyball is one of the major ball sports with competency standards for practicing basic movements in games and sports and the values contained therein.

Research objective: to determine the level of volleyball passing skills for students at Taekas State High School.

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

Result and discussion: The results of the research regarding the level of volleyball passing skills for students at Taekas State High School were obtained from the results of over-passing and under-passing in volleyball. In accordance with the results of the recapitulation of the two basic volleyball passing techniques, 66.67% of 22 students were in the Good category and 33.33% of 11 students were in the Fair category.

Conclusion: Research activities were carried out in accordance with the stages of physical education learning, namely preliminary or warm-up activities, core activities that applied volleyball passing skill test instruments and closing or cool-down activities.

Keyword: *Skill level; passing; volleyball*