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LATIHAN *DRILL – SPIKE* BERPENGARUH TERHADAP HASIL KETEPATAN SMASH PADA ATLET UNIT KEGIATAN MAHASISWA BOLA VOLI UNIVERSITAS NGUDI WALUYO

Abstrak

Bola Voli merupakan jenis permainan tim yang dimainkan oleh enam orang, dengan tujuan menjatuhkan bola ke area lawan yang dimulai melalui pukulan servis. Teknik dasar yang harus dikuasai dalam permainan bola voli adalah smash, yang memerlukan penguasaan serta ketepatan yang baik, yang dapat dikembangkan melalui latihan *drill – spike*. Identifikasi masalah yang ada bahwa Atlet Unit Kegiatan Mahasiswa Bola Voli Universitas Ngudi Waluyo dalam melakukan smash masih dalam kategori kurang, yang didukung dengan fakta di lapangan. Penelitian menggunakan desain *cross – sectional*, Jenis studi yang diterapkan yaitu pengaruh latihan *drill - spike* terhadap hasil ketepatan smash pada atlet Unit Kegiatan Mahasiswa Bola Voli Universitas Ngudi Waluyo. Pengumpulan informasi yang diperoleh peneliti berupa *Pre – test, Treatment, dan Post – test*. Hasil penelitian menunjukkan bahwa ketepatan smash pada atlet Unit Kegiatan Mahasiswa Bola Voli Universitas Ngudi Waluyo tes awal (*Pre – test*) memiliki hasil ketepatan dengan rata – rata 6.9500. Setelah diberikan *treatment* berupa latihan *Drill – spike (Post – test)* terdapat peningkatan hasil ketepatan smash dengan rata – rata 18.1500, dan terjadi peningkatan ketepatan smash sebesar 161.1%. Kesimpulan ini didasarkan pada hasil *Uji T – Test* yang menunjukkan nilai Sig. (2-tailed) sebesar $.000 < 0.05$ yang berarti terdapat pengaruh. Hal ini menunjukkan bahwa H_0 ditolak, dan H_1 diterima pada tingkat kepercayaan 95%.

Kata Kunci : *Drill – spike*, Ketepatan, Smash

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***Drill – Spike Training Has An Effect On Smash Accuracy
 Results In Volleyball Student Activity Unit Athletes At
 Ngudi Waluyo***

Abstract

Volleyball is a type of team game played by six people, with the aim of dropping the ball into the opponent's area starting with a serve. The basic technique that must be mastered in playing volleyball is the smash, which requires good mastery and precision, which can be developed through drill - spike training. Identify the existing problem that Ngudi Waluyo University Volleyball Student Activity Unit athletes in smashing are still in the deficient category, which is supported by facts on the field. The research used a cross-sectional design. The type of study applied was the effect of drill - spike training on smash accuracy results in athletes from the Volleyball Student Activity Unit at Ngudi Waluyo University. The collection of information obtained by researchers is in the form of Pre-test, Treatment, and Post-test. The results of the research showed that the smash accuracy of athletes from the Volleyball Student Activity Unit at Ngudi Waluyo University in the initial test (Pree-test) had an average accuracy result of 6.9500. After being given treatment in the form of Drill - spike training (Post - test), there was an increase in smash accuracy results with an average of 18.1500, and there was an increase in smash accuracy of 161.1%. This conclusion is based on the results of the T – Test which shows the Sig value. (2-tailed) of .000 < 0.05 which means there is an influence. This shows that H0 is rejected, and H1 is accepted at the 95% confidence level.

Keywords : Drill-spike, Accuracy, Smash