

ABSTRACT

RAIS MAULANASSALAM. 2023. THE EFFECT OF TRAINING USING ASSISTIVE DEVICES ON VOLLEYBALL BOTTOM.
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Sport can be defined as a form of planned and structured physical activity involving various kinds of movements carried out by the body to improve physical fitness. There are many sports that are popular among Indonesian people, one of which is volleyball. Volleyball is a major ball sport played by two teams consisting of 6 players. This study aims to explain how the effect of training using assistive devices on volleyball bottom passing in extracurricular students of SMPN 18 Tasikmalaya. Meanwhile, this research was carried out with experimental methods based on pre-test and post-test design research designs. With this design, an initial test (pretest) of the bottom passing ability is carried out. Then, treatment was given using assistive devices for 16 meetings. After that, a final test (posttest) was carried out to determine the improvement of students' abilities as an effect of the treatment given. This research was conducted on students who are members of extracurricular volleyball at SMP Negeri 18 Tasikmalaya with a population of 20 people. Then, researchers chose a sampling technique saturated with a sample number of 20 people. The research instrument used in this study is the bottom passing test. The analysis technique used is a statistical approach with a T count of $2.78 > a T_{table} of 1.73$. Therefore, it was concluded that training using assistive devices had a significant effect on volleyball bottom passing in volleyball extracurricular students of SMP Negeri 18 Tasikmalaya.

Keywords: *assistive devices, bottom passing, volleyball.*