

ABSTRACT

REYHAN NAUFAL PADILLAH. 2023. THE EFFECT OF TRAINING USING BALL MODIFICATION ON IMPROVING UPPER PASSING SKILLS IN VOLLEYBALL GAMES. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to explain how the effect of practice using ball modification on improving top passing skills in volleyball games in extracurricular students of SMPN 18 Kota Tasikmalaya. Meanwhile, this research was carried out with an experimental method based on the research design of The One Group Pre-Test Post-Test. 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 Kota 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 upper passing test. The analysis technique used is a statistical approach, and it was found that practice using ball modification had a significant effect on upper passing skills in volleyball games in extracurricular volleyball students of SMP Negeri 18 Kota Tasikmalaya.

Keywords: modification, upper passing, volleyball.