

ABSTRACT

WAHYU SULISTIA PRATAMA. 2023. *Effect of Spike Practice Variations on Spike Skills in Volleyball Game.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

From observations made in extracurricular activities at SMP Negeri 2 Cibalong, Tasikmalaya Regency, there are no students who have good spike skills. Often the spike that is made hits the net or goes outside the playing field. One of the causes is the lack of variety of exercises carried out by trainers. The aim of this research is to obtain information about the effect of variations in spike training on spike skills in volleyball games among volleyball extracurricular students at SMP Negeri 2 Cibalong, Tasikmalaya Regency. The research method used is the experimental method and the instrument in this research is the spike test in volleyball. The population and sample in this study were 20 extracurricular volleyball students at SMP Negeri 2 Cibalong, Tasikmalaya Regency, using total sampling techniques. Based on the results of data processing using statistical tests, it turns out empirically that variations in spike training have a significant effect on spike skills in volleyball games among volleyball extracurricular students at SMP Negeri 2 Cibalong, Tasikmalaya Regency.

Keywords: volleyball, spike, exercise variations