

**PERBANDINGAN PENGARUH METODE *DISTRIBUTED PRACTICE*  
PROGRESIF DENGAN *LINIER* TERHADAP KETERAMPILAN  
SERVIS ATAS PERMAINAN BOLAVOLI  
(Eksperimen pada Siswa Peserta Ekstrakurikuler Bolavoli  
SMPN 12 Kota Tasikmalaya)**

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**Abstrak.** Tujuan penelitian ini adalah untuk mengetahui perbandingan pengaruh latihan antara metode *distributed practice progresif* dengan *distributed practice linier* terhadap keterampilan servis atas permainan bola voli pada siswa ekstrakurikuler bola voli SMPN 12 Kota Tasikmalaya. Praktek penelitian ini menggunakan praktek eksperimen. Kegiatan proses latihan dilakukan selama 18 kali pertemuan. Populasi penelitian adalah peserta ekstrakurikuler bola voli SMPN 12 Kota Tasikmalaya sebanyak 42 orang. Sampel ditetapkan sebanyak 20 orang diambil secara acak sederhana. Instrumen penelitian menggunakan tes keterampilan servis atas permainan bola voli yang dilakukan pada tes awal dan tes akhir. Hasil penelitian menunjukkan: 1) latihan dengan menerapkan metode *distributed practice linier* maupun metode *distributed practice progresif* keduanya secara signifikan berpengaruh terhadap keterampilan servis atas permainan bola voli; 2) latihan dengan menerapkan metode *distributed practice linier* hasilnya lebih efektif daripada menerapkan metode *distributed practice progresif* terhadap keterampilan servis atas permainan bola voli. Untuk meningkatkan keterampilan servis atas permainan bola voli siswa sekolah menengah kejuruan maupun sekolah menengah atas disarankan menerapkan metode *distributed practice linier*.

Kata kunci: *latihan, distributed, linier, progresif, servis atas*

*The aim of the study was to determine the comparison of exercise influences between progressive distributed practice methods and linear distributed practice on the service skills of volleyball in extracurricular volleyball students at Yunion High School number 12 City of Tasikmalaya. This research practice uses experimental practice. The training process was conducted for 18 times. The research population is a participant of the extracurricular volleyball of Yunion High School number 12 in Tasikmalaya City as much as 42 people. The samples were set as much as 20 people taken randomly. The research instrument uses a game skill test on volleyball games conducted on the preliminary test and the final test. The results showed: 1) exercises by applying linear distributed practice methods as well as progressive distributed practice methods both significantly affect the service skill of the volleyball game; 2) exercises by applying a linear distributed practice method results are more effective than applying a progressive distributed practice method of service skills over a volleyball game. To improve the skill of service skills on the volleyball game both vocational and high school students are advised to apply a linear distributed practice method.*

*Keywords: exercise, distributed, linear, progressive, top service*