

ABSTRAK

NADIA SEPTIANEU PAMUNGKAS. 2026. **Pengaruh *Drill Passing* Berbasis *Circuit* Terhadap Keterampilan *Passing* Bawah Permainan Bola Voli**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Permasalahan penelitian yaitu kurangnya keterampilan passing bawah pada atlet putri akademi bola voli tunas harapan Kota Tasikmalaya. Tujuan dari penelitian ini untuk mengetahui apakah terdapat pengaruh drill passing berbasis circuit terhadap keterampilan passing bawah permainan bola voli pada Akademi Bola Voli Tunas Harapan Kota Tasikmalaya. Metode penelitian yang digunakan dalam penelitian ini adalah metode eksperimen. Desain penelitian ini adalah “One Group Pre-test Post-test Design”. Subjek penelitian ini adalah atlet putri Akademi Bola Voli Tunas Harapan Kota Tasikmalaya berjumlah 25 orang, sampel penulis tetapkan 20 orang. Teknik analisis data menggunakan uji t dengan taraf signifikan 5%. Berdasarkan hasil penelitian diperoleh t hitung (22,59) > t tabel (1,73). Hasil tersebut dapat disimpulkan bahwa terdapat pengaruh yang berarti/signifikan Drill Passing berbasis Circuit terhadap Keterampilan Passing bawah Permainan Bola Voli. Dengan demikian Drill Passing Berbasis Circuit efektif digunakan untuk meningkatkan teknik keterampilan passing bawah.

Kata kunci: Bola Voli, *Circuit*, *Drill Passing*, *Passing* bawah

ABSTRACT

NADIA SEPTIANEU PAMUNGKAS. 2026. *The Effect of Circuit-Based Passing Drill On Underhand Passing Skill In Volleyball*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

The research problem is the lack of underhand passing skills in female athletes at the tunas harapan volleyball academy in Tasikmalaya city. The purpose of this study was to determine whether there was an effect of circuit-based passing drill on the underhand passing skills of volleyball at the Tunas Harapan Volleyball Academy in Tasikmalaya City. The research method used in this study was an experimental method. The design of this study was "One Group Pre-test Post-test Design". The subjects of this study were 25 female athletes of the Tunas Harapan Volleyball Academy in Tasikmalaya City, with a sample of 20 people. The data analysis technique used the t-test with a significance level of 5%. Based on the results of the study, t count (22.59) was obtained > t table (1.73). These results can be concluded that there is a significant effect of Circuit-based Drill Passing on Underhand Passing Skills in Volleyball. Thus, Circuit-Based Drill Passing is effective for improving underhand passing skills.

Keywords: *Volleyball, Circuit, Drill Passing, Underhand Passing*