

ABSTRACT

MOCH FAHMI RAMADHANI. *The effect of various forms of underhand passing exercises on improving underhand passing skills in volleyball extracurricular students at SMP Negeri 14 Tasikmalaya. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

This study aims to determine the effect of underhand passing training forms on improving underhand passing in volleyball extracurricular students at SMPN 14 Tasikmalaya. This study uses an experimental research method. The population in this study was 20 members of the volleyball extracurricular at SMPN 14 Tasikmalaya. The researcher used a saturated sampling technique, meaning that all populations were sampled. The instrument used was a volleyball passing test. The results of the research, data processing, analysis, and hypothesis testing, it can be concluded that there is a significant effect of passing training on passing in volleyball. With t count = 7.14 greater than t table = 1.73. It is outside the null hypothesis acceptance area, so the null hypothesis is rejected and the working hypothesis is accepted. Thus, the forms of underhand passing exercises have an impact on improving underhand passing in volleyball at SMP Negeri 14 Tasikmalaya.

Keywords: extracurricular, underhand passing, volleyball