

HUBUNGAN DAYA LEDAK OTOT TUNGKAI DAN KELENTUKAN TOGOK TERHADAP KETERAMPILAN SMASH BOLA VOLI CLUB GESTU KECAMATAN KAPUR IX

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The problem in this study was the low skill of the volleyball players at Club Gestu, Kapur IX District. The low level of smash skills is influenced by several components of physical conditions such as leg muscle explosive power and flexibility. This study aims to determine the relationship between leg muscle explosive power and flexibility on the ball smash skills of Club Gestu, Kapur IX District. This type of research is correlational. Samples were taken using the saturated sampling/total sampling technique, ie all the population was used as a sample, amounting to 30 people. The explosive power of the leg muscles uses the vertical jump test, the flexibility uses the flexiometer and the smash skill uses the target box provided. Data were analyzed using correlation and multiple regression techniques at $\alpha = 0.05$. The test results show: (1) there is a relationship between leg muscle explosive power and smash skills ($t_{count} = 4.801 > t_{table} = 2.048$), (2) there is a relationship between flexibility and smash skills ($t_{count} = 3.002 > t_{table} = 2.048$), and (3) there is a relationship between the leg muscle explosive power and the flexibility to the smash skill ($F_{count} = 23.653 > F_{table} = 3.354$). The key is, if the volleyball player of Club Gestu, Kapur IX sub-district wants to improve their smash skills, they must have good leg muscle explosive power and flexibility.

Keywords: Leg Muscle Explosive Power, Flexibility, Volleyball Smash