

SUMMARY

VIOLLA DWI ELVANTINI, The Effectiveness Of The Methods Of Practice Passing Under Direct Pairing And Passing Under Indirect Paired Against The Ability Of Passing Underneath The KOP Fortius Woman Volleyball State University Of Jakarta. Thesis: Sport Coaching Concentration Courses, Faculty of sports science, State University of Jakarta, June 2017

His research aims to Know the upgrade 1) passing down the exercise methods of volleyball passing under direct pairs, 2) Know the upgrade passing down the exercise methods of volleyball passing under indirect pairs 3) find out which one is more effective to improve the capability of passing down in the game of volleyball woman KOP Fortius State University of Jakarta. Data retrieval is done at a State University campus in Jakarta. As for the research time during 1 month 2 weeks, starting March 25, 2017 until 29 April.

This research uses experimental methods, with the samples being used is Purposive Sampling with a total sample of 16 athletes woman KOP volleyball Fortius. Data analysis techniques used in this research is to use t-Test analysis techniques on the significance level $\alpha = 5\%$

From the results of the study concluded the initial tests and tests of the end of the exercise method of passing down the straight pairs retrieved value t_{count} 6.51 and with a 5% significance level is obtained a value of t_{table} t_{count} which means $2.36 > t_{table}$, then H_0 is rejected and accepted H_1 , There is a growing means of passing down the exercise methods directly paired against the ability of passing under the KOP of volleyball woman Fortius. Of the method of indirect down passing exercises in pairs and 4.84 t_{count} value obtained with a 5% significance level is obtained a value of t_{table} which means $t_{count} > 2.36 t_{table}$, then H_0 and H_1 is accepted, There is a growing means of passing down the exercise methods of indirect paired against the ability of passing under the KOP of volleyball woman Fortius.

There is a growing means of passing down the exercise methods do not directly against the pair From the data of the test results late group

exercise methods passing under direct pairing and passing under the paired values obtained indirectly totalling t_{count} 2.70 Furthermore tested with t_{table} on level of significance of 5% and the degrees of freedom $(N1 + N2) - 2 = 14$ t_{table} obtained the mean value of 2.14 $t_{count} > t_{table}$ H_0 is rejected and then accepted the H_1 . Based on the results of data analysis it can be concluded that the method down immediate passing paired exercises are more effective than exercise method passing under indirect pairs against the ability of passing underneath the KOP Fortius woman volleyball State University of Jakarta