

ABSTRACT

Analysis of physical conditions and basic skills of volleyball in men's volleyball athletes center of Praporprov district Pamekasan in 2019

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Keywords: physical condition and basic technical skills

Volleyball game is a sport that has been good in schools, government and private agencies, universities and in the public environment. The performance of volleyball game is good when the physical and the spiritual are intertwined in the play, the soul as the main impetus for the movement of one's physical abilities. In this volleyball in addition to the required basic techniques that are also good it also requires a physical condition that supports. Movement that is generally dominated by foot rotations is physical condition and skills. Physical conditions consist of power, agility, and speed. While skills consist of passing, smash, service, and block.

This aim is to determine the ability of physical conditions and basic technical skills puslatcab praporprov district pamekasan with a total number of players examined as many as 12 people and data analysis is the mean, standard deviation, presentation. This type of research is quantitative research or various variables that arise in the community that are the object of research based on what is happening.

The players volleyball puslatcab praporprov pamekasan regency is in the "less and less" category. While for other test items, namely: vertical jump and agility and the players are in the category of "very good" and it must be watched by athletes and coaches so as not to decrease but increase so that conditions will always be maintained. For the test items the men's volleyball players puslatcab praporprov pamekasan regency is good. And for the basic technical skills above, then of the three above that must be spelled and blocked in the evaluation that the average of the two items that the players of volleyball puslatcab praporprov pamekasan Regency must be repaired again. As for the service, it's quite decent and it should added.