

ABSTRAK

Rio Ardy Widya Pramartama. 2026. perbedaan pengaruh antara latihan *ball feeling* training dan latihan berpasangan terhadap peningkatan akurasi passing bawah pemain PBV Garen Madiun. Skripsi. Program Studi Ilmu Keolahragaan, Fakultas Ilmu Kesehatan dan Sains, Universitas PGRI Madiun. Pembimbing (I) Dr. Pratama Dharmika Nugraha, S.Si., M.Or. Pembimbing (II) Ghon Lisdiantoro, S.Pd., M.Or

Penelitian ini bertujuan untuk mengetahui: (1) pengaruh metode *ball feeling* terhadap peningkatan akurasi passing bawah pemain PBV Garen Madiun, (2) pengaruh latihan berpasangan terhadap peningkatan akurasi passing bawah pemain PBV Garen Madiun, dan (3) perbedaan pengaruh antara latihan *ball feeling* training dan latihan berpasangan terhadap peningkatan akurasi passing bawah pemain PBV Garen Madiun.

Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian eksperimen dan desain *Two Group Pretest–Posttest Design*. Populasi penelitian berjumlah 90 Pemain aktif PBV Garen Madiun, sedangkan sampel sebanyak 32 atlet putri usia 13–17 tahun yang dipilih menggunakan teknik *purposive sampling*, kemudian pembagian kelompok dilakukan dengan matching design pola ABBA berdasarkan hasil pre test. Instrumen pengukuran Broombach. Analisis data dilakukan menggunakan statistik deskriptif, uji normalitas *Shapiro–Wilk*, uji homogenitas *Levene*, *paired sample t-test*, dan *independent sample t-test* pada selisih dengan bantuan *software* SPSS pada taraf signifikansi 0,05.

Hasil penelitian menunjukkan bahwa latihan *Ball Feeling* dan latihan Passing berpasangan sama-sama memberikan pengaruh yang signifikan terhadap peningkatan Akurasi pemain Klub PBV Garen Madiun. Selain itu, terdapat perbedaan efektivitas antara kedua metode latihan, di mana latihan *Passing Berpasangan* memberikan peningkatan Akurasi passing bawah yang lebih baik dibandingkan Latihan *ball feeling* training. Metode latihan berpasangan terbukti memberikan peningkatan akurasi passing bawah yang lebih baik dan efektif.

Kata Kunci: *ball feeling*, Latihan Berpasangan, Akurasi Passing Bawah.

ABSTRACT

Rio Ardy Widya Pramartama. 2026. *The Difference in the Effect of ball feeling Training and Pair Training on Improving the Accuracy of Underhand Passing for PBV Gareno Madiun Players*. Thesis. Sports Science Study Program, Faculty of Health and Science, Universitas PGRI Madiun. Supervisor (I) Dr. Pratama Dharmika Nugraha, S.Si., M.Or. Supervisor (II) Ghon Lisdiantoro, S.Pd., M.Or.

This study aims to determine: (1) the effect of the ball feeling method on improving the accuracy of underhand passing for PBV Gareno Madiun players, (2) the effect of pair training on improving the accuracy of underhand passing for PBV Gareno Madiun players, and (3) the difference in the effect of ball feeling training and pair training on improving the accuracy of underhand passing for PBV Gareno Madiun players.

This study used a quantitative approach with an experimental research type and a Two Group Pretest–Posttest Design. The study population consisted of 90 active PBV Gareno Madiun athletes, while the sample size was 32 female athletes aged 13–17. They were selected using a purposive sampling technique. Groups were then divided using an ABBA matching design based on pretest results. The measurement instrument was Broombach. Data analysis was performed using descriptive statistics, the Shapiro–Wilk normality test, Levene's homogeneity test, paired sample t-test, and independent sample t-test on selisih using SPSS software at a significance level of 0.05.

The results of the study showed that both ball feeling training and pair passing training significantly improved the accuracy of PBV Gareno Madiun Club players. Furthermore, there was a difference in effectiveness between the two training methods, with pair passing training providing a better improvement in underhand passing accuracy than ball feeling training. Pair training was shown to provide a better and more effective improvement in underhand passing accuracy.

Keywords: *ball feeling, Pair Training, Underhand Passing Accuracy.*