

## ABSTRAK

### **Pengaruh *circuit Training* Terhadap Ketepatan *Service* Atas Permainan Bola Voli Pada Siswa SMA Negeri 9 Bandar Lampung**

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Dalam penelitian ini, memilih metode latihan *circuit training* untuk melatih kekuatan (*strenght*), kekuatan otot (*Muscular strenght*) & dan daya tahan otot (*muscle endurance*) pada siswa SMA Negeri 9 Bandar Lampung. Bola voli merupakan salah satu cabang olahraga yang sangat populer di Indonesia, termasuk di kalangan siswa SMA. Ketepatan *service* dalam permainan bola voli memegang peranan penting dalam memulainya serangan dan mengontrol permainan. Oleh karena itu meningkatkan ketepatan *service* merupakan hal yang krusial bagi tim bola voli Berdasarkan hasil wawancara pembina dan pelatih di SMA Negeri 9 Bandar lampung dan pengamatan di lapangan ternyata siswa kurang menguasai teknik dasar permainan bola voli.

**Kata Kunci :** *bola Voli, Circuit training, Service atas.*

***ABSTRACT*****The Effect of circuit Training on the Accuracy of the Upper Service of Volleyball Games in Students of SMA Negeri 9 Bandar Lampung****Dhiaz Hakim Azharullah****19114013**

In this study, the circuit training method was chosen to train strength (strenght), muscular strength (Muscular strenght) & and muscle endurance (muscle endurance) in SMA Negeri 9 Bandar Lampung students. Volleyball is one of the most popular sports in Indonesia, including among high school students. Service accuracy in volleyball plays an important role in starting attacks and controlling the game. Based on the results of interviews with coaches and trainers at high school 9 Bandar Lampung and observations in the field, it turns out that students lack mastery of the basic techniques of volleyball.

**Keywords :** *volleyball, circuit training, Top Serve*