

ABSTRACT

*Ikbal Ditonurohman. 2023. **THE EFFECT OF VARIATIONS IN TRAINING USING THE TARGET GAME ON UPPER PASSING SKILLS IN VOLLEYBALL GAMES** (Experiment on Extracurricular Boys Volleyball Students of SMP Negeri 1 Cibalong, Tasikmalaya Regency for the 2022/2023 Academic Year)*

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The purpose of this study was to obtain information on the effect of exercise variations using targets on upper passing skills in volleyball games in male volleyball extracurricular students of SMP Negeri 1 Cibalong for the 2022/2023 academic year. The research method used is a quantitative method of experimentation with one group pretest posttest design research design. This research was conducted on students who joined the extracurricular men's volleyball at SMP Negeri 1 Cibalong with a population of 20 students. Researchers used a saturated sampling technique with a sample number of 20 students. The results showed that there was a significant influence in training using target games on upper passing skills in the volleyball games of male volleyball extracurricular students of SMP Negeri 1 Cibalong for the 2022/2023 academic year.

Keywords: *volleyball, upper passing skills, target practice*