

ABSTRACT

This research was aimed at gaining information about the comparison of impact between increasing distribution practice and decreasing distribution practice on topspin skill in volleyball game of the students joining volleyball extracurricular in MTs Al-Hajar Tanjungwangi, Subang, year 2018-2019. To achieve the aim, this study employed experimental research design. Thus, in gaining the data needed for the experiment, test was chosen as the instrument. The test measured students' topspin serving skill. The sample of this research was 20 students of MTs Al-Hajar Tanjungwangi, Subang joining volleyball extracurricular. The sample was taken by employing random sampling. Based on data analysis using statistical measurement, it was found that empirically, both increasing distribution practice and decreasing distribution practice were the same effective in improving MTs Al-Hajar students' topspin skill.

Keywords: increasing distribution method, decreasing distribution method, topspin serve, volleyball.