

ABSTRACT

This research aims to investigate the effect of varied drill training on the smash ability of male sepak takraw athletes in Batuyang. The research was a quantitative research. The research design employed was the one group pretest-posttest design. The populations in this research were 17 male athletes from Batuyang. Data collection was carried out using the test of smash ability. Data analysis techniques used in the research included descriptive and inferential statistical analysis. Based on the data analysis, it was found that the average pre-test and post-test smash ability scores were 16.91 and 27.75, respectively. Hypothesis testing using an independent sample t-test indicated that in the statistical analysis of athletes' smash ability through varied drill training, the calculated t_{value} is greater than the tabulated t_{value} ($12.67 > 1.746$). From this data, it can be concluded that the use of varied drill training has an influence on the smash ability of male sepak takraw athletes in Batuyang.

Keywords: Smash Ability, Varied Drill Training