

DASAR GERAK VOLLEYBALL

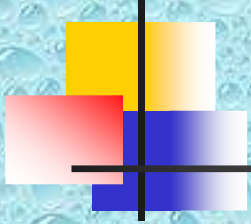
YUYUN ARI WIBOWO





DESKREPSI MATAKULIAH

Mata kuliah Dasar Gerak Bolavoli berisi tentang peraturan permainan bolavoli, dasar bergerak tanpa bola di lapangan, teknik dasar passing bawah, teknik dasar passing atas dan umpan, teknik dasar smash, teknik dasar servis, teknik dasar blok, taktik dalam bertahan terhadap servis, serta taktik bertahan terhadap smash



Volley ball is volley the ball use our bodys and pass the net in order to fault in the against for looking winner.



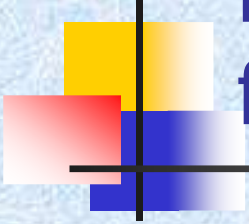
KINDS OF TECHNIQUE

VOLLEY BALL

- Serve: Hit for to begin the game
- Passing: Receive ball with two hands.
- Overhead Passing: Receive ball above ourhead use our top finger.
- Spike: Step, jump, hit the ball, and landing.
- Block: jump, bring ourhand above our head to dam the ball.

WHAT IS VOLLEY BALL METHOD?





Volley ball method is method to give basic technique in the volley ball to give for another person.

Kinds of volley ball method

- Serve Method
- Passing Method
- Overhead Passing Method
- Spike Method
- Block Method



FOR EXAMPLE

For beginning warming-up, that to direct of passing.

The student pass the ball alone.



Passing with make groups that contain two person.



Passing with make groups that contain three person.



For ending by cooling-down





THANK YOU

- **TERIMAKASIH**

- DANKE

- **ARIGATO**

- *SYUKRON*

