

# **Kontribusi Karakteristik Komponen Kebugaran Jasmani dan Antropometri terhadap Kemampuan Smash pada Pemain Muda Bolavoli**

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## **ABSTRACT**

This study aims to determine the contribution of the components of physical fitness and anthropometry characteristics to the smash ability of young volleyball players. The research method used correlational descriptive. The subjects in this study were female and male youth athletes at the Baja 78 Volleyball Club, Bantul who were prepared for the 2021 youth volleyball championship, totaling 80 athletes. Various standard of research instruments are used to measure the components of physical fitness, anthropometry, and smash ability. Data analysis using Linear Regression and simple correlation. The results showed that the overall physical fitness component of anthropometric characteristics did not contribute to smash ability. Back muscle strength, abdominal muscle endurance, leg muscle power, agility, deep leg muscle strength, and coordination are components that can predict smash ability. Further investigation of all components of physical fitness and anthropometry needs to be done to really see any contribution to smash ability.

Kata Kunci: *physical fitness, anthropometry, youth athlete, volleyball*