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Forewords

Praise and gratitude to Allah SWT, because of Allah's love for us so that we are still given a long life and can carry out our various daily activities. May all our activities become our acts of worship, Aamiinnn

in accordance with the commitment of the Jurnal Serambi Ilmu Journal to continue to improve the quality of its manuscripts since the volume 22 number 1 has been published full in English.

We are also be proud that the number of submitted manuscripts is quite large, but only a few are acceptable and worthy of publication. This means that Jurnal Serambi Ilmu has become one of the scientific publications that are considered by experts and education enthusiasts.

For this reason, Jurnal Serambi Ilmu is committed to continuing to maintain the quality, service and discipline that applies in scientific publications.

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The Relationship between Stubbornness and Top Serviceability in Student Volleyball Games

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Abstract
The purpose of this study was to determine the relationship between togok flexibility and top service ability in volleyball games at SMA Negeri 1 Lampeuneurut Aceh Besar students. This research is quantitative descriptive, that descript the relationship between two variables. The population in this study were students of SMA Negeri 1 Lampeuneurut Aceh Besar, amounting to 448 people. The sample in this study was taken by purposive sampling technique and obtained 25 students who got a minimum score of 8.5 in volleyball in sports subjects. The data collection techniques used in this study were: (1) togok flexibility was measured by bridge-up test (2) Upper serve ability was measured by volleyball service skill test. analysis of data obtained from the results of tests and measurements conducted on 25 samples, the data were processed and analyzed with statistics which aim to determine how big the relationship between variables. The results showed that there was a significant relationship between togok flexibility and the ability to serve in volleyball game.

Keywords: stick flexibility, ability, top serve, volleyball

INTRODUCTION

Sport is an activity related to body movement (Amirzan, et al. 2020). One of the very popular sports with the people of Indonesia is volleyball. This sport is favored by adults, teenagers, and even children with various goals. Good and directed volleyball development by the government is believed to be able to produce athletes who will make achievements in order to raise the dignity of the nation and state in the international world, thus it can be interpreted that volleyball has an important position and role in our country achievement. Achievement is an indicator of the success of an athlete (Anwar, et al. 2020). This position and role has been felt when an area is able to be the best when it comes to winning volleyball events, so to improve volleyball sports

achievements at the international level, it must start from lower level development in the local community, for example starting from schools, rural levels, sub-district level and district/city level. If the coaching at the lower level at the community level has been going well, then there will be athletes who are believed to be able to make the nation's name proud. Having good physical condition will also support the athlete's achievement in volleyball, high achievement which contains strength, speed, flexibility, balance, agility and coordination (Amirzan, 2019). Good physical condition is certainly supported by various components of physical condition that play an important dominant role in the sport in question.

One of the components of physical condition that plays an important role in this volleyball game is flexibility. Good flexibility will ensure that an athlete can perform joint movements easily and elastically, so that the athlete will improve his game performance. Furthermore, Nurhasan (1992:233) said that: "The components of the physical conditions that support the volleyball game include endurance (general and local endurance), strength, power, speed, and flexibility". These five components of physical condition affect and support the achievement of volleyball athletes, provided that they are supported by all the components mentioned above with quality and guaranteed quality. So that it will make athletes achieve their achievements and will get a maximum pick performance.

There are some basic techniques that important role in volleyball. The basic techniques according to Muhajir (2004:34) are: 1) Basic techniques without volleyball which include: basic movements moving forward, basic movements moving backwards, basic movements moving to the left/right side, and basic jumping movements; 2) Basic movements with volleyball which include: service, passing, set-up (bait), smash (blow), and block (dam). All the basic techniques in the volleyball game are very influential and play an important role in achieving optimal results. The technique in this volleyball game is how to do and carry out a game to achieve goals effectively and efficiently, by mastering good techniques one can play well and get maximum results both when practicing and competing.

Service is a basic technique of playing volleyball which plays a very important role in the game. Serving is the act of hitting a volleyball by a defender who is carried out from the service area, directly into the opponent's court (Muhajir, 2006: 8). The service discussed in this issue is the top serve in volleyball. In this top serve, flexibility is needed so that in serving the joint space is widely open, so that volleyball athletes produce the perfect top serve. Likewise, athletes from hockey, volleyball, wrestling, volleyball, badminton, and athletes from other sports, their achievements will depend a lot on the flexibility of their joints (Harsono 1992:164).

A good service technique is done by using maximum flexibility of the stick and not wasting more energy or energy in doing it. So that it will be able to achieve maximum power and accuracy of the blow. There are several types of services in volleyball, including underhand service, side hand service, over head service, floating service, top spin service and jumping service. services). the type of service used depends on the strategy, and the situation. The type of service that can be used and is

sure to be accurate for installing attack tactics will benefit in the form of increasing points (Ahmadi 2007:20).

In volleyball, flexibility is needed. Flexibility is a person's effectiveness in adapting to flexibility is influenced by the elasticity of the muscles and is expressed in degrees (°). Whether or not a person is flexible is determined by the breadth or narrowness of the range of motion of the joints (Harsono 1998:163). So flexibility is the ability to perform movements in the joint space. Except by the joint space, flexibility is also determined by the elasticity of the muscles, tendons, and ligaments. Flexibility is very useful to prevent injury.

With flexibility, a person will be able to: 1) reduce the possibility of muscle and joint injuries, 2) assist in developing speed, coordination and agility, 3) help develop performance, 4) save energy expenditure (efficiently) when performing movements, and 5) helps improve posture. The flexibility of the togok is closely related to the service of volleyball, the components of basic physical abilities in volleyball, namely endurance (general and local), strength, power, speed, and flexibility. In this case, the flexibility of the shoulder and arm muscles greatly determines the ability to serve up in volleyball. The better the quality of the flexibility of the togok, the wider the joint space will be, resulting in a perfect upper serve (Nurhasan 1992:229).

Togok flexibility is the ability or flexibility to perform maximum joint movements without pain, in this case related to the trunk. The flexibility of the togok is one of the many physical components that are very important and closely related to the achievement of the volleyball sport, especially in the top serve movement (Medari, 2016),

SMA N 1 Lampeuneurut Aceh Besar is one of the educational institutions that shows relatively good volleyball achievements. This is shown by their consistent achievements in student-to-student volleyball competitions, often reaching the top 3 positions in Aceh Besar consistently from year to year. The participation and achievement of this school in the volleyball championship at the student level shows encouraging achievements, this means that the interest and achievement of students in this school towards volleyball is very good.

Good achievement in the sport certainly influenced by some factors such as good condition and good basic technical ability. One component of the physical condition that stands out in the game of volleyball is the flexibility of the togok, this component is very useful, especially when performing basic service techniques. For this reason, it would be interesting to conduct research on how the relationship between stick flexibility and top service ability in volleyball games for students at SMA N 1 Lampeuneurut Aceh Besar.

RESEARCH METHODS

Population and Research Sample

The population in this study were students of SMA N 1 Lampeuneurut Aceh Besar, amounting to 448 people. The technique of selecting the sample is purposive sampling, because to determine whether someone is a sample or not, it is based on certain goals, for example by considering the abilities possessed by the sample. So the sample of this research is students who are proficient and able to play volleyball well. The indicator is based on observational data from physical education teachers at the school. After observing and seeing learning outcomes in the form of student scores on

the volleyball game material, it was found that the 25 students who were able to play volleyball came from grades I, II and III.

Data collection technique

Preparation for data collection is to prepare research tools and equipment, then provide direction to the committee and test participants about the research implementation process so that the level of reliability and research objectivity can be obtained properly. If all of these things have been carried out properly, it is continued with the collection of research data by measuring each research variable.

Data analysis technique

The data obtained from the results of tests and measurements conducted on 25 samples were processed and analyzed by statistical formulas that aim to determine how big the relationship between variables is. The steps taken are to calculate the average.
Calculation of Standard Deviation
According to Johnson (1991: 18) to calculate the standard deviation can be use formula

$$SD = \sqrt{\frac{N(\sum X^2) - (\sum X)^2}{N(N-1)}}$$

Notes: SD: Standard Deviation, : the sum of the points of flexibility of the stick and the ability to serve above squared, : the sum of the values of the flexibility of the sticks and the ability to serve, : The number of samples of students who play volleyball

Calculating the correlation coefficient between variables

Pearson's product moment correlation formula proposed by Arikunto (1991:218):

$$r_{xy} = \frac{NXY - (\sum X)(\sum Y)}{\sqrt{N(\sum X)^2 - (\sum X)^2 \ .N(\sum X)^2 N(\sum Y)^2}}$$

Not : Correlation value that is looking for, N: Number of samples of students playing volleyball, xy : Number of samples of flexibility score multiplied by top serve ability, x: Number of flexibility score of top serve, ∑y: Total Score of Top Servicing Ability

Pengujian Hipotesis

According to Sudjana (1999:385) to test the multiple correlation hypothesis or more variable X with variable Y can be used the following formula:

$$\mathbf{t} = \frac{r\sqrt{n-2}}{\sqrt{1-r^2}}$$

Not : t = test test, r = correlation coefficient value, r2 = correlation coefficient value, N = number of samples of students playing volleyball.

RESEARCH RESULTS AND DISCUSSION

Based on the results of the study, measurements of the level of flexibility of the togok (X), and the top ability service (Y). The data from the data collection are as follows:

Table 1
Measuring Results of Flexibility of the togok (X) and Top Service Ability (Y)

No	Name	Togok Flexibility	Top Serviceability
1	AM	45	25
2	BS	35	24
3	DA	36	19
4	ES	44	19
5	NA	26	24
6	N	38	18
7	N	28	14
8	M	34	16
9	M	37	18
10	M	33	16
11	R	27	19
12	W	29	27
13	SA	24	20
14	SS	32	23
15	T	30	22
16	H	35	20
17	I	42	20
18	S	43	26
19	M	41	19
20	S	44	26
21	M	28	18
22	M	32	25
23	M	40	23
24	M	43	23
25	N	37	20
Total		883	524
Avarage		35,32	20,96

Based on the calculation of table 1 above, the total and average initial data obtained from the research data. Based on the calculations and analysis of research data, the average flexibility of the togok (X) of students in SMA N 1 Lampeuneurut is 35.32 while the average service ability (Y) of students in SMA N 1 Lampeuneurut is 20.96. These results are initial data before being processed to determine the relationship between variables.

Raw Score Data Square

Raw Score Quadratic data is data that is calculated by multiplying a number by the number itself, while the results can be seen in the following table.

Table 3
Row Score Data Togok Flexibility (X) and

Top Service Ability (Y)

No	X	X^2	Y	Y^2
1	45	2025	25	625
2	35	1225	24	576
3	36	1296	19	361
4	44	1936	19	361
5	26	676	24	576
6	38	1444	18	324
7	28	784	14	196
8	34	1156	16	256
9	37	1369	18	324
10	33	1089	16	256
11	27	729	19	361
12	29	841	27	729
13	24	576	20	400
14	32	1024	23	529
15	30	900	22	484
16	35	1225	20	400
17	42	1764	20	400
18	43	1849	26	676
19	41	1681	19	361
20	44	1936	26	676
21	28	784	18	324
22	32	1024	25	625
23	40	1600	23	529
24	43	1849	23	529
25	37	1369	20	400
Total	883	32151	524	11278

(Source: Research Results Data Processing, 2018).

Based on table 3 above, the total squared r-score data obtained from the calculation of togok flexibility (X) of 32151, and upper serviceability (Y) of 11278. These results are initial data before being processed to determine the relationship between variables.

Calculating the Average and Standard Deviation of Each Variable

After the row score and row score squared are known, the next step is to calculate the average value and standard deviation, which values will be used to calculate the T score for each variable.

1. Calculating the Average Value and Standard Deviation of Flexibility of the togok

$$\overline{X} = \frac{\sum X}{N} = \frac{883}{25} = 35{,}32$$

- Calculating the Standard Deviation of Flexibility of the togok

$$SDx = \sqrt{\frac{N(\sum X^2) - (\sum X)^2}{N(N-1)}} = \sqrt{\frac{25(32151) - (883)^2}{25.(24-1)}}$$

$$= \sqrt{\frac{803775{,}00 - 779689{,}00}{25.(24)}} = \sqrt{\frac{24086{,}00}{600}} = \sqrt{40{,}14} = 6{,}34$$

The results of data processing above, the average flexibility of the togok is 35.32 and the standard deviation value is 6.34.

2. Calculating the Average and Standard Deviation of top Serviceability

$$\overline{X} = \frac{\sum X}{N} = \frac{524}{25} = 20{,}96$$

- - Calculating the Standard Deviation of top Serviceability

$$SDx = \sqrt{\frac{N(\sum X^2) - (\sum X)^2}{N(N-1)}} = \sqrt{\frac{25(11278) - (524)^2}{25.(24-1)}}$$

$$= \sqrt{\frac{281950{,}00 - 274576{,}00}{25.(24)}} = \sqrt{\frac{7374{,}00}{600}} = \sqrt{12{,}29} = 3{,}51$$

Tthe results of data processing above, the average serviceability above is 20.96 and the standard deviation value is 3.51.

Calculating T. Score Data for All Variables

After obtaining the average value and standard deviation of each variable, then calculating the T-Score value of all these variables using the formula for T-Score proposed by Hadi (1990:22).

$$T = \frac{X - M}{SD} \times 10 + 50.$$ Note : X = Skor Variabel X/Y M = Rata-rata

Below is a table of T-Score Calculation Results for each Variable X and Y.

Table 4.
T. Score Calculation Result Data for each Variable X with Y

No	R.score X	Tscore X	R.score Y	Tscore Y
1	**2**	**3**	**4**	**5**
1	45	65,28	25	61,52
2	35	49,49	24	58,67
3	36	51,07	19	44,41
4	44	63,70	19	44,41
5	26	35,29	24	58,67
6	38	54,23	18	41,56

7	28	38,45	14	30,15
8	34	47,92	16	35,85
9	37	52,65	18	41,56
10	33	46,34	16	35,85
11	27	36,87	19	44,41
12	29	40,03	27	67,23
13	24	32,13	20	47,26
14	32	44,76	23	55,82
15	30	41,60	22	52,97
16	35	49,49	20	47,26
1	**2**	**3**	**4**	**5**
17	42	60,54	20	47,26
18	43	62,12	26	64,38
19	41	58,96	19	44,41
20	44	63,70	26	64,38
21	28	38,45	18	41,56
22	32	44,76	25	61,52
23	40	57,39	23	55,82
24	43	62,12	23	55,82
25	37	52,65	20	47,26
Total	883	1250,00	524	1250,00

(Source: Research Result Data Processing, 2018)

Correlation Test Between Variables

The relationship between togok flexibility (X) and top serviceability (Y), can be known by doing correlation analysis. The correlation analysis used is the Pearson Product Moment correlation. The following is a helper table to calculate the correlation after it is calculated with Microsoft Excel 2007.

Table 5
Squaring Data Tscore Flexibility of sticks (X) and Serviceability (Y)

No	X	Y	X^2	Y^2	X. Y
1	65,28	61,52	4261,23	3785,21	4016,17
2	49,49	58,67	2449,75	3442,35	2903,95
3	51,07	44,41	2608,48	1972,17	2268,12
4	63,70	44,41	4057,66	1972,17	2828,85
5	35,29	58,67	1245,39	3442,35	2070,53
6	54,23	41,56	2940,88	1726,95	2253,61
7	38,45	30,15	1478,15	908,82	1759,04
8	47,92	35,85	2296,00	1285,34	1717,89
9	52,65	41,56	2772,19	1726,95	2188,02
10	46,34	35,85	2147,24	1285,34	1661,31
11	36,87	44,41	1359,28	1972,17	1637,29
12	40,03	67,23	1602,01	4519,74	2690,85
13	32,13	47,26	1032,56	2233,66	1518,68
14	44,76	55,82	2003,46	3115,77	2498,46
15	41,60	52,97	1730,84	2805,46	2203,59

16	49,49	47,26	2449,75	2233,66	2339,21
17	60,54	47,26	3665,47	2233,66	2861,37
18	62,12	64,38	3859,07	4144,34	3999,16
19	58,96	44,41	3476,85	1972,17	2618,58
20	63,70	64,38	4057,66	4144,34	4100,77
21	38,45	41,56	1478,15	1726,95	1597,72
22	44,76	61,52	2003,46	3785,21	2753,82
23	57,39	55,82	3293,21	3115,77	3203,26
24	62,12	55,82	3859,07	3115,77	3467,56
25	52,65	47,26	2772,19	2233,66	2488,40
Total	1250,00	1250,00	64900,00	64900,00	63646,20

Based on Table 5 above, the calculation results are obtained as follows: $\sum X$ = 1250,00, $\sum Y$=1250,00, $\sum X^2$ = 64900,00, $\sum Y^2$ = 64900,00 dan $\sum X.Y$ = 63646,20 After getting all the calculation results, the next step is to calculate the correlation coefficient with the following steps.

$$r_{xy} = \frac{N\sum XY - (\sum X)(\sum Y)}{\sqrt{\{N.\sum X^2 - (\sum X)^2\}\{N.\sum Y^2 - (\sum Y)^2\}}}$$

$$= \frac{25.63646{,}20 - (1250{,}00)(1250{,}00)}{\sqrt{\{25.64900{,}00 - (1250{,}00)^2\}\{25.64900{,}00 - (1250{,}00)^2\}}}$$

$$= \frac{1591154{,}939 - 1562500}{\sqrt{\{1622500 - 1562500\}\{1622500 - 1562500\}}} = \frac{28654{,}93864}{\sqrt{\{60000\}\{60000\}}} = \frac{28654{,}93864}{\sqrt{3600000000}} =$$

$$\frac{28654{,}938644}{60000} = 0{,}48$$

Based on the correlation calculation above, the value of the correlation coefficient between the variables X and Y is 0,48 and the value is referred to as r_{hitung} (r=0,48). Furthermore, with the level of significance α = 0,05 dan dk = n – 2 = 25–2 = 23, then found the value of ttable is 0.396. To find out whether there is a relationship between X and Y, the value of r_{hitung} compared to the rtable value. There will be a relationship between variables if the value of r_{hitung} greater than value r_{tabel} ($r_{hitung} > r_{tabel}$). So based on the comparison r_{hitung} with r_{tabel} it can be seen that r_{hitung} (0,48) greater than r_{tabel} (0,396). So based on the calculation of the correlation coefficient, it was found that there was a relationship between the flexibility of the togok variable (X) and the top serviceability (Y).

Hypothesis test

To test whether the hypothesis that the author has proposed can be accepted as true, then the results of the calculation of the relationship between each variable that have been carried out are tested using the t-test formula as follows:

$$t = \frac{r\sqrt{n-2}}{\sqrt{1-r^2}} = \frac{0{,}48\sqrt{25-2}}{\sqrt{1-0{,}48^2}} = \frac{0{,}48.\sqrt{23}}{\sqrt{1-0{,}228084864}} = \frac{0{,}48 \cdot 4{,}795831523}{\sqrt{0{,}771915136}}$$

$$= \frac{2{,}290404301}{0{,}878587011} = 2{,}61$$

Based on the results of the study, the value of the t test is 2,61 which value is referred to as t_{hitung}. with significance level α = 0,05 dan dk = n – 2 = 25–2 = 23, then the value is found the value $t_{tabel\ is}$ 1,174. Furthermore, Ha is accepted if the value of t_{hitung} greater than t_{tabel} (t_{hitung}>t_{tabel}). So based on the comparison t_{hitung} with t_{tabel} it can be seen that t_{hitung} (2,61) greater than t_{tabel} (1,174). So based on the calculation of the hypothesis test, it was found that Ha was accepted and Ho was rejected so that the hypothesis that the author proposed was accepted as true.

DISCUSSION

Based on the results of the study, the average flexibility of the togok (X) students of SMA N 1 Lampeuneurut was 35.32 the value was classified in the poor category. The average service ability (Y) of students is 20.96 so that the value is classified in the Good category. These results are initial data before being processed to determine the relationship between variables.

After being analyzed, the research data are interpreted so that it is found that the correlation between X and Y is 0,48 (0,48 as r_{hitung}). Value of the r_{hitung} then compared with the value of r_{tabel} yaitu 0,396, then it is found that the value of r_{hitung} = 0,48 Higher than r_{tabel}= 0,396 (0,48 >0,396**),** so that there is a relationship between togok flexibility and top service ability in volleyball games of the students.

Furthermore, based on the results of the calculation of the hypothesis test by referring to the value of the correlation coefficient, the hypothesis test value is obtained 2,61 (2,61 as t_{hitung}). To test the value hypothesis, t_{hitung} th is then compared with the value of t_{tabel} yaitu 1,174. Then it is found that the value of t_{hitung} =2,61 Higher than t_{tabel}=1,174 (2,61 > 1,174) therefore, Ha is accepted and Ho is rejected. So the hypothesis that the author proposes is that there is a significant relationship between togok flexibility and top service ability in volleyball games of the students can be accepted. And this is also in accordance with the opinion of Harsono (1992:164) which says that: "Similarly, volleyball athletes and athletes from other sports, their performance will depend a lot on the flexibility (flexibility) of the joint space".

Jamalong (2015) states that the ability to serve volleyball well needs to be supported by good physical abilities as well. One element of the physical condition that supports the sepaktakraw service movement includes leg muscle power and togok flexibility. The leg muscle power and flexibility of the togok play a role in the volleyball service movement, especially when the volleyball is tossed between the right or left flanks, then the tekong foot immediately kicks the volleyball and is directed to the opponent's playing area.

According to Lahinda (2019), playing volleyball also requires many physical elements to support the performance of each player. The components of the physical conditions that have been stated must be trained in a gradual manner so that the athlete's abilities can be produced efficiently.

This research is focused on leg explosive power, arm muscle strength, flexibility on the back stake, and the ability to jump serve. One of the most important components in the game of volleyball is the serve. Where the service can also be interpreted as an attack or blow for the first time for the team that did it. Service is also a determining

factor in the success or failure of a team that creates points in order to win a match. Lahinda (2019) also stated that there is a relationship between wrist flexibility and arm muscle ability which can together affect the ability of service jumps in 2018/2019 physical education students with a correlation coefficient of 0.9996 in the very good category.

The results of research conducted by Murti (2020) on the effect of togok flexibility strength on the takraw service, showed that the effect of leg muscle strength on the sepak takraw service with a significance value of 0.303. There is an effect of togok flexibility on the sepak takraw service with a significance value of 0.308. There is a balance effect on the sepak takraw service with a significance value of 0.333. There is an effect of leg muscle strength on balance with a significance value of 0.459. There is an effect of togok flexibility on balance with a significance value of 0.445.

The flexibility of the stake and the ability to serve are very influential in the game of volleyball. According to Murti (2020) stated that the flexibility of the togok is a person's capacity to do the flexibility of movement, especially the muscles that work on the joints without any obstacles, especially when serving sepak takraw. Having good togok flexibility will certainly increase performance when exercising. While the limited flexibility or flexibility of the togok will certainly result in limiting motion and causing unwanted injuries. Flexibility and balance together have an effect because one leg maintains the balance of the body and one foot swings the kick. This is done to push the volleyball so that it shoots in the desired direction.

Having good abilities or skills will certainly affect the mastery of good sports skills as well. The flexibility of the togok is one of the physical components that have an influence on volleyball, especially in the top serve movement. The flexibility of the togok can perfect in a movement. A player with a good level of flexibility will find it very easy to determine the desired service direction. In addition, with a good mastery of flexibility, it will be very easy to improve or master the variety of services to minimize the occurrence of injuries.

The results of another study which stated that the flexibility of the stick was very influential on the ability to serve the top was carried out by Kedo (2013) which showed the results of the study with a correlation of 0.832 with the contribution value of the flexibility of the stick to the ability to smash by 69.22%. This shows that the flexibility of the togok contributes significantly to the ability top serve.

A person with good serving ability will start his first attack well. This is in line with Shodikin's (2013) statement which states that, "Mastery of a good service will certainly help thwart an attack that has been designed by the opponent in a strategy to win a match. Serving was originally a basic technique of opening a game or match".

Likewise, in other matches such as sepak takraw, service is a technique to start the match (Purwaningsih & Wibowo, 2014). Without the service it is impossible for the game or the match to start. According to Bachdar (2020) regarding the flexibility of the stick in the ability to serve lobs in the badminton game stated that, "The ability of the serve is also influenced by the flexibility of the togok backwards. The contribution of the back-to-back stick flexibility in serving the lob is when the lob serves, the back stick is pulled far back and then the back stick is pushed forward so that the weight is lowered forward. If the weight is below the front, it will increase the weight of the

stroke so that the result of the lob serve, the cock will soar high and far behind the opponent's service area.

CONCLUSION

Based on the results of the research, it can be concluded that there is a significant relationship between the flexibility of the togok with the top serveability , in the volleyball game for students at SMA Negeri 1 Lampeuneurut Aceh Besar, which is 20.96, so that the value belongs to the good category. it means that the better the flexibility of the togok, the better a person is in mastering volleyball matches. thus increasing the flexibility of the togok also needs attention to be improved for volleyball players

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