

ABSTRACT



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CORRELATION BETWEEN HAMSTRING FLEXIBILITY WITH ACCURACY OF UPPER SERVER ON SEPAK TAKRAW PLAYERS.

Consists of VI Chapter, 48 Pages, 8 Tables, 6 Images, 8 Appendix

Objective: The research aims to find out the correlation between hamstring flexibility with accuracy of upper server on sepak takraw players. **Methods:** The research method used quantitative descriptive with correlation type of study. Samples were chosen based on purposive sampling technique. Sample consist of 16 sepak takraw players, the hamstring flexibility measured using sit and reach test and accuracy measured using sepak takraw skill test. **Result:** Normality test with shapiro wilk test was obtained with normal. The result of hypothesis test with correlation test with pearson product moment was obtained with $p = 0.001$ for SRT and sepak takraw skill skill and $r = 0,734$. **Conclusion:** There was a strong relationship with the higher flexibility of the hamstring, the higher the accuracy of service sepak takraw.

Keywords: Accuracy service, Hamstring flexibility, Sepak takraw, Sit and reach test.