

**THE EFFECT OF HANDSTAND TRAINING ON INCREASING THE STATIC  
BALANCE OF STUDENT TAKING VOLLEYBALL EXTRACURRICULAR  
ACTIVITIES  
AT SDN 2 JATEN**

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**ABSTRACT**

**Background:** Handstand training is a motion skill that optimizes balance functions. giving a handstand will increase static balance ability. balance involves various movements and each segment of the body supported by the musculoskeletal system and fulcrum. at 10 years of age the static balance of boys experiences a slightly slow balance increase. **Objective:** Knowing the effect of handstand training on static balance. **Method:** The method used is quantitative pre-experimental type research with one group pre-post test design technique. The sampling technique in this study used simple random sampling, so the study sample was 18 respondents. **Result:** the results of the test data influence using Wilcoxon test, the results obtained  $p = 0.002$  ( $p < 0.05$ ). **Conclusion:** there is the effect of handstand training on increasing the static balance of students taking volleyball extracurricular activities at SDN 2 jaten.

**Keywords:** Handstand training, Static balance.

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