

## ABSTRAK

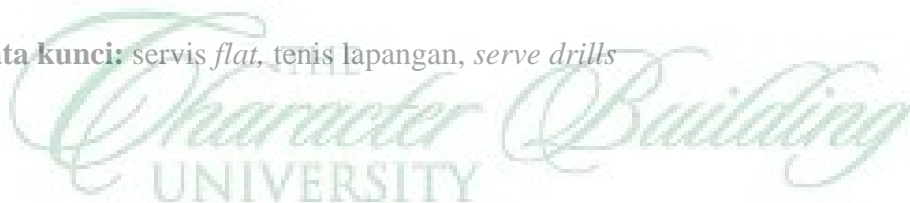
**Boby Putra Manalu, (Nim, 6171121009) Pengaruh Latihan *Serve Drills* Terhadap Kemampuan Servis *Flat* Pada Atlet Komunitas Tenis Lapangan UNIMED Tahun 2022**

**(Dosen Pembimbing: Ibrahim)**

**Skripsi: Fakultas Ilmu Keolahragaan Universitas Negeri Medan 2022**

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *serve drills* terhadap kemampuan servis *flat* pada atlet komunitas tenis lapangan UNIMED, yang terdapat satu program latihan yang didalamnya terdapat lima bentuk latihan yang dimana kelima bentuk latihan dirancang untuk meningkatkan kemampuan servis *flat* pada tenis lapangan. Penelitian ini dilakukan dikomunitas tenis lapangan UNIMED yang berlokasi di jalan Willian Iskandar Pasar v. pengambilan data dimulai dari tanggal 7 September- 14 Oktober 2022 dengan jumlah sampel 10 orang. Manfaat penelitian ini adalah memberikan informasi tentang pentingnya latihan *serve drills* untuk meningkatkan kemampuan servis. Metode penelitian ini adalah eksperimen, dengan melakukan test awal (*pre test*), Kemudian sampel diberikan perlakuan berupa program latihan *serve drills*. Dengan program latihan yang disusun, Kemudian setelah kurang lebih dari 6 minggu menjalani program latihan, sampel melakukan tes akhir (*post test*). Test awal dan test akhir diambil menggunakan instrumen *serve test*, *Tennis Skills Test Manual*. Analisis hipotesis yaitu, pengaruh latihan *serve drills* terhadap kemampuan servis *flat* pada atlet komunitas tenis lapangan UNIMED tahun 2022, diperoleh  $t_{hitung}$  3,95 dan  $t_{standart}$  2,26 pada taraf nyata  $\alpha = 0,05$  maka  $t_{hitung} > t_{standart}$ . Berdasarkan kriteria pengujian hipotesis yaitu  $H_0$  ditolak dan  $H_a$  diterima, maka dalam penelitian ini menyatakan bahwa “terdapat pengaruh latihan *serve drills* terhadap kemampuan servis *flat* pada atlet komunitas tenis lapangan UNIMED 2022”

**Kata kunci:** servis *flat*, tenis lapangan, *serve drills*



## ABSTRACT

**Boby Putra Manalu (Nim: 6171121009) “The Effect Of Serve Drills Training On Flat Serve Ability In Athletes From the Unimed Tennis Community in 2022”.**

**(Supervisor: Ibrahim)**

**Thesis: Faculty Of Sport Science UNIMED 2022**

This study aims to determine the effect of serve drills training on the ability to serve flats in the UNIMED tennis community athletes, in which there is one training program in which there are five forms of exercise in which the five forms of exercise are designed to improve the ability to serve flats in tennis. This research was conducted in the UNIMED tennis community, which is located on Jalan Willian Iskandar Pasar v. Data collection starts from September 7 to October 21, 2022 with a sample of 10 people. The benefit of this research is to provide information about the importance of serve drills to improve serving skills. This research method is experimental, by conducting an anitial test (pre-test). then the sample is given treatment in the form of a serve drills training program. With the exercise program compiled, then after approximately 6 weeks of undergoing the exercise program, the sample took a final test (post test). The initial test and the final test were taken using the serve test instrument, the Tennis Skills Test Manual. Hypothesis analysis, the effect of serve drills training on the ability to serve flat on the athletes of the UNIMED tennis community in 2022, obtained  $t_{score}$  3.95 and  $t_{standart}$  2.26 at the real level = 0.05, then  $t_{score} > t_{standart}$ . Based on the hypothesis testing criteria, namely  $H_0$  is rejected and  $H_a$  is accepted, then in this study it is stated that "there is an effect of serve drills training on the ability to serve flats on athletes from the UNIMED tennis community in 2022 "

**Keywords:** flat service, tennis, serve drills