

ABSTRAK

Daniel Ansori Nababan (NIM: 6203121003), “Pengaruh Latihan *Highes Rally* Dan *Cross Court* Terhadap Kemampuan *Backhand Drive* Pada Atlet Putra Komunitas Tenis Lapangan Unimed Tahun 2024”.

(Pembimbing: Albadi Sinuligga)

Skripsi: Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2025.

Berdasarkan pengamatan penulis pada saat atlet komunitas tenis lapangan Unimed melakukan *groundstroke* berpasangan ataupun *game* dapat disimpulkan bahwa kemampuan *backhand drive* mereka masih rendah. Hal tersebut terlihat dari pukulan *rally* pada sisi kiri dan kanan lapangan beberapa atlet masih lemah dan sering ketinggalan dalam mendapatkan posisi yang tepat untuk memukul bola. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *highes rally* dan *cross court* terhadap kemampuan *backhand drive* Komunitas Tenis Universitas Negeri Medan. Lokasi penelitian dilaksanakan dilapangan Tenis Universitas Negeri Medan. Populasi pada penelitian ini sebanyak 25 orang. Sampel pada penelitian ini sebanyak 7 atlet. Metode penelitian ini adalah eksperimen kuantitatif. Instrumen pada penelitian ini adalah *Backhand Drive Hewitt Tennis Achievement Test*. Teknik pengumpulan data dengan menggunakan tes *Backhand Drive Hewitt Tennis Achievement Test*. Analisa yang dipakai dalam penelitian ini yaitu uji normalitas, uji homogenitas dan uji hipotesis menggunakan SPSS versi 25. Hasil uji hipotesis menunjukkan T_{hitung} sebesar 13.729 > T_{tabel} sebesar 1.934. Dengan demikian H_0 ditolak H_a diterima, maka dapat disimpulkan terdapat pengaruh yang signifikan dari Latihan *Highes Rally* Dan *Cross Court* Terhadap Kemampuan *Backhand Drive* Pada Atlet Putra Komunitas Tenis Lapangan Unimed Tahun 2024.

Kata Kunci: *Highes Rally*, *Cross Court*, *Backhand Drive*, *Tenis Lapangan*



ABSTRACT

Daniel Ansori Nababan (NIM: 6203121003), "*The Effect of Highes Rally and Cross Court Training on Backhand Drive Ability in Male Athletes of the Unimed Tennis Community in 2024*".

(Supervisor: Albadi Sinuligga)

Thesis: Faculty of Sports Science, State University of Medan 2025.

Based on the author's observations during paired groundstroke drills and games conducted by the Unimed tennis community athletes, it can be concluded that their backhand drive skills are still low. This is evident from rally strokes on both the left and right sides of the court, where several athletes appeared weak and often failed to get into the correct position to hit the ball. This study aims to determine the effect of Highes Rally and Cross Court training on the backhand drive ability of athletes in the Universitas Negeri Medan Tennis Community. The research was conducted at the Universitas Negeri Medan tennis court. The population in this study consisted of 25 individuals, and the sample included 7 athletes. The research method used was a quantitative experiment. The instrument employed in this study was the Backhand Drive Hewitt Tennis Achievement Test. Data collection was carried out using the same test. The data analysis techniques used included the normality test, homogeneity test, and hypothesis testing using SPSS version 25. The results of the hypothesis test showed that the calculated T-value (T_{hitung}) was 13.729, which is greater than the T-table value (T_{tabel}) of 1.934. Therefore, the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted. It can thus be concluded that Highes Rally and Cross Court training has a significant effect on the backhand drive ability of male athletes in the Unimed Tennis Community in 2024.

Keywords: Highes Rally, Cross Court, Backhand Drive, Tennis Court