

ABSTRAK

Perly Holong Gultom, NIM: 6203121096. “Pengaruh Latihan *acceleration Drills* dan *Specific Shot Drills* Terhadap Kemampuan *Forehand Drive* Unimed Tennis Club Tahun 2024”.

Pembimbing : Prof. Dr. Imran Akhmad, S.Pd, M.Pd
Skripsi : Fakultas Ilmu Keolahragaan UNIMED, Medan 2024

Penelitian bertujuan untuk mengetahui pengaruh latihan *acceleration drills* dan *specific shot drills* terhadap kemampuan *forehand drive* Unimed Tennis Club. Metode penelitian yang digunakan adalah eksperimen dengan melakukan tes awal (*pre test*), kemudian sampel diberikan perlakuan berupa latihan *acceleration drills* dan *specific shot drills* dengan program latihan yang disusun. Program latihan dilaksanakan kurang lebih 6 minggu secara terprogram, kemudian sampel melakukan tes akhir (*post test*). Tes awal dan tes akhir dilaksanakan dengan menggunakan instrumen *forehand drive hewitt tennis achievement test*. Analisis hipotesis dengan menggunakan uji-t diperoleh $t_{hitung} = 7,31$. Nilai tabel dengan taraf signifikan $\alpha = 0,05$ dengan $dk = n-1$ ($9-1$) = 8 sehingga $t_{tabel} = 2,31$. Berdasarkan hasil $t_{hitung} = 7,31 > t_{tabel} = 2,31$ maka berdasarkan hipotesis penelitian yang telah ditetapkan H_0 ditolak dan H_a diterima. Artinya terdapat pengaruh latihan yang signifikan dari latihan *acceleration drills* dan *specific shot drills* terhadap kemampuan *forehand drive* Unimed Tennis Club Tahun 2024.

Kata kunci: *Acceleration Drills*, *Specific Shot Drills*, *Forehand Drive*, Tennis lapangan.



ABSTRACT

Perly Holong Gultom, NIM: 6203121096. "The Effect of Acceleration Drills and Specific Shot Drills Training on Unimed Tennis Club's Forehand Drive Ability in 2024".

Supervisor: Prof. Dr. Imran Akhmad, S.Pd, M.Pd

Thesis: UNIMED Faculty of Sports Sciences, Medan 2024

The research aims to determine the effect of acceleration drills and specific shot drills training on Unimed Tennis Club's forehand drive ability. The research method used was an experiment by conducting an initial test (pre test), then the sample was given treatment in the form of acceleration drills and specific shot drills with a prepared training program. The training program is carried out for approximately 6 weeks in a programmed manner, then the sample undergoes a final test (post test). The initial and final tests were carried out using the Hewitt tennis achievement test forehand drive instrument. Hypothesis analysis using the t-test obtained $t_{count} = 7.31$. The table value has a significance level of $\alpha = 0.05$ with $dk = n-1$ ($9-1$) = 8 so $t_{table} = 2.31$. Based on the results of $t_{count} = 7.31 > t_{table} = 2.31$, based on the research hypothesis that has been determined, H_0 is rejected and H_a is accepted. This means that there is a significant training influence from acceleration drills and specific shot drills on Unimed Tennis Club's forehand drive ability in 2024.

Keywords: Acceleration Drills, Specific Shot Drills, Forehand Drive, Tennis court.

