

ABSTRAK

Rian Naek Ebenezer Sihaloho (NIM : 6203321008), “Pengaruh Latihan *Medicine Ball* dan Latihan *Resistance Band Drills* Terhadap Kemampuan *Forehand Drive* Pada Atlet Putra Komunitas Tenis Lapangan Unimed Tahun 2024”.

(Pembimbing : Nurkadri)

Skripsi : Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2024.

Berdasarkan hasil observasi peneliti, peneliti melihat banyak nya kekurangan atlet saat melakukan pukulan *forehand* salah satunya kurangnya *power* pada atlet dan kurangnya kecepatan atlet saat menjemput bola, sehingga peneliti mengambil penelitian yang berdasarkan tentang *power* dan kecepatan. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *medicine ball* dan *resistance band drills* terhadap kemampuan *forehand drive* komunitas tenis Universitas Negeri Medan. Pengambilan data dilakukan dari tanggal 3-8 bulan April 2024, dengan jumlah sampel pada penelitian ini sebanyak 25 orang. Metode penelitian ini adalah eksperimen dengan melakukan tes awal (*pre test*), kemudian sampel diberikan perlakuan berupa latihan *medicine ball* dan *resistance band drills* dengan program latihan yang telah disusun. Program latihan dilaksanakan kurang lebih 3 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*. Hal tersebut diketahui dari nilai $p = 0,000 < \alpha = 0,05$ dan peningkatan rata-rata pada *pretest* dan *posttest* dari 7, 43 menjadi 19, 71. Berdasarkan tabel diatas diketahui hipotesa dalam penelitian diterima yang berarti bahwa latihan *Medicine Ball* dan *Resistance Band Drill* berpengaruh terhadap hasil kemampuan *Forehand Drive* pada atlet putra Komunitas Tenis Lapangan unimed tahun 2024 dengan nilai $p = 0,000 < \alpha = 0,05$. Berdasarkan hasil pengujian hipotesis, didapatkan kesimpulan bahwa terdapat pengaruh latihan *Medicine Ball* Dan *Resistance Band Drills* Terhadap Kemampuan *Forehand Drive* Pada Atlet Putra Komunitas Tenis Lapangan Unimed Tahun 2024 dengan nilai $p = 0,000$. Artinya terdapat pengaruh latihan yang signifikan dari latihan *medicine ball* dan *resistance band drills* terhadap kemampuan *forehand drive* komunitas tenis lapangan UNIMED tahun 2024.

Kata Kunci : *Medicine Ball*, *Resistance Band Drills*, *Forehand Drive*, *Tenis Lapangan*

ABSTRACT

Rian Nack Ebenezer Sihaloho (NIM: 6203321008), "The Effect of Medicine Ball Training and Resistance Band Drills on Forehand Drive Ability in Male Athletes of the Unimed Tennis Community in 2024

(Supervisor: Nurkadri)

Thesis: Faculty of Sports Science, State University of Medan 2024.

Based on the results of the researcher's observations, Poucliti saw many shortcomings of athletes when doing forehand strokes, one of which was the lack of power in athletes and the lack of speed of athletes when picking up the ball, so the researcher took a study based on power and speed. This study aims to determine the effect of medicine ball training and resistance band drills on the forehand drive ability of the community, Universitas Negeri Medan. Data collection was carried out from April 3-8, 2024, with a sample size of 25 people in this study. This research method is an experiment by conducting an initial test (pre- test), then the sample was given treatment in the form of medicine ball training and resistance band drills with a pre- arranged training program. The training program was carried out for approximately 3 weeks in a programmed manner, then the sample took the final test (post- test). The initial and final tests were carried out using the forehand to hovitt tomia achievement feat instrument. It is known and the value of $p = 0.000$ 0.05 and the average increase in the pretest and posttest from 7.43 to 19.71. Based on the table above, it is known that the hypothesis in the study is accepted, which means that the Mode me Ball and Resistance Band Drill training have an effect on the ability of Forehand Drive in male athletes of the Unumed Tennis Community in 2024 with a p value of $0.000 = 0.05$. Based on the results of the hypothesis test, it was concluded that there was an effect of Medicme Boil and Resistance Bond Drill training on Forehand Drive Ability in Male Athletes of the Unomed Tennis Community in 2024 with a miai - 0.000. This means that there is an influence of training that is graphically from the mime boli training and resistance band drills on the forehand drive ability of the UNIMED tennis community in 2024.

Keywords: Medicine Ball, Resistance Band Drills, Forehand Drive. Tennis Court