

ABSTRAK

Wati, Ni Ketut Widhi Trisna (2024). “Pengaruh Metode Latihan *Drill* Dan Koordinasi Mata Tangan Terhadap *Forehand* dan *Backhand Drive* Tenis Lapangan Pada Club Tenis Binaan PELTI Buleleng”. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata kunci: *drill Massed practice* dan *distributed practice*, koordinasi mata tangan *forehand* dan *backhand drive*

Penelitian ini bertujuan untuk menganalisis (1) perbedaan pukulan *forehand* dan *backhand drive*, (2) pengaruh interaksi antara metode pelatihan dan koordinasi mata tangan terhadap pukulan *forehand* dan *backhand drive*, (3) perbedaan pukulan *forehand* dan *backhand drive* antara atlet tenis lapangan yang mendapatkan pelatihan dengan metode *drill Massed practice* dan atlet tenis lapangan dengan metode *distributed practice* pada atlet tenis yang memiliki koordinasi mata tangan tinggi, (4) perbedaan pukulan *forehand* dan *backhand drive* antara atlet tenis lapangan yang mendapatkan pelatihan dengan metode *drill Massed practice* dan metode *distributed practice* pada atlet tenis lapangan yang memiliki koordinasi mata tangan rendah. Jenis penelitian ini adalah penelitian eksperimen semu (*quasi experiment*) dengan rancangan *Posttest Only Non-Equivalent Control Group Design*. Populasi penelitian ini adalah seluruh atlet tenis lapangan binaan PELTI Kabupaten Buleleng tahun 2023 dengan jumlah populasi sebanyak 44 atlet tenis lapangan. Data yang dikumpulkan dalam penelitian ini berupa *forehand* dan *backhand drive*. Data dianalisis dengan statistik deskriptif dan uji MANOVA 2 jalur. Hasil penelitian (1) terdapat perbedaan pukulan *forehand* dan *backhand drive* antara atlet tenis lapangan yang mendapatkan pelatihan dengan metode *drill Massed practice* dan metode *distributed practice* ($F = 6,829$; $p < 0,05$), (2) terdapat pengaruh interaksi antara metode pelatihan dan koordinasi mata tangan terhadap pukulan *forehand* dan *backhand drive* ($F = 5,512$; $p < 0,05$), (3) terdapat perbedaan pukulan *forehand* dan *backhand drive* antara atlet tenis lapangan yang mendapatkan pelatihan dengan metode *drill Massed practice* dan metode *distributed practice* pada atlet tenis lapangan yang memiliki koordinasi mata tangan tinggi ($F = 5,568$; $p < 0,05$), serta (4) perbedaan pukulan *forehand* dan *backhand drive* antara atlet tenis lapangan yang mendapatkan pelatihan dengan metode *drill Massed practice* dan metode *distributed practice* pada atlet tenis lapangan yang memiliki koordinasi mata tangan rendah ($F = 6,570$; $p < 0,05$). Simpulan penelitian ini adalah terdapat perbedaan pukulan *forehand* dan *backhand drive* antara atlet tenis lapangan yang mendapatkan pelatihan dengan metode *drill Massed practice* dan metode *distributed practice*.

ABSTRACT

Wati, Ni Ketut Widhi Trisna (2024). "The Effect of Drill Training Methods and Hand Eye Coordination on Court Tennis Forehand and Backhand Drives at Tennis Clubs Assisted by PELTI Buleleng". Thesis, Sports Education, Postgraduate Program, Ganesha University of Education.

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Key words: drill Massed practice and distributed practice, hand eye coordination, forehand and backhand drive

This study aims to analyze (1) the differences between forehand and backhand drive strokes, (2) the influence of the interaction between training methods and hand eye coordination on forehand and backhand drive strokes, (3) differences between forehand and backhand drive strokes between field tennis athletes who received training with the Massed practice drill method and field tennis athletes with the distributed practice method for tennis athletes who have high hand eye coordination, (4) differences in forehand and backhand drive strokes between field tennis athletes who received training with the Massed practice drill method and the distributed practice method for athletes tennis player who has low hand eye coordination. This type of research is quasi-experimental research with a Posttest Only Non-Equivalent Control Group Design. The population of this study is all tennis athletes assisted by PELTI Buleleng Regency in 2023 with a total population of 44 tennis athletes. The data collected in this research is in the form of forehand and backhand drives. Data were analyzed using descriptive statistics and 2-way MANOVA test. The results of the research (1) there are differences in forehand and backhand drive strokes between field tennis athletes who received training using the drill Massed practice method and the distributed practice method ($F = 6.829$; $p < 0.05$), (2) there is an interaction effect between training method and eye-hand coordination for forehand and backhand drive strokes ($F = 5.512$; $p < 0.05$), (3) there are differences in forehand and backhand drive strokes between field tennis athletes who received training using the Massed practice drill method and the distributed practice method in tennis athletes courts that have high hand eye coordination ($F = 5.568$; $p < 0.05$), as well as (4) differences in forehand and backhand drive strokes between tennis athletes who received training using the Massed practice drill method and the distributed practice method among athletes. tennis players who have low hand eye coordination ($F = 6.570$; $p < 0.05$). The conclusion of this research is that there are differences in forehand and backhand drive strokes between field tennis athletes who received training using the drill massed practice method and the distributed practice method.