

## DAFTAR PUSTAKA

- Abdi. 2021. Bola Tangan (*Pengertian, Sejarah, Peraturan, Teknik, Manfaat*).  
<https://www.materiolahruga.com/2018/05/pengertian-sejarah-teknik-peraturan-manfaat-bola-tangan.html>.
- Ambarukmi, dkk. 2007. *Pelatihan Pelatih Fisik Level I*. Jakarta: Asdep Pengembangan
- Alatzoglou, I. Athanailidis, A. Laios, and V. D. (2017). the managerial capacity of physical education teachers - principals: The case of Greece. *Journal of Human Kenetic*, 12(3), 742–752.
- Al, G. et. (2020). A comparative study on the performance profile of under-17 and under-19 handball players trained in the sports school system. *J. Environ. Res. Public Health*, 17(21), 1–15.
- Borg, W. R., & Gall, D. (1983). *Educational Research*. Longman.
- Branch, R. M. (2009). *Instructional Design The ADDIE Aprroach*. Springer. Buchheit, M., Lepretre, P. M., Behaegel, A. L., Millet, G. P., Cuvelier, G., & Ahmaidi,S. (2009). Cardiorespiratory responses during running and sport-specific exercises in handball players. *Journal of Science and Medicine in Sport*, 12(3), 399–405.  
<https://doi.org/10.1016/j.jsams.2007.11.007>
- Burns, R. D., Fu, Y., Fang, Y., Hannon, J. C., & Brusseau, T. A. (2017). *Effect of a 12-Week Physical Activity Program on Gross Motor Skills in Children*.  
<https://doi.org/00315125>, 124(6), 1121-1122.
- Raeder, J. Fernandez-Fernandez, and A. F. (2015). Effects of Six Weeks of Medicine Ball Training on Throwing Velocity, Throwing Precision, and Isokinetic Strength of Shoulder Rotators in Female Handball Players. *Journal Strength and Conditioning*, 6(7)
- Çetin, E., & Balci, N. (2015). The Effects of Isokinetic Performance on Accurate Throwing in Team Handball. *Procedia - Social and Behavioral Sciences*, 174, 1872–1877. <https://doi.org/10.1016/j.sbspro.2015.01.850>
- Oliver, A. links open overlay panelGabrielle G. G. S. G. (2018). Classification of lumbopelvic-hip complex instability on kinematics amongst female team handball athletes. *Journal of Science and Medicine in Sport*, 21(8).  
<https://doi.org/https://doi.org/10.1016/j.jsams.2017.12.009>
- Dick, W., Carey, L., & Carey, J. O. (2009). *The Systematic Design of Instruction*. Published by Allyn and Bacon.
- Burhaein, B. K. Ibrahim, and R. P. (2020). The relationship of limb muscle power, balance, and coordination with instep shooting ability: A correlation study in under-18 football athletes,. *Journal of Internationan Movement and Health*, 8(5), 265–270.

- Emzir. (2012). *Metodologi Penelitian Pendidikan: Kuantitatif & Kualitatif*. RajaGrafindo Persada.
- Fadilah, M., & Wibowo, R. (2018). Kontribusi Keterampilan Gerak Fundamental Terhadap Keterampilan Bermain Small-Sided Handball Games. *Jurnal Pendidikan Jasmani Dan Olahraga*, 3(1), 60. <https://doi.org/10.17509/jpjv3i1.7667>
- Fitts, & Posner. (1967). *Physical Education For atletik*. M University.
- Flanagan, J. R., Vetter, P., Johansson, R. S., & Wolpert, D. M. (2013). *Prediction Precedes Control in Motor Learning*. Current Biology.
- Gómez-López, M., Sánchez, S. A., Granero-Gallegos, A., & Chirosa Ríos, L. J. (2017). Relative age effect in handball players of Murcia: Influence of sex and category of game. *Journal of Human Sport and Exercise*, 12(3), 565–573. <https://doi.org/10.14198/jhse.2017.123.01>
- H. Fredriksen, A. Cools, and G. M. (2020). Development of a short and effective shoulder external rotation strength program in handball: A delphi study. *Journal Physical Ther Sport*, 44, 92–98.
- Hake, R. R. (1999). *Analyzing Change/Gain Scores*. AREA-D American Education Research Association's Devision.D, Measurement and Reasearch Methodolog.
- Hansen, P. (2002). Running and science. *Scandinavian Journal of Medicine & Science in Sports*, 12(1), 62–62. [https://doi.org/10.1034/j.1600-0838.2002.120112\\_1.x](https://doi.org/10.1034/j.1600-0838.2002.120112_1.x)
- Ji, X. hong W. and L. li. (2014). Effect of handball training on cognitive ability in elderly with mild cognitive impairment,. *Journal Neurosci . Lett*, 566, 98–101.
- Juriana, Kurnia Tahki, G. Z. (2018). Jurnal ilmiah Sport Coaching and Education. Vol. 2. *Jurnal Ilmiah Sport Coaching and Education. Vol. 2 Januari 2018*, 2(1), 75. <http://dx.doi.org/10.1016/j.biotechadv.2010.07.003%0Ahttp://dx.doi.org/10.1016/j.scitotenv.2016.06.080%0Ahttp://dx.doi.org/10.1016/j.bbapap.2013.06.007%0Ahttp://www.frontiersin.org/article/10.3389/fmicb.2018.02309/full%0Ahttp://dx.doi.org/10.1007/s13762-018-0530-0>
- Kemenpora. (2014). *Undang-Undang Nomor 3 Tahun 2005 Sistem Keolahragaan Nasional*.
- Kent, Gustafson, & Branch, R. M. (2002). *Survey of Instructional Development Models*. Eric.
- Kishimoto, A., Tanaka, Y., Ohashi, N., Higa, M., & Yasuda, N. (2013). Effects of habitual handball training on urinary albumin excretion in female collegiate players. *Journal of Science and Medicine in Sport*, 16, e77–e78. <https://doi.org/10.1016/j.jsams.2013.10.185>
- Lee, W. W., & Owns, D. . (2004). *Multimedia-Based Instructional Design*. Pfeiffer.
- M.Saavedra, A. links open overlay panelHafrúnKristjánsdóttiraArna V. E. (2018). Psychological skills, mental toughness and anxiety in elite handball players. *Personality and Individual Differences*, 134, 125–130.

- <https://doi.org/https://doi.org/10.1016/j.paid.2018.06.011>
- Maksum, A. (2012). *Metode Penelitian dalam olahraga*. Unesa University Press. Muri,
- Y. A. (2016). *Metode Penelitian*. Prenada Media Grup.
- Nurdiana, A. (2019). Upaya meningkatkan kekuatan lemparan standing shoot dalam permainan bola basket melalui push up. *Jurnal Educatio*.  
<https://doi.org/oi.org/10.31949/educatio.v5i2.64>
- Pribadi, B. A. (2009). *Model Desain Sistem Pembelajaran*. Dian Rakyat.
- Putra, Nusa. (2011). *Research and Development*. Jakarta: Rajagrafindo Persada.
- Ranjit, K. (2014). *Research Methodology*. British Library cataloguing in publication data.
- Rasyid, Willadi. (2010). *Permainan Bola Tangan*. Padang: Sukabina Press.
- Richey. (2011). *The Instructional Design Knowledge Base*. Routledge.
- Rilastiyo, D. (2019). The Application of Tactical Approaches in Learning Handballs. *Juara*. <https://doi.org/DOI 10.33222/juara.v4i2.534>
- Rita Pereira, Peter Krstrup, Carlo Castagna, E. C., Rute Santos, Sandra Martins, João Tiago Guimarães, J., & Magalhães, S. P. (2020). Effects of a 16-week recreational team handball intervention on aerobic performance and cardiometabolic fitness markers in postmenopausal women: A randomized control trial. *Journal Pre-Proof*. <https://doi.org/doi.org/10.1016/j.pcad.2020.10.005>
- Rusman. (2011). *Model- Model Pembelajaran: Mengembangkan Profesionalisme Guru*. PT. Raja Grafindo.
- S. A. R. Putri, F. Dlis, S. Samsudin, M. Fajar, S. Wanto, and P. S. S. (2021). The Effect of Smash Training Using Hanging Balls on the Accuracy of Open Smash. *International Journal Human Movement of Sport Science*, 9(1), 135–139.
- S. D. Skejø, J. Bencke, M. Møller, and H. S. (2020). Estimating throwing speed in handball using a wearable device. *Journal Sensors (Switzerland)*, 20(17), 1–8.
- Sampson James P and Jr, Yowell Emily Bullock, E. a. (2017). *Integrating Theory, Research, and Practice in Vocational Psychology: Current Status and Future Directions*. <https://doi.org/doi.org/10.17125/svp2016>
- Setyosari. (2013). *Metode Penelitian Pendidikan & Pengembangan*. Kencana Prenadamedia Group.
- Souhail Hermassi, Kevin Launder, rene schweig. (2020). The Effects of Circuit Strength Training on the Development of Physical Fitness and Performance- Related Variables in Handball Players. *Journal of Human Kinetic*, 71(1), 191–203.  
<https://doi.org/doi: 10.2478/hukin-2019-0083>
- Sugiyono. (2008). *Metode Penelitian Kuantitatif, Kualitatif dan R & D*. Cv Alfabeta.

- Sugiyono. (2010). *Metode Penelitian Pendidikan: Pendekatan Kuantitatif, Kualitatif, dan R&D*. Alfabeta.
- Sugiyono. (2016). *Metode Penelitian Pendidikan: Pendekatan Kuantitaif, Kualitatif, dan R&D*. Alfabeta.
- Sukardi. (2011). *Metodologi Penelitian Pendidikan*. Bumi Aksara.
- Syafaruddin dan Syaflin, Hary Muhardi. *Permainan Bola Tangan*. Palembang: Sukabina Press, 2015.
- Syafruddin. *Ilmu Kepelatihan Olah Raga*. Padang: Fakultas Ilmu Keolahragaan Universitas Negeri Padang, 2011.
- Tangkudung J. & Puspitorini. (2012). *Kepelatihan Olahraga “Pembinaan Prestasi Olahraga*. Cerdas Jaya.
- Trianto. (2007). *Model Pembelajaran Terpadu dalam Teori dan Praktek*. Pustaka Ilmu.
- Trianto. (2012). *Mendesain Model Pembelajaran Inovatif Progresif*. Kencana.
- Vy Dang Bich Huynh, P. T. N. (2020). *E-Learning Evolution and Development From the Perspectives of Technology, Education, and Economy*.  
<https://doi.org/DOI:10.1830/rwe.v11n1p11>
- Widiastuti. (2011). *Tes dan Pengukuran*. Jakarta: PT Bumi Timur Raya.
- Widiputra, H. D. (2017). *Bagan Penelitian dan Road Map Penelitian*. PERBANAS INSTITUT.
- Zhu, F., Poolton, J., & Masters, R. Zhu, F., Poolton, J., & Masters, R. (2012). *Neuroscientific Aspects Of Implicit Motor Learing in Sport*. Routledge.