

Daftar Pustaka

- Adnan, A., & Arlidas. (2019). Kontribusi Daya Ledak Otot Tungkai, Daya Ledak Otot Lengan dan Kekuatan Pinggang Terhadap Kemampuan Smash. *Performa*, 4(2), 85.
- Afriansyah, D. (2019). Spin Pass Exercise Model on Rugby Game. *Budapest International Research and Critics in Linguistics and Education (BirLE) Journal*, 02(03), 519–528.
<https://doi.org/https://doi.org/10.33258/birle.v2i3.423>
- Arrody, R., Purba, R. H., & Dewanti, R. A. (2017). Perbandingan Latihan Otot Isotonik dan Isometrik Terhadap Peningkatan Kekuatan Otot Flexor Elbow Pada Mahasiswa Program Studi Ilmu Keolahragaan Angkatan 2015 Universitas Negeri Jakarta. *Journal of Segar*, 5(1), 18–28.
<https://doi.org/https://doi.org/10.21009/segar.0501.03>
- Arvinen-Barrow, M., Weigand, D. A., Thomas, S., Hemmings, B., & Walley, M. (2007). Elite and novice athletes' imagery use in open and closed sports. *Journal of Applied Sport Psychology*, 19(1), 93–104.
<https://doi.org/10.1080/10413200601102912>
- Atiq, A. (2018). *Model Latihan Teknik Dasar Sepakbola Berbasis Bermain* (Mashud (ed.)). Zifatama Jawara.
- Atmoko, B. T. (2012). Pengaruh Prestasi Belajar Mata Pelajaran Adaptif Dan Pola Asuh Orang Tua Terhadap Prestasi Belajar. *Journal of Skripsi*, 66.
- Bompa, T., & Claro, F. (2009). *Periodization in Rugby*. Meyer & Meyer Sport.
- Chiwaridzo, M., Ferguson, G. D., & Smits-engelsman, B. C. M. (2020). Anthropometric , physiological characteristics and rugby-specific game skills of schoolboy players of different age categories and playing standards. *BMC Sports Science, Medicine and Rehabilitation*, 3, 1–15.
- Chiwaridzo, M., & Gillian D. Ferguson1 and Bouwien C. M. Smits-Engelsman.

- (2016). Rugby Talent Development. *BMC Sports Science, Medicine and Rehabilitation*, 12, 75–82.
- Clarke, A. C. (2016). *Improving the Physical Preparation and Development of Women's Rugby Sevens Players*. University of Canberra.
- Damanik, R. (2020). Faktor Yang Mempengaruhi Motivasi Berprestasi Mahasiswa. *Journal of Serunai Administrasi Pendidikan*, 9(1), 51–55.
<https://doi.org/https://doi.org/10.37755/jsap.v9i1.252>
- Devira, Y., & Witarsyah. (2019). Pengaruh Latihan Beban Menggunakan Alat Terhadap Kemampuan Chest Pass. *Journal of Performa*, 4(2), 136.
<http://performa.ppj.unp.ac.id/index.php/kepel/index>
- Effendi, H. (2016). Peranan psikologi olahraga dalam meningkatkan prestasi atlet. *Journal Ilmu Pengetahuan Sosial*, 1(1).
- Faruq, M. M. (2009). *Meningkatkan Kebugaran Jasmani Melalui Permainan Dan Olahraga Bola Basket*. Grasindo.
<https://books.google.co.id/books?id=RUVq3arCDzkC&printsec=frontcover&hl=id#v=onepage&q&f=false>
- Gabbett, T., Wake, M., & Abernethy, B. (2011). Use of dual-task methodology for skill assessment and development : Examples from rugby league. *Journal of Sports Sciences*, 29(1), 7–18.
<https://doi.org/10.1080/02640414.2010.514280>
- Garcia, F. J. V., Perez, I. R., Barbado, D., Recio, C. J., & McGill, S. M. (2014). Trunk And Shoulder EMG And Lumbar Kinematics Of Medicine Ball Side Throw And Side Catch And Throw. *Journal Of Human Movement*, 33, 93–109. <https://dialnet.unirioja.es/servlet/articulo?codigo=5100266>
- Genevois, C. (2013). Effects Of Two Training Protocols On The Forehand Drive Performance In Tennis. *Journal Of Strength and conditioning research*, 27(3), 677–682. <https://doi.org/10.1519/JSC.0b013e31825c3290>
- Grant, S. J., Oommen, G., McColl, G., Taylor, J., Watkins, L., Friel, N., Watt, I., & McLean, D. (2003). The effect of ball carrying method on sprint speed in

- rugby union football players. *Journal of Sports Sciences*, 21(12), 1009–1015.
<https://doi.org/10.1080/0264041031000140671>
- Greenwood, J. (2003). *Total Rugby: Fifteen Man Rugby for Coach and Player*. A & C Black.
- Harvey, S., Cushion, C. J., & Massa-, A. N. (2010). Learning a new method : Teaching Games for Understanding in the coaches ' eyes. *Physical Education and Sport Pedagogy*, 15(4), 361– 382.
<https://doi.org/10.1080/17408980903535818>
- Henderson, M. J., Harries, S. K., Poulos, N., Fransen, J., & Coutts, A. J. (2018). Rugby sevens match demands and measurement of performance: A review. *Kinesiology*, 50, 49–59.
- Hendricks, S., Lambert, M., Masimla, H., & Durandt, J. (2015). Measuring skill in Rugby Union and Rugby League as part of the standard team testing battery. *International Journal of Sports Science and Coaching*, 10(5), 949–965.
<https://doi.org/10.1260/1747-9541.10.5.949>
- Hendricks, S., Till, K., Oliver, J. L., Johnston, R. D., Attwood, M., Town, C., Africa, S., Activity, P., Kingdom, U., Carnegie, Y., Union, R., Club, F., Kingdom, U., Sciences, H., Kingdom, U., Zealand, N., Devils, N., Football, R., Medicine, E., & Africa, S. (2018). A Technical Skill Training Framework and Skill Load Measurements for the Rugby Union Tackle. *Strength and Conditioning Journal Publish Ahead of Print*.
<https://doi.org/10.1519/SSC.0000000000000400>
- Hennink, M., Hutter, I., Bailey, A., & Fenenga, C. (2020). *Qualitative Research Methods* (A. Owens (ed.)). SAGE Publications.
- Higham, D. G., Pyne, D. B., Anson, J. M., & Eddy, A. (2012). Movement patterns in rugby sevens: Effects of tournament level, fatigue and substitute players. *Journal of Science and Medicine in Sport*, 15(3), 277–282.
<https://doi.org/10.1016/j.jsams.2011.11.256>
- Hooper, J. J., James, S. D., Jones, D. C., Lee, D. M., & Julianna, M. G. (2008).

- The influence of training with heavy rugby balls on selected spin pass variables in youth rugby union players. *Journal of Science and Medicine in Sport*, 11, 209–213. <https://doi.org/10.1016/j.jsams.2006.09.005>
- Husdarta. (2010). *Psikologi Olahraga*. Alfabeta.
- Ianovici, E., & Weissblueth, E. (2016). Effects of learning strategies, styles and skill level on closed and semi-open motor skills acquisition. *Journal of Physical Education and Sport*, 16(4), 1169–1176.
<https://doi.org/10.7752/jpes.2016.04187>
- Ikeda, Y., Miyatsuji, K., Kawabata, K., Fuchimoto, T., & Ito, A. (2009). Analysis Of Trunk Muscle Activity In The Side Medicine Ball Throw. *Journal of Strength and Conditioning Research*, 23(8), 2231–2240.
<https://doi.org/10.1519/JSC.0b013e3181b8676f>
- Irawan, A. (2009). *Teknik Dasar Modern Futsal*. Pena Pundi Aksara.
- IRB. (2014). *Rugby Ready* (M. Harrington (ed.)). Persatuan Rugby Union Indonesia. <http://rugbyindonesia.or.id>
- IRB. (2015). *A Beginner's Guide to Rugby Union* (Nomor 1). International Rugby Board.
https://passport.worldrugby.org/beginners_guide/downloads/Beginners_Guide_2015_EN.pdf
- Irianto, A. (2005). *Born to win: kunci sukses yang tak pernah gagal*. Jakarta: PT Gramedia Pustaka Utama. Gramedia Pustaka Utama.
https://books.google.co.id/books?hl=id&lr=&id=p31i6qJmbjQC&oi=fnd&pg=PP13&dq=Anton+Irianto&ots=N44whJb8Ta&sig=5iUx4qd-r2JxV7W4JB19stswtTw&redir_esc=y#v=onepage&q=Anton Irianto&f=false
- Lahinda, J., & Nugroho, A. I. (2019). Musamus Journal. *Journal of Physical Education and Sport*, 02(01), 33–42.
<https://doi.org/https://doi.org/10.35724/mjpes.v2i01.2076>
- Lamb, P., & Croft, H. (2016). *Graphically Speaking Visualizing Rugby Game Styles Using Self-Organizing Maps* (A. Stork (ed.)). Graphically Speaking.

- Leite, M. A. F. de J., Sasaki, J. E., Lourenço, C. L. M., Zanetti, H. R., Cruz, L. G., Mota, G. R. da, & Mendes, E. L. (2015). Medicine ball throw test predicts arm power in rugby sevens players. *Journal of Kinanthropometry and Human Performance*, 18(2), 166–176. <https://doi.org/10.5007/1980-0037.2016v18n2p166>
- Lewis, R., & , M.J. Carre', A. Abu Bakar, S. E. T. (2013). Tribology International Effect of surface texture , moisture and wear on handling of rugby balls. *Tribology International*, 63, 196–203. <https://doi.org/10.1016/j.triboint.2012.07.002>
- Liu, J., Zhang, Q., & Liu, X. (2020). Understanding handling performance of rugby balls under wet conditions : analysis of finger-ball friction ABSTRACT. *International Journal of Performance Analysis in Sport*, 00(00), 1–18. <https://doi.org/10.1080/24748668.2020.1786299>
- Mahendra, I. R. (2012). Kelentukan Pergelangan Tangan Dan Koordinasi Mata Tangan Dalam Pukulan Forehand Tenis Meja. *Journal of Sport Sciences and Fitness*, 1(1). <https://doi.org/10.15294/JSSF.V1I1.214>
- Mariati, S., Rasyid, W., & Barat, T. (2018). Pengaruh Metode Latihan Sistem Sikuit Terhadap Peningkatan Kemampuan Daya Ledak Otot Lengan Pada Atlet Bolabasket FIK UNP. *Journal of Menssana*, 3(2), 28–36. <https://doi.org/https://doi.org/10.24036/jm.v3i2.76>
- Mckay, J., & O'Connor, D. (2018). Practicing Unstructured Play in Team Ball Sports : A Rugby Union Example Game-Like Practice. *Journal of International Sport Coaching*, 1–8. <https://doi.org/https://doi.org/10.1123/iscj.2017-0095>
- Meir, R. (2012). Training for and competing in sevens rugby: Practical considerations from experience in the international rugby board world series. *Strength and Conditioning Journal*, 34(4), 76–86. <https://doi.org/10.1519/SSC.0b013e31825105ed>
- Miles, H. C., Pop, S. R., Watt, S. J., Lawrence, G. P., & John, N. W. (2012). Computers & Graphics A review of virtual environments for training in ball

- sports. *Computers and Graphics*, 36(6), 714–726.
<https://doi.org/10.1016/j.cag.2012.04.007>
- Miles, H. C., Pop, S. R., Watt, S. J., Lawrence, G. P., John, N. W., Perrot, V., Mallet, P., Mestre, D. R., & Université, A. (2013). Investigation of a Virtual Environment for Rugby Skills Training. *International Conference on Cyberworlds*, 56–63. <https://doi.org/10.1109/CW.2013.45>
- Moura, F. A., Eduardo, L., Martins, B., Anido, R. O., C, P. R., Barros, R. M. L., & Cunha, S. A. (2013). A spectral analysis of team dynamics and tactics in Brazilian football. *Journal of Sports Sciences, May*, 37–41.
<https://doi.org/10.1080/02640414.2013.789920>
- Mulyana, B. (2013). Hubungan Konsep Diri, Komitmen, Dan Motivasi Berprestasi Dengan Prestasi Renang Gaya Bebas. *Journal Ilmiah Pendidikan*, 3. <https://journal.uny.ac.id/index.php/cp/article/view/1636/pdf>
- Mustiadi, I. (2017). Klasifikasi Sinyal EMG Berbasis Jaringan Syaraf Tiruan dan Discrete Wavelet Transform. *Journal of Teknoin*, 23(3), 223–240.
- Nayyiroh, Z., Puspitorini, W., Pelana, R., & Lubis, J. (2021). The Influence of Arm Length , Eye – Hands – Foot Coordination and Arm Power on the Bowling Ability of Male Cricket Athletes. *Journal of Multidisciplinary Research and Analysis*, 4(02), 130–136. <https://doi.org/10.47191/ijmra/v4-i2-04>
- Noor, J. (2011). Buku Metode Penelitian. In *Pranada Media* (1 ed.). Prenada Media.
- Nurudin, B. A. (2014). *Pengaruh Metode Latihan Plaiometrik Medicine Ball Chest Pass Dan Heavy Bag Thrust Terhadap Peningkatan Hasil Tolak Peluru Gaya Menyamping Ditinjau Dari Panjang Lengan (Studi Eksperiment Pada Siswa Putra di Sekolah Menengah Atas Negeri 1 Nglames, Kabupaten [Sebelas Maret University].*
<https://digilib.uns.ac.id/dokumen/detail/42049>
- Oktariana, D., & Hardiyono, B. (2020). Pengaruh Daya Ledak Otot Lengan ,

- Daya Ledak Otot Tungkai Dan Kekuatan Otot Perut Terhadap Hasil Smash Bola Voli Pada Siswa SMK Negeri 3 Palembang The Influence of Arm Muscles Explosive Power , Limb Muscles Explosive Power and Abdominal Muscle Strength on. *Journal Coaching Education Sports*, 1(1), 13–26.
<https://doi.org/https://doi.org/10.31599/jces.v1i1.82>
- Pavely, S., Adams, R. D., Di, T., Larkham, S., & Maher, C. G. (2009). Physical Therapy in Sport Execution and outcome differences between passes to the left and right made by first-grade rugby union players. *Physical Therapy in Sport*, 10(4), 136–141. <https://doi.org/10.1016/j.ptsp.2009.05.006>
- Pearce, L. A., Sinclair, W. H., Leicht, A. S., Woods, C. T., Pearce, L. A., Sinclair, W. H., Leicht, A. S., & Woods, C. T. (2019). Passing and tackling qualities discriminate developmental level in a rugby league talent pathway. *International Journal of Performance Analysis in Sport*, 00(00), 1–14.
<https://doi.org/10.1080/24748668.2019.1689750>
- Purnama, S. K. (2010). *Kepelatihan Bulutangkis Modern*. Yuma Pustaka.
- Purnomo, E. (2019). *Anatomi Fungsional*. Lintang Pustaka Utama.
- Putri, A. E., Donie, Fardi, A., & Yenes, R. (2020). Metode Circuit Training Dalam Peningkatan Daya Ledak Otot Tungkai dan Daya Ledak Otot Lengan Bagi Atlet Bola Basket. *Journal of Patriot*, 2(3), 680–691.
- Rahmawati, D., Sujiono, B., & Marani, I. N. (2019). Hubungan Antara Panjang Tungkai dan Daya Ledak Otot Tungkai Terhadap Hasil Lari 100 Meter Atlet Atletik. *Jurnal Ilmiah Sport Coaching and Education*, 3(3), 129.
- Rose, L. (2013). *Winning Basketball Fundamental*. Library of Congress.
- Rosmi, Y. F. (2017). Kontribusi Power Otot Tungkai, Persepsi Kinestetik dan Koordinasi Mata Tangan Terhadap Keberhasilan Tembakan Lompat (Jump Shoot) Bolabasket. *Jurnal of Buana Pendidikan*, 12(22).
<https://doi.org/https://doi.org/10.36456/bp.vol12.no22.a624>
- Ross, A., Gill, N., & Cronin, J. (2014). Match analysis and player characteristics in rugby sevens. *Sports Medicine*, 44(3), 357–367.

- <https://doi.org/10.1007/s40279-013-0123-0>
- Sangap, A. (2019). Hubungan Antara Power Otot Lengan dan Koordinasi Mata Tangan Dengan Akurasi Passing Rugby Universitas Negeri Jakarta. *Journal of Sport Coaching and Education*, 3, 154–163.
- Sayers, M., & Ballon, R. (2017). The Influence Of Side Dominance On Upper Body Kinematics During Rugby Passes From The Ground. *International Society of Biomechanics in Sports*, 35(01), 350–353.
<https://commons.nmu.edu/isbs/vol35/iss1/170>
- Setiawan, A., Effendi, F., & Toha, M. (2020). Akurasi Smash Forehand Bulutangkis Dikaitkan Dengan Kekuatan Otot Lengan Dan Koordinasi Mata Tangan. *Journal of Maenpo*, 10(01), 50–56.
<https://doi.org/https://doi.org/10.35194/jm.v10i1.949>
- Sheppard, J. M., & Young, W. B. (2007). Agility literature review : Classifications , training and testing. *Journal of Sports Sciences*, 24(9), 919–932. <https://doi.org/10.1080/02640410500457109>
- Siregar, I. (2012). Perbedaan Pengaruh Latihan Medicine Ball Twist Toss Dengan Latihan Medicine Ball Scoop Toss Terhadap Peningkatan Power Otot Lengan dan Kemampuan Hit Dalam Permainan Hoki Pada Atlet Putra UNIMED Hoki Club (UHC). *Jurnal Unimed*, 6(2), 115–128.
<https://jurnal.unimed.ac.id/2012/index.php/gk/article/view/7385/6274>
- Siregar, N. M. (2014). *Belajar Gerak*. Universitas Negeri Jakarta.
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Alfabeta.
- Suharti, A., Sunandi, R., & Abdullah, F. (2018). Penatalaksanaan Fisioterapi pada Frozen Shoulder Sinistra Terkait Hiperintensitas Labrum Posterior Superior di Rumah Sakit Pusat Angkatan Darat Gatot Soebroto. *Journal of Vocational Program University of Indonesia*, 06(01), 51–65.
<https://doi.org/http://dx.doi.org/10.7454/jvi.v6i1.116>
- Supardi. (2013). *Applikasi Statistik dalam Penelitian (Revisi)*. Change Publication.

- Susanti. (2020). Hubungan Koordinasi Mata Tangan Dan Kekuatan Otot Lengan Dengan Kemampuan Forehand Drive Pada Siswa Ekstrakurikuler Tenis Meja SMA Muhammadiyah Rambah. *Journal of Sport Education and Training*, 1(2), 39–45.
<https://journal.upp.ac.id/index.php/joset/article/view/540>
- Sutanto, T. (2016). *Buku Pintar Olahraga* (Mona (ed.)). Pustaka Baru Press.
- Sutrisna, T., Asmawi, M., & Pelana, R. (2018). Model Latihan Keterampilan Shooting Olahraga Petanque Untuk Pemula Tri Sutrisna, 1 Moch Asmawi, 2 Ramdan Pelana 3. *Universitas Negeri Jakarta*, 2, 46–53.
http://sipeg.unj.ac.id/repository/upload/artikel/model_latihan_shooting.pdf
- Tangkudung, A. W. A., Asmawi, M., Dlis, F., Tangkudung, J., Hanif, S., & Jufrianis. (2020). The Effect of Arm Muscle Strength , Eye-Hand Coordination , Fat Thickness and Self-Confidence on Learning of Batting Cricket Skills. *International Journal of Entrepreneurship and Business Development*, 03(04), 426–438.
<https://doi.org/https://doi.org/10.29138/ijebd.v3i4.1202>
- Tangkudung, J. (2012). “*Kepelatihan Olahraga Pembinaan Prestasi Olahraga.*” Jakarta: cerdas jaya (2012). Cerdas Jaya.
- Tangkudung, J., & Mylsidayu, A. (2017). *Mental Training (Aspek-Aspek Psikologi Dalam Olahraga)* (Febi Kurni). Cakrawala Cendikia.
- Tomlinson, S. E., Lewis, R., Ball, S., Carre, M. J., & Yoxall, A. (2009). Understanding the effect of finger – ball friction on the handling performance of rugby balls. *International Sports Engineering Association*, 11, 109–118. <https://doi.org/10.1007/s12283-009-0014-7>
- Wahyuni, D. (2020). Pengaruh Koordinasi Mata Tangan, Daya Ledak Otot Tungkai dan Motivasi Berprestasi Terhadap Keterampilan Smash Bola Voli Se-Cirebon. *Journal of Campaign*, 02(01).
- Wibowo, R. A. T. (2017). Perbedaan Pengaruh Model Pembelajaran Berganti dan Pengulangan Terhadap Kemampuan Pukulan Groudstroke Backhand Tenis

- Lapangan Ditinjau Dari Koordinasi Mata Tangan. *Journal Ilmiah Penjas*, 3(2), 11–26.
<https://doi.org/http://ejurnal.utp.ac.id/index.php/JIP/article/view/584>
- Widiastuti. (2011). *Tes dan Pengukuran Olahraga*. PT. Bumi Timur Jaya.
- Wiguna, I. B. (2017). *Teori dan Aplikasi Latihan Kondisi Fisik*. Raja Grafindo Persada.
- Wong, T. K. K., Liu, K. P. Y., Chung, L. M. Y., Bae, Y., Fong, S. S. M., Ganesan, B., & Wang, H. (2019). Balance control, agility, eye – hand coordination, and sport performance of amateur badminton players. *Journal of Medicine*, 92(08). <https://doi.org/10.1097/MD.00000000000014134>
- World Rugby. (2014). *Rugby Ready Indonesia*. Persatuan Rugby Union Indonesia.
- Worsfold, P. R., & Page, M. (2014). The influences of rugby spin pass technique on movement time, ball velocity and passing accuracy. *International Journal of Performance Analysis in Sport*, 14(1), 296–306.
<https://doi.org/10.1080/24748668.2014.11868722>
- Yashiro, K. (2020). Computational Method for Optimal Attack Play Consisting of Run Plays and Hand-pass Plays for Seven-a-side Rugby. *International Symposium on Multimedia*, 145–148.
<https://doi.org/10.1109/ISM500031>
- Zuhri, A. (2012). Perbedaan Pengaruh Latihan Medicine Ball Two Hand Side Throw dengan Latihan Horizontal Swing Terhadap Peningkatan Power Otot Lengan dan Hasil Kemampuan Push Dalam Permainan Hoki pada Atlet Putri Unimed Tahun 2012 [State University Of Medan]. In *Jurnal Unimed*.
<http://digilib.unimed.ac.id/8685/5/071266220177 BAB I.pdf>
- Zulkarnain, F. (2018). Pengaruh Metode Latihan Dan Motivasi Berprestasi Terhadap Keterampilan Menggiring Bola Pada Permainan Sepak Bola. *Journal Perspektif Ilmu Pendidikan*, 32(1), 17–23.
<https://doi.org/https://doi.org/10.21009/PIP.321.3>

