

DAFTAR PUSTAKA

- A. Fontana, C. (2019). *Pickleball CPR Drills*.
- Ali, M. (2022). *PENGARUH VARIASI LATIHAN TARGET TERHADAP AKURASI PUKULAN FOREHAND GROUNDSTROKE ATLET PICKLEBALL UNJA*. 2, 110–123.
- Anggraeni, Y. (2021). *PENGARUH KESEIMBANGAN, KEKUATAN OTOT LENGAN, DAN KOORDINASI TERHADAP KETERAMPILAN BATTING (MEMUKUL) CRICKET*. 28.
- Aranha, V. P., Sharma, K., Samuel, A. J., Joshi, R., & P. Kumar, S. (2015). Reaction Time in Children by Ruler Drop Method: A Cross-Sectional Study Protocol. *Pediatric Education and Research*, 3(2), 61–66. <https://doi.org/10.21088/per.2321.1644.3215.3>
- Bambang Muhammad Arba'i, Damrah, Wilda Welis, Asep Sujana Wahyuri, Trio Nanda Putra, & Boy Sandy. (2022). Pengaruh Power Otot Tungkai, Kecepatan Reaksi, Dan Koordinasi Mata Tangan Kaki Terhadap Kemampuan Lari 100 Meter. *Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga)*, 7(2), 149–157. <https://doi.org/10.36526/kejaora.v7i2.2194>
- Buzzelli, A. A., & Draper, J. A. (2020). Examining the motivation and perceived benefits of pickleball participation in older adults. *Journal of Aging and Physical Activity*, 28(2), 180–186. <https://doi.org/10.1123/JAPA.2018-0413>
- Chang, S. H., Shie, J. J., & Yu, N. Y. (2022). Enhancing Executive Functions and Handwriting with a Concentrative Coordination Exercise in Children with ADHD: A Randomized Clinical Trial. *Perceptual and Motor Skills*, 129(4), 1014–1035. <https://doi.org/10.1177/00315125221098324>
- Dody Ariesna, R., & Setiawan, M. A. (2018). *HUBUNGAN KEKUATAN OTOT LENGAN, KOORDINASI MATA-TANGAN, DAN FLEKSIBILITAS DENGAN KETERAMPILAN FOREHAND DRIVE PADA ATLET KLUB SQUASH*. 6, 16–27.
- Douvis, S. J. (2005). *Forehand Drive I N Tennis* '. *Perceptual and Motor Skills*, 531–545.
- Handayani, W. (2018). *Hubungan koordinasi mata tangan dan kekuatan otot lengan dengan ketepatan hasil servis*. 256–266.
- Harsono. (2015). *Kepelatihan Olahraga*. Remaja Rosdakarya.

- Heo, J., Ryu, J., Yang, H., & Kim, K. M. (2018). Serious leisure and depression in older adults: a study of pickleball players. *Leisure Studies*, 37(5), 561–573. <https://doi.org/10.1080/02614367.2018.1477977>
- Hermansyah, R., Imanudin, I., & Badruzaman, . (2017). Hubungan Power Otot Lengan Dan Koordinasi Dengan Kecepatan Dan Ketepatan Smash Dalam Cabang Olahraga Bulutangkis. *Jurnal Terapan Ilmu Keolahragaan*, 2(1), 44. <https://doi.org/10.17509/jtikor.v2i1.5355>
- Hewitt, J. E. (1966). Hewitt's tennis achievement test. *Research Quarterly of the American Association for Health, Physical Education and Recreation*, 37(2), 231–240. <https://doi.org/10.1080/10671188.1966.10613366>
- Imanudin, I. (2008). *Ilmu kepelatihan olahraga*. Universitas Pendidikan Indonesia.
- Irawan, E. (2019). *Pengaruh Kelincahan , Kecepatan Gerak Dan Kelentukan Terhadap Ketepatan Pukulan Forehand drive Pada Permainan Tennis Meja Siswa Sma Negeri 3 Maros*. 9(2), 19–29.
- Irvan, Djalal, D., & Iskandar. (2016). THE EFFECT OF THE SKILLS TRAINING METHODS FOREHAND. *FIK UNM*, 13–24.
- Ismaryati. (2011). *Tes dan Pengukuran Olahraga*. PT Raja Grafindo Persada.
- Kuncoro, A., Engkos, & Ridwan. (2012). *Análisis Jalur (Path Análisis) (Kedua)*. Alfabeta.
- Kurdi, K., & Qomarrullah, R. (2020). Hubungan Kecepatan Reaksi Tangan dan Koordinasi Mata Tangan Pada Servis Tennis Lapangan Mahasiswa Universitas Cenderawasih. *Jurnal Terapan Ilmu Keolahragaan*, 5(1), 22–27. <https://doi.org/10.17509/jtikor.v5i1.25060>
- Marsan, T., Rouch, P., Thoreux, P., Jacquet-Yquel, R., & Sauret, C. (2019). Influence of ankle joint model on lower limbs kinematics and kinetics during table tennis *forehand* drive. *Computer Methods in Biomechanics and Biomedical Engineering*, 22(sup1), S177–S179. <https://doi.org/10.1080/10255842.2020.1714231>
- Nard, M., Steel, R., Landau, D., & Landau, C. (2022). *Pickleball*. John Wiley & Sons, Inc.
- Nasriani, A., & Mardela, R. (2019). *Kecepatan Reaksi Dan Koordinasi Mata-Tangan Berhubungan dengan Kemampuan Smash Bolavoli*. 876–888.
- Nugraha, A. S. (2022). *forehand tennis lapangan The effect of learning method and agility blow toward The forehand tennis results*. 3(2), 111–117.

- Ozmen, T., Prof, A., & Aydogmus, M. (2016). US CR. *Journal of Bodywork & Movement Therapies*. <https://doi.org/10.1016/j.jbmt.2015.12.006>
- Palgunadhi, F. (2017). *KORELASI ANTARA KOORDINASI DAN REAKSI DENGAN HASIL PUKULAN DRIVE FOREHAND DALAM PERMAINAN SQUASH*.
- Pasaribu, A. M. N. (2020). Tes dan Pengukuran Olahraga. In *Tes dan Pengukuran Olahraga*.
- Pedro, B., Cabral, S., & Veloso, A. P. (2021). Concurrent validity of an inertial measurement system in tennis *forehand* drive. *Journal of Biomechanics*, *121*, 110410. <https://doi.org/10.1016/j.jbiomech.2021.110410>
- Rahman, A., & Sugiarto. (2015). Kecepatan, Meningkatkan Meter, Lari Latihan, Dengan Banding, Interval Banding, D A N. *Journal of Sport Sciences and Fitness*, *04*(1), 1–6.
- Riza, A. D. E. R. O. S. (2018). *PERBEDAAN PENGARUH LATIHAN CROSS COURT DAN LATIHAN DOWN THE LINE RETURN TO CENTER MARK TERHADAP KELINCAHAN DAN KEMAMPUAN GROUNDSTROKE DALAM PERMAINAN TENIS LAPANGAN PADA SISWA SEKOLAH TENIS PROGRESS UNIMED*. *17*(1), 30–36.
- Rochmatullah, M. C. (n.d.). *Hubungan Antara Kekuatan Otot Lengan, Kekuatan Otot Perut, Dan Kekuatan Otot Tungkai Terhadap Kecepatan Berenang 50 Meter Gaya Bebas. (Studi Pada Atlet Putri Indonesia Muda Gresik)*.
- Rota, S., Hautier, C., Creveaux, T., Champely, S., Guillot, A., & Rogowski, I. (2012). Relationship between muscle coordination and *forehand* drive velocity in tennis. *Journal of Electromyography and Kinesiology*, *22*(2), 294–300. <https://doi.org/10.1016/j.jelekin.2011.12.004>
- Ruiz-Malagón, E. J., Delgado-García, G., Castro-Infantes, S., Ritacco-Real, M., & Soto-Hermoso, V. M. (2022). Validity and reliability of NOTCH® inertial sensors for measuring elbow joint angle during tennis *forehand* at different sampling frequencies. *Measurement: Journal of the International Measurement Confederation*, *201*(January). <https://doi.org/10.1016/j.measurement.2022.111666>
- Ruiz-Malagón, E. J., Vanrenterghem, J., Ritacco-Real, M., González-Fernández, F. T., Soto-Hermoso, V. M., & Delgado-García, G. (2023). Field-based upper-body motor variability as determinant of stroke performance in the main tennis strokes. *Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology*. <https://doi.org/10.1177/17543371231156266>

- Sajoto, M. (1995). *Peningkatan dan Pembinaan Kekuatan Kondisi Fisik dalam Olahraga*. Dahara Prize.
- Susanti, Putra, & Armade. (2020). *HUBUNGAN KOORDINASI MATA-TANGAN DAN KEKUATAN OTOTLENGAN DENGAN KEMAMPUAN FOREHAND DRIVEPADASISWA EKSTRAKURIKULER TENIS MEJASAMAMUHAMMADIYAH RAMBAH*. 1(2), 39–45.
- Susilo, M.pd., D. E. (2023). *Olahraga Pickleball Indonesia* (Rianto & Rizky Pujiyanto (eds.); II). UNJ Press.
- US, O. (2022). *KEKUATAN OTOT LENGAN, KELENTUKAN PUNGGUNG DAN KOORDINASI TERHADAP KEMAMPUAN RENANG GAYA KUPU-KUPU 50 METER*. 62.
- USA Pickleball Association, & Littlewood, M. (n.d.). *Pickleball Fundamentals*. <https://www.ptonline.com/articles/how-to-get-better-mfi-results>
- USA Pickleball, R. (2022). *USA PICKLEBALL & IFP OFFICIAL RULEBOOK*.
- Utomo, R. B. (n.d.). *KONTRIBUSI KEKUATAN OTOT LENGAN, KECEPATAN REAKSI, DAN KELINCAHAN TERHADAP PASSING BAWAH PADA PERMAINAN BOLAVOLI*. 2–8.
- Widiastuti. (2011). *Tes dan Pengukuran Olahraga*. PT. Bumi Timur Jaya.
- Widiastuti. (2015). *Tes dan pengukuran olahraga*. PT RajaGrafindo Persada.
- Williams, B. K., Sanders, R. H., Ryu, J. H., Graham-, P., Sinclair, P. J., Williams, B. K., Sanders, R. H., Ryu, J. H., Graham-, P., Williams, B. K., Sanders, R. H., Graham-smith, P., & Sinclair, P. J. (2020). The kinematic differences between accurate and inaccurate squash *forehand* drives for athletes of different skill levels for athletes of di ff erent skill levels. *Journal of Sports Sciences*, 38(10), 1115–1123. <https://doi.org/10.1080/02640414.2020.1742971>
- Williams, B. K., Sanders, R. H., Ryu, J. H., Graham-Smith, P., & Sinclair, P. J. (2020). The kinematic differences between skill levels in the squash *forehand* drive, volley and drop strokes. *Journal of Sports Sciences*, 38(13), 1550–1559. <https://doi.org/10.1080/02640414.2020.1747828>
- Yuliawan, D., & Yogyakarta, U. N. (n.d.). *Pengaruh Metode Latihan Pukulan dan Kelincahan terhadap Keterampilan Bermain Bulutangkis... Dhedhy Yuliawan, FX. Sugiyanto 145*. 2(1), 145–154.
- Zafar Sidik, D., L. Pesurnay, P., & Afary, L. (2019). *PELATIHAN KONDISI FISIK* (Pertama). PT Remaja Rosdakarya.