

DAFTAR PUSTAKA

- Abod, Z. F., & AlHaddad, N. H. (2022). Achievement motivation and its relationship to jump pass and jump shot in handball. *Sport TK, 11*, 1–8. <https://doi.org/10.6018/sportk.537131>
- Acharach, D. A. W. B., & Uvillard, S. E. P. V. O. N. D. (2017). *Specific Physical Training In Elite Male Tema Handball. 31*(11).
- Achmad, F. (2016). Hubungan antara Daya ledak (Power) Otot Lengan dengan Lemparan Jarak 5 meter (Penalty Shoot) pada tim Polo Air Putri Pelatda DKI Jakarta. *Repository Universitas Negeri jakarta, 30*.
- Apriani, L., & Alpen, J. (2022). Innovation Throw and Catch Handball by Frisbee at Students of Riau Islamic University. *Proceedings of the International Joint Conference on Arts and Humanities 2021 (IJCAH 2021), 618*(Ijcah), 362–366. <https://doi.org/10.2991/assehr.k.211223.062>
- Ardian, I. N. (2018). Kontribusi Kekuatan Otot Peras Tangan, Kekuatan Otot Tungkai dan Power Lengan Terhadap Ketepatan Flying Shoot Atlet Bola Tangan Kabupaten Gresik. *Jurnal Prestasi Olahraga, 3.1*, 1–5.
- Cadore, E. L., Pinto, R. S., Bottaro, M., & Izquierdo, M. (2014). Strength and endurance training prescription in healthy and frail elderly. *Aging and Disease, 5*(3), 183–195. <https://doi.org/10.14336/AD.2014.0500183>
- Contreras, B., & Kinestics, H. (2014). *Bodyweight Strength Training Anatomy* (T. Heine & A. Pierce (ed.); Library Of).
- Dahlan, F. (2023). *Pengaruh Latihan Resistance Band Terhadap Kemampuan Akurasi Shooting Sepakbola Pada Ekstrakurikuler Siswa Smp Negeri 8 Palopo*.
- Diana Ghanim, & Aseel Jaleel. (2022). The effect of special exercises in developing some physical abilities and achievement of the long jump under 20 years for young women. *Modern Sport, 21*(1), 0092. <https://doi.org/10.54702/msj.2022.21.1.0092>
- Dr. Bafirman HB, M.Kes, A., & Dr. Asep Sujana Wahyuni, S.Si., M. P. (n.d.). *Pembentukan Kondisi Fisik* (A. Dr. Bafirman HB, M.Kes & M. P. Dr. Asep Sujana Wahyuni, S.Si. (ed.)). PT Raja Grafindo Persada.

- Fajar Ramadhan, Z. (2023). Pengaruh Latihan Resistance Band Dan Latihan Beban (Barbel 1Kg) Terhadap Power Otot Lengan Pada Atlet Taekwondo Pesawaran Provinsi Lampung. *Jurnal Penjaskesrek*, 10(1), 38–48. <https://doi.org/10.46244/penjaskesrek.v10i1.2135>
- Firdaus, M. (2024). Efektivitas Program Latihan Plyometric Dalam Meningkatkan Power Otot Lengan Pada Unit Kegiatan Mahasiswa Bola Tangan STKIP Modern Ngawi. *Jurnal Media Akademika*, 2(7), 1–12.
- Guidelines, T. (n.d.). *Teaching Handball*.
- Handball. (2022). *Rules of the Games, Indoor Handball*. 16(1), 1–23.
- Heckmann, P. (2017). *Historical Development of Sport in Germany in the 20 th Century : The Formation of Physical Culture*. 1–83.
- Hermassi, S., Laudner, K., & Schwesig, R. (2019). Playing level and position differences in body characteristics and physical fitness performance among male team handball players. *Frontiers in Bioengineering and Biotechnology*, 7(JUN), 1–12. <https://doi.org/10.3389/fbioe.2019.00149>
- Iannaccone, A., Fusco, A., Conte, D., & Cortis, C. (2022). Notational analysis of beach handball. *Human Movement*, 23(1), 69–79. <https://doi.org/10.5114/hm.2021.101757>
- Ifwandi, Munizar, & Razali. (2016). Kontribusi Power Otot Tungkai Dan Power Otot Lengan Terhadap Pukulan Smash Pada Pemain Bola Voli Club Himadirga Fkip Unsyiah. *Jurnal Ilmiah Mahasiswa Pendidikan Jasmani, Kesehatan dan Rekreasi*, 2(1), 26–38.
- Ihsan, N., Hidayat, R., Damrah, Neldi, H., Sepriadi, & Muslimin. (2022). The Contribution of Leg Muscle Explosive Power, Agility, and Self-confidence on Sickle Kick Performance. *International Journal of Human Movement and Sports Sciences*, 10(4), 683–688. <https://doi.org/10.13189/saj.2022.100408>
- Ismoko, A. P., & Sukoco, P. (2013). Pengaruh Metode Latihan Dan Koordinasi Terhadap Power Tungkai Atlet Bola Voli Junior Putri. *Jurnal Keolahragaan*, 1(1), 1–12. <https://doi.org/10.21831/jk.v1i1.2339>
- Luigi Bragazzi, N., Rouissi, M., Hermassi, S., & Chamari, K. (2020). Resistance training and handball players' isokinetic, isometric and maximal strength, muscle power and throwing ball velocity: A systematic review and meta-analysis. *International Journal of Environmental Research and Public Health*, 17(8). <https://doi.org/10.3390/ijerph17082663>

- Marczinka, Z., & Gál, A. (2018). The chain reaction between the media and sport. the impact of rule changes in Handball. *Physical Culture and Sport, Studies and Research*, 80(1), 39–47. <https://doi.org/10.2478/pcssr-2018-0024>
- Maslikah, U. (2024). Pengembangan Model Latihan Teknik Hakdari Soegi pada Atlet Poomsae Taekwondo Prabu. *Mutiara: Jurnal Penelitian dan Karya Ilmiah*, 2(5), 83–98.
- Napitupulu, N. J. (2022a). ... *Latihan Resistance Band Dan Dumble Terhadap Peningkatan Power Lengan Atlet Bola Tangan Universitas Negeri Jakarta*. [http://repository.unj.ac.id/id/eprint/33315%0Ahttp://repository.unj.ac.id/33315/1/COVER NEWS.pdf](http://repository.unj.ac.id/id/eprint/33315%0Ahttp://repository.unj.ac.id/33315/1/COVER%20NEWS.pdf)
- Napitupulu, N. J. (2022b). *Efektivitas Resistance Band Dan Dumble Terhadap Peningkatan Power Lengan Atlet Bola Tangan Universitas Negeri Jakarta*.
- Nurhadi, F. I., Suherman, W. S., Prasetyo, Y., & Nasrulloh, A. (2022). Pengaruh latihan beban kombinasi dengan latihan aerobik terhadap berat badan dan persentase lemak tubuh pada remaja overweight. *Jorpres (Jurnal Olahraga Prestasi)*, 18(2), 8–17. <https://doi.org/10.21831/jorpres.v18i2.51646>
- Prima, P., & Kartiko, D. C. (2021). Survei Kondisi Fisik Atlet Pada Berbagai Cabang Olahraga. *Jurnal Pendidikan Olahraga dan Kesehatan*, 9(1), 161–170. <https://ejournal.unesa.ac.id/index.php/jurnal-pendidikn-jasmani/issue/archive>
- Prof. Drs. Harsono, M. S. (2019). *Latihan Kondisi Fisik* (P. Latifah (ed.); PT.Remaja).
- Qurata Aqyunin. (2022). Hubungan Power Otot Lengan dan Panjang Lengan Dengan Hasil Pukulan Jauh Menggunakan Batting Tee Pada Atlet SoftBall Putri Mohicans Bandar Lampung. In *Lampung* (Vol. 11, Nomor 1). http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeo.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_Sistem_Pembentungan_Terpusat_Strategi_Melestari
- Salih, M. M. M., Hashim, R. S., & Kasim, M. A. (2021). Forecasting Achievement Sports through Cooperative Learning in Handball Training in Physical Education. *Annals of Applied Sport Science*, 9(3), 1–8. <https://doi.org/10.29252/aassjournal.953>
- Santoso, I. (2021). *Metodologi Penelitian kuantitatif*. Pustakan Indigo. https://books.google.co.id/books?hl=id&lr=&id=bRFTEAAAQBAJ&oi=fnd&pg=PR1&dq=Penelitian+kuantitatif+eksperimen&ots=4kXEmbvYTb&sig=jn5gQ-VS8bYMruhZnm2ZK_NC8&redir_esc=y#v=onepage&q=Penelitian

kuantitatif eksperimen&f=false

Sidik, Di. Za., Pesuarnay, P. L., & Afari, L. (2019). *Pelatihan Kondisi Fisik* (Nita (ed.)).

Sugiyono. (2020). *Metodologi Penelitian Kuantitatif, Kualitatif dan R & D*.

Suharjana. (2007). *156915-ID-latihan-beban-sebuah-metode-latihan-keku.pdf*.
<https://media.neliti.com/media/publications/156915-ID-latihan-beban-sebuah-metode-latihan-keku.pdf>

Suharjana. (2015). Metode Latihan Untuk Mengembangkan Sistem Energi Guna Meningkatkan Kualitas Fisik Atlet. In *Cakrawala Pendidikan* (hal. 41–52).

Sumarsono, A., Anisah, A., & Iswahyuni, I. (2019). Media interaktif sebagai optimalisasi pemahaman materi permainan bola tangan. *Jurnal Pendidikan Jasmani Indonesia*, *15*(1), 1–11. <https://doi.org/10.21831/jpji.v15i1.24051>

Susilo, E. A. (2019). Pengaruh High Intensity Interval Training Kettlebell Workout Terhadap Peningkatan Daya Tahan Anaerobik. *Briliant: Jurnal Riset dan Konseptual*, *4*(4), 410. <https://doi.org/10.28926/briliant.v4i4.362>

Widiastuti. (2015). *Tes dan Pengukuran Olahraga*. PT Raja Grafindo Persada.

Yudho, F. H. P., Hakim, M. A. N. El, Mahardhika, D. B., Iqbal, R., Nugroho, S., & Dimiyati, A. (2021). The Correlation Between the Arm Muscle Strength to Passing Skill in Handball Games. *Jurnal Maenpo : Jurnal Pendidikan Jasmani Kesehatan dan Rekreasi*, *11*(2), 194. <https://doi.org/10.35194/jm.v11i2.1834>

Yusuf, A., & Jahrir, A. S. (2020). Pengaruh Latihan Bicep curl dan Preacher curl Terhadap Kemampuan Tangkapan Satu Kaki Olahraga Gulat Mahasiswa STKIP YPUP Makassar. *Jendela Olahraga*, *5*(1), 10–20. <https://doi.org/10.26877/jo.v5i1.4247>