

DAFTAR PUSTAKA

- Aruan, L. (2018). The Creation of Learning Media for Listening Section in German Study Linda Aruan Universitas Negeri Medan Indonesia. 337–340.
- Barron, A. B., Hebets, E. A., Cleland, T. A., & Fitzpatrick, C. L. (2015). Embracing multiple definitions of learning. *Trends in Neurosciences*, 38, 407–407.
- Bishop D. (2008). An Applied Research Model for the Sport Sciences. *Sports Medicine*, 38(3), 253–263.
- Bishop, D. (2008). Bishop2008_Article_AnAppliedResearchModelForTheSp. 38(3), 253–263. <https://doi.org/10.2165/00007256-200838030-00005>
- Bompa, T., & Carrera, Mi. (2015). Conditioning Young Athletes.
- Bompa, T., & Haff, G. G. (2009). Periodization Theory and Methodology of Training-Human Kinetics (M. S. Bahrke, A. S. Ewing, C. Syzch, E. Watson, & C. A. Gentis (eds.); Fifth editi). Human Kinetics.
- Borg, W., & Gall, M. (1983a). Educational Research an Introduction, 4th Edition (Arnis E. Burvikovs (ed.). Borg, W., & Gall, M. (1983b). Educational Research an Introduction (4th ed.). Longman Inc.
- Branch, R. M. (2009). Instrutlional Design: ADDIE Approach. Springer New York. <https://doi.org/https://doi.org/10.1007/978-0-387-09506-6>
- Branch, Robert Maribe. (2009). Approach, Instructional Design: The ADDIE. In Department of Educational Psychology and Instructional Technology University of Georgia. Breed, M., & Moore, J. (2012). Animal Behavior. Academic Press.
- Burgess, D. J., & Naughton, G. A. (2010). Talent development in adolescent team sports: A review. *International Journal of Sports Physiology and Performance*, 5(1), 103–116. <https://doi.org/10.1123/ijsp.5.1.103>
- Chen, Y. (2012). Switching The Horizontal GRF To The Path Of Progression In The Table Tennis Forehand Drive Yu-Yuan Chen , Yi-Chang Hsueh and Chien-Lu Tsai F '. 205, 260–263.
- Chen, Y. (2012). Switching The Horizontal GRF To The Path Of Progression In The Table Tennis Forehand Drive Yu-Yuan Chen , Yi-Chang Hsueh and Chien-Lu Tsai F '. 205, 260–263.
- Coker, C. (2018). Motor Learning and Control for Practitioners. In *Motor Learning and Control for Practitioners* (fourth). Routledge. <https://doi.org/10.4324/9781315213255>
- Creswell, J. W. (2012). Educational Research Planning, Conducting, and Evaluating Quantative and Qualitatif Research (P. A. Smith (ed.); Fourth). Pearson.

- Desi, N., Mir Alam, Rifdan, Lahming, & Pertiwi, N. (2017). Environmental Education Training Model to Improve Knowledge and Attitudes on The Friendly Environment of Community Organization Members in Makassar. *Research Juornal of Applied Sciences*, 12(2).
- Edwards, W. H. (2010). William Edwards - Motor Learning and Control_ From Theory to Practice-Cengage Learning (2010).pdf. Yolanda Cossio.
- Edwards, W. H. (2011). Motor Learning and Control From Theory to Practice. Yolanda Cossio.
- Finch, C. (2006a). A new framework for research leading to sports injury prevention. *Journal of Science and Medicine in Sport*, 9(1–2), 3–9. <https://doi.org/10.1016/j.jsams.2006.02.009>
- Finch, C. (2006b). A new framework for research leading to sports injury prevention. *Journal of Science and Medicine in Sport*, 9(1–2), 3–9. <https://doi.org/10.1016/j.jsams.2006.02.009>
- Gandasari1), M. F., Samodra2), Y. T. J., Firsta, G., Yosika3), B4), P. S., & Wati5), I. D. P. (2023). Implementasi Rally 3 Menit Untuk Meningkatkan Pukulan Forehand. *Jurnal of S.P.O.R.T*, 7. https://www.researchgate.net/publication/369192147_Implementasi_Rally_3_Menit_Untuk_Meningkatkan_Pukulan_Forehand/fulltext/640f493666f8522c38a02b85/Implementasi-Rally-3-Menit-Untuk-Meningkatkan-Pukulan-Forehand.pdf?__cf_chl_tk=dRUfiVyeBWNdZxtj5P6THbSMAAax
- Haibach-Beach, P. S., Reid, G., & Collier, D. H. (2018). Motor Learning and Development (Bridget Milton (ed.); Second). *Human Kinetics*.
- Hanafin, M. ., & Peck, K. (2003). The Design, Development, and Evaluation of Instructional Software. Mc Millan Publishing Company.
- Honeybourne, J. (2006). ACQUIRING SKILL IN SPORT An Introduction (J. A. Mangan & F. Galligan (eds.)). Routledge.
- Huang, H., Hsueh, Y., Chen, Y., Chang, T., Pan, K., Huang, K., & Tsai, C.-L. (2012). THE DYNAMICAL ANALYSIS OF TABLE TENNIS FOREHAND AND BACKHAND DRIVES P . E . Section , Songshan High School of Agriculture and Industry , Taipei Department of P . E . , National Taiwan Normal University , Taipei , Taiwan Office of P . E . , Tamkang Universit. 3–6.
- Huang, H., Hsueh, Y., Chen, Y., Chang, T., Pan, K., Huang, K., & Tsai, C.-L. (2012). THE DYNAMICAL ANALYSIS OF TABLE TENNIS FOREHAND AND BACKHAND DRIVES P . E . Section , Songshan High School of Agriculture and Industry , Taipei Department of P . E . , National Taiwan Normal University , Taipei , Taiwan Office of P . E . , Tamkang Universit. 3–6.
- Huangl, C., Chitt, C., Chin, S., Hsin, L., & Yul, Y. (2010). A Sports E-learning Platform : teaching and learning by using Multimedia Contents (1-1) Demand Analysis : (1-2) Content Analysis : Science And Technology, 222– 226.

- Iino, Y., Yoshioka, S., & Fukashiro, S. (2018). Effect of Mechanical Properties of the Lower Limb Muscles on Muscular Effort During Table Tennis Forehand. *ISBS Proceedings Archive* (XXXV-), 3(2017), 770–773.
- Iino, Y., Yoshioka, S., & Fukashiro, S. (2018). Effect of Mechanical Properties of the Lower Limb Muscles on Muscular Effort During Table Tennis Forehand. *ISBS Proceedings Archive* (XXXV-), 3(2017), 770–773. <https://commons.nmu.edu/isbs/vol36/iss1/183>
- Johor, Z., & Rahmadiky, I. (2020). The Contribution of Hand-Eye Coordination and Arm Muscle Strength on Punch Ability of Forehand Drive of Table Tennis Athletes. *460(Icpe 2019)*, 81–83. <https://doi.org/10.2991/assehr.k.200805.024>
- Johor, Z., & Rahmadiky, I. (2020). The Contribution of Hand-Eye Coordination and Arm Muscle Strength on Punch Ability of Forehand Drive of Table Tennis Athletes. *460(Icpe 2019)*, 81–83. <https://doi.org/10.2991/assehr.k.200805.024>
- Kadeira, R. (2021). Pengaruh Latihan Multiball Terhadap Ketepatan Sasaran Pukulan Forehand Dan Backhand Drive Pada Atlet Tenis Meja Makota Malang. *Jurnal Prestasi Olahraga*, 4. https://ejournal.unesa.ac.id/index.php/jurnal-prestasi-olahraga/article/view/40295?utm_source=chatgpt.com
- Kasai, J., Akira, O., Eung, J. T., & Mori, T. (2010). Research on table tennis player's cardio-respiratory endurance. *International Journal of Table Tennis Sciences*, 6(6), 6–8.
- Keliat, P. (2020). Jurnal Ilmiah STOK Bina Guna Medan HASIL BELAJAR PUKULAN FOREHAND DRIVE PERMAINAN TENIS MEJA PADA SISWA KELAS VIII SMP MUHAMMADIYAH 3 MEDAN TAHUN AJARAN 2018 / 2019 APPLICATION OF LEARNING VARIATIONS TO IMPROVE THE LEARNING OUTCOMES OF THE FOREHAND DRIVE . 2(2), 13–19.
- Keliat, P. (2020). Jurnal Ilmiah STOK Bina Guna Medan HASIL BELAJAR PUKULAN FOREHAND DRIVE PERMAINAN TENIS MEJA PADA SISWA KELAS VIII SMP MUHAMMADIYAH 3 MEDAN TAHUN AJARAN 2018 / 2019 APPLICATION OF LEARNING VARIATIONS TO IMPROVE THE LEARNING OUTCOMES OF THE FOREHAND DRIVE . 2(2), 13–19.
- KOZULIN, A., GINDIS, B., AGEYEV, V. S., & MILLER, S. M. (2003).
- Langitan, F. W. (2018). The Influence of Training Strategy and Physical Condition toward Forehand Drive Ability in Table Tennis. *IOP Conference Series: Materials Science and Engineering*, 306(1). <https://doi.org/10.1088/1757-899X/306/1/012043>
- Langitan, F. W. (2018). The Influence of Training Strategy and Physical Condition toward Forehand Drive Ability in Table Tennis. *IOP Conference Series: Materials Science and Engineering*, 306(1). <https://doi.org/10.1088/1757->

899X/306/1/012043

- Lubis, J. (2013). *Panduan Praktis Penyusunan Program Latihan*. PT Raja Grafindo Persada.
- Lubrica, Q. Y., Florendo, F., Revaño, J. E., & Agulo, I. J. (2013). Biomechanics of the standard table tennis forehand drive using a low-cost motion capture software. August, 11–14.
- Lubrica, Q. Y., Florendo, F., Revaño, J. E., & Agulo, I. J. (2013). Biomechanics of the standard table tennis forehand drive using a low-cost motion capture software. August, 11–14.
- Luft, A. R., & Buitrago, M. M. (2005). Stages of motor skill learning. *Molecular Neurobiology*, 32(3), 205–216. <https://doi.org/10.1385/MN:32:3:205>
- Ma'mun, A. (2016). Pembudayaan Olahraga dalam Perspektif Pembangunan Nasional Konsep, Strategi, dan Implementasi Kebijakan. *Jurnal Pendidikan Sains Sosial Dan Kemanusiaan*, 9(1), 65–88.
- Magi, R., & Anderson, D. (2014). *Motor Learning and Control MOTOR LEARNING AND CONTROL Concepts and Applications (Tenth)*. McGraw-Hill.
- Martindale, R. J., Collins, D., Daubney, J., Martindale, R. J. J., Collins, D., & Daubney, J. (2016). Talent Development : A Guide for Practice and Research Within Sport Talent Development : A Guide for Practice and Research Within Sport. 6297(July), 37–41. <https://doi.org/10.1080/00336297.2005.10491862>
- Mat Roni, S., Merga, M. K., & Morris, J. E. (2020). Conducting Quantitative Research in Education. In *Conducting Quantitative Research in Education*. <https://doi.org/10.1007/978-981-13-9132-3>
- McMorris, T. (2014). Acquisition and performance of sports skills. In *Wiley sport text series*.
- Menzel, R. (2013). Learning, Memory and Cognition: Animal Perspectives. In *Neurosciences – From Molecule to Behaviour: A University Textbook*. Springer-Verlag.
- Nadzalan, T. S. S. P. S. P. I. I. M. (2024). Effectiveness Return Board To Improving Forehand Drive Table Tennis In Jawa Tengah. *Ederación Española de Asociaciones de Docentes de Educación Física (FEADEF)*. https://www.researchgate.net/publication/378227990_Effectiveness_Return_Board_To_Improving_Forehand_Drive_Table_Tennis_In_Jawa_Tengah
- Nugroho, R. A., & Hafidz, A. (n.d.). (Studi Pada Atlit Pemula Putra PTM Sasana Bakti Surabaya). 38–43.
- Pallant, J. (2020). *SPSS V. 23 Guide Survival Manual: A Step by Step Guide Data to Analysis Using IBM SPSS (J. Pallant (ed.); 7th ed.)*. Allen&Unwin.
- Pamela S. Haibach-Beach, G. W. (2018). *Motor Learning and Development*

(second edi). Human kinetics.

Pane, B. S., Tangkudung, J., & Sukur, A. (2021). Forehand Drive Exercise Model in Table Tennis Game. *Proceedings of the 4th International Conference on Sports Sciences and Health (ICSSH 2020)*, 36(Icssh 2020), 58–61.

Pane, B. S., Tangkudung, J., & Sukur, A. (2021). Forehand Drive Exercise Model in Table Tennis Game. *Proceedings of the 4th International Conference on Sports Sciences and Health (ICSSH 2020)*, 36(Icssh 2020), 58–61. <https://doi.org/10.2991/ahsr.k.210707.015>

Pane, B., Kurdi, S., Tangkudung, J., & Syukur, A. (2020). Drill Based Model of Forehand Drive Practice in Table Tennis for Beginner Athlete. *Journal of Physical Education*, 9(1), 48–52.

Pane, B., Kurdi, S., Tangkudung, J., & Syukur, A. (2020). Drill Based Model of Forehand Drive Practice in Table Tennis for Beginner Athlete. *Journal of Physical Education*, 9(1), 48–52. <http://journal.unnes.ac.id/sju/index.php/peshr>

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>

Priambudhi, T. (2023). Pengaruh Latihan Drill, Multiball Dan Shadow Terhadap Ketepatan Pukulan Forehand Atlet Tenis Meja Klub Granat Kendal. *Seminar Nasional Ke-Indonesiaan VIII*. <https://conference.upgris.ac.id/index.php/snk/article/view/4683>

Putra, N. (2011). *Research & Development Penelitian dan Pengembangan: Suatu Pengantar*. Rajagrafindo Persada.

Putra, Nusa. (2011). *Research & Development Penelitian dan Pengembangan: Suatu Pengantar*. Rajagrafindo Persada.

Razali¹, Ahadin², Akbari³, M., Valianto⁴, B., Rahmati⁵, Lengkana⁶, A. S., & Suhaim. (2023). Impact of reaction speed, eye-hand coordination, and achievement motivation on backhand drive skills of table tennis players. *Journal of Physical Education and Sport* ® (JPES). [https://efsupit.ro/images/stories/september2023/Art 271.pdf](https://efsupit.ro/images/stories/september2023/Art%20271.pdf)

Richard A. Schmidt, Timothy D. Lee, Carolee J. Winstein, Gabriele Wulf, and H.N. Z. (2019). *Motor Control and Learning A Behavioral Emphasis (Sixth Edit)*. Human kinetics.

Richey, R. J., & Klein, J. D. (2009). *Design and Development Research*. Routledge.

Romi CandraMahdiah, S. (2023). The Influence Of Multiball Training On The Forehand Ability Of Table Tennis Athletes Towarded Ptmsi Pekanbaru. *IJHESS*, 3. <https://doi.org/https://doi.org/10.55227/ijhess.v3i2.713>

Rusdiana, A. (2021). Tennis flat forehand drive stroke analysis: three dimensional kinematics movement analysis approach. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 7(1), 1–18. https://doi.org/10.29407/js_unpgri.v7i1.15760

- Sari, D. N., Wulandari, I., Hardiansyah, S., & Zulfahri. (2020). Contributions of Arm Muscle Strength Against Forehand Drive Skills for Table Tennis Athletes. 460(Icpe 2019), 120–123.
<https://doi.org/10.2991/assehr.k.200805.034>
- Schmidt, R. A., & A. Wrisberg, C. (2000). *Motor Learning and Performance (Second)*. Human kinetics.
- Schmidt, R. A., & A. Wrisberg, C. (2008). *Motor Learning and Performance : A Situation-Based Learning Approach*. Human Kinetics.
- Schmidt, R. A., & Lee, T. D. (2014). *Motor Learning and Performance: From Principles to Application (Fifth)*. Human Kinetics.
- Soetjningsih, & Ranuh, I. N. G. (2015). *Tumbuh Kembang Anak (2nd ed.)*. Buku Kedokteran FGC.
- Stefanyshyn, D. J., & Wannop, J. W. (2015). Biomechanics Research and Sport Equipment Development. *Sports Engineering*, 18(4), 191–202.
<https://doi.org/https://doi.org/10.1007/s12283-015-0183-5>
- Subagja, I. S. and D. S. (2018). Effect of Multiball Exercise Method and Wall Reflection to Increasing of Forehand Drive in Table Tennis Game.
<https://www.scitepress.org/Papers/2017/70731/70731.pdf>
- Sugiyono. (2015a). *Metode Penelitian & Pengembangan Research and Development (S. Y. Suryandani (ed.); 1st ed.)*. Alfabeta.
- Sugiyono. (2015b). *Metode Penelitian & Pengembangan Research and Development*. Alfabeta.
- Tangkudung, J. (2016). *Macam-macam Metodologi Penelitian Uraian dan Contohnya (K. Aini, S. T. Paramitha, & A. Tangkudung (eds.); 1st ed.)*. Lensa Media Pustaka Indonesia.
- Tangkudung, James. (2012). *Kepelatihan Olahraga*. Cerdas Jaya.
- Tomoliyus. (2014). Pengembangan instrumen kemampuan ketepatan fore hand, backhand drive dalam permainan tenis meja. 1–14.
http://staffnew.uny.ac.id/upload/131121717/penelitian/12.+Pengembangan+instrumen+Ketetapan+Forehand+dan+backhand+Drive+tenis+mejaNew+Microsoft+Office+Word+Document+_2_.pdf
- Tsai, C.-L., Chien, C.-H., Chen, Y.-Y., Chang, T.-J., Hsueh, Y.-C., Wang, L.-M., & Pan, K.-M. (2012). the Upper Limb Emg Activity Comparison of Different Table Tennis Forehand Drives. 30 Th Annual Conference of Biomechanics in Sports-Melbourne, 3, 249–252.
- Vygotsky's Educational Theory in Cultural Context This. In Cambridge University Press.
- Walter Dick, L. C., & Carey, J. O. (2009). *The systematic design of Instruction (L. Reinkober (ed.); 7th ed.)*. Pearson Education, Inc.
- Whiteside, D., Chin, A., & Middleton, K. (2013). The Validation of A Three-Dimensional Ball Rotation Model. *Journal of Sports Engineering and Technology*, 227(1), 49–56.

<https://doi.org/https://doi.org/10.1177/1754337112436913>

Wulf, G., & Lewthwaite, R. (2016). Optimizing performance through intrinsic motivation and attention for learning: The OPTIMAL theory of motor learning. *Psychonomic Bulletin and Review*, 23(5), 1382–1414. <https://doi.org/10.3758/s13423-015-0999-9>

