

DAFTAR PUSTAKA

- Akbari, M., Dlis, F., & Widiaستuti. (2018). THE EFFECT AT MUSCLE POWER ARM, HAND-EYE COORDINATION, FLEXIBILITY AND SELF CONFIDENCE UPON BADMINTON SMASH SKILL. *Journal of Indonesian Physical Education and Sport*, 4(1), 57–64.
- Archacki, D., Zieliński, J., Pospieszna, B., & Włodarczyk, M. (2024). *The contribution of energy systems during 15-second sprint exercise in athletes of different sports specializations*. <https://doi.org/10.7717/peerj.17863>
- Azwar, S. (2013). *Reliabilitas dan Validitas*. Pustaka Pelajar.
- Balyi, I., Way, R., & Higgs, C. (2013). *LONG-TERM ATHLETE DEVELOPMENT*. Human Kinetics.
- Behm, D. G., Konrad, A., Nakamura, M., Alizadeh, S., Culleton, R., Hadjizadeh Anvar, S., Pearson, L. T., Ramirez-Campillo, R., & Sale, D. G. (2024). A narrative review of velocity-based training best practice: the importance of contraction intent versus movement speed. *Applied Physiology, Nutrition, and Metabolism = Physiologie Appliquée, Nutrition et Métabolisme*, 9, 1–9. <https://doi.org/10.1139/apnm-2024-0136>
- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization Theory and Methodology of Training*. Human Kinetics.
- Bungin, B. (2015). *Metodologi Penelitian Sosial & Ekonomi: Format-Format Kuantitatif dan Kualitatif untuk Studi Sosiologi, Kebijakan Publik, Komunikasi, Manajemen, dan Pemasaran*. Kencana Prenada Media Group.
- Chatzisarantis, N. (2007). *Intrinsic Motivation and Self-determination in Exercise and Sport* (M. Hagger & N. Chatzisarantis (Eds.)). Human Kinetics.
- Cho, E. H., Yun, H. J., & So, W. Y. (2020). THE validity of alternative hand wall toss tests in Korean children. *Journal of Men's Health*, 16(1), e10–e18. <https://doi.org/10.15586/jomh.v16i1.166>
- Cox, R. H. (2012). *Sport Psychology Concepts and Applications*. McGraw-Hill. de
- Blas, X. (2015). *Chronojump Encoder*. <https://chronojump.org/tests/encoder-tests/>
- Ford, P., de Ste Croix, M., Lloyd, R., Meyers, R., Moosavi, M., Oliver, J., Till, K., & Williams, C. (2011). The Long-Term Athlete Development model: Physiological evidence and application. *Journal of Sports Sciences*, 29(4), 389–402. <https://doi.org/10.1080/02640414.2010.536849>
- Haibach-Beach, P. S., Reid, G., & Collier, D. H. (2018). *Motor Learning and*

- Development.* Human Kinetics.
- Hennink, M., Hutter, I., Bailey, A., & Eddy, A. (2020). *Qualitative Research Methods* (A. Owens (ed)). SAGE Publications.
- Hermawan, I., Zulfikry, R., & Irawan, A. (2021). *HUBUNGAN DAYA LEDAK (POWER) OTOT LENGAN DAN PANJANG LENGAN TERHADAP KETEPATAN LEMPARAN PENJAGA GAWANG FUTSAL SMP GLOBAL INSANI SCHOOL TAJUR HALANG*. State University Of Jakarta.
- Horn, T. S. (2008). *Advances in Sport Psychology* (T. S. Horn (Ed.)). Human Kinetics.
- James, L. P., Suchomel, T. J., Comfort, P., Haff, G. G., & Connick, M. J. (2022). Rate of Force Development Adaptations After Weightlifting-Style Training: The Influence of Power Clean Ability. *Journal of Strength and Conditioning Research*, 36(6), 1560–1567. <https://doi.org/10.1519/JSC.00000000000003673>
- Kadir. (2019). *Statistika Terapan Konsep, Contoh dan Analisis Data dengan Program SPSS/Lisrel dalam Penelitian*. PT Rajagrafindo Persada.
- King, M., Towler, H., Dillon, R., & McErlain-Naylor, S. (2020). A correlational analysis of shuttlecock speed kinematic determinants in the badminton jump smash. *Applied Sciences (Switzerland)*, 10(4), 1–14. <https://doi.org/10.3390/app10041248>
- Kusnadi, N., Asmawi, M., & Tangkudung, J. (2019). Game-based forehand smash training model development for Indonesian badminton athlete. *Journal of Education, Health and Sport*, 9(5), 363–372. <https://apcz.umk.pl/JEHS/article/view/6938>
- Le Mansec, Y., Perez, J., Rouault, Q., Doron, J., & Jubeau, M. (2020). Impaired performance of the smash stroke in badminton induced by muscle fatigue. *International Journal of Sports Physiology and Performance*, 15(1), 52–59. <https://doi.org/10.1123/ijspp.2018-0697>
- Li, F., Li, S., Zhang, X., & Shan, G. (2023). Biomechanical Insights for Developing Evidence-Based Training Programs: Unveiling the Kinematic Secrets of the Overhead Forehand Smash in Badminton through Novice-Skilled Player Comparison. *Applied Sciences (Switzerland)*, 13(22). <https://doi.org/10.3390/app132212488>
- Li, S., Zhang, Z., Wan, B., Wilde, B., & Shan, G. (2017). The relevance of body positioning and its training effect on badminton smash. *Journal of Sports Sciences*, 35(4), 310–316. <https://doi.org/10.1080/02640414.2016.1164332>
- Lloyd, R. S., & Oliver, J. L. (2012). The youth physical development model: A new approach to long-term athletic development. *Strength and Conditioning Journal*, 34(3), 61–72. <https://doi.org/10.1519/SSC.0b013e31825760ea>

- Marsuna, Rusli, M., Jud, & Asshagab, M. (2024). Correlation of Arm Muscle Power and Abdominal Muscle Strength with Badminton *Smash* Ability. *Physical Activity Journal (PAJU)*, 5(2), 115–122.
- Matondang, Z. (2009). Validitas dan Reliabilitas Suatu Instrumen Penelitian. *Jurnal Tabularasa PPS UNIMED*, 6(1), 87-97.
- McClelland, D. C. (1961). *The Achieving Society*. Princeton, NJ: Van Nostrand.
- McMorris, T. (2014). *Acquisition and Performance of Sports Skills* (2nd ed.). John Wiley & Sons.
- Miller, R., Felton, P. J., Mcerlain-Naylor, S. A., Towler, H., & King, M. A. (2015). Optimum Performance in the Badminton Jump *Smash*. *School of Sport, Exercise and Health Sciences, Loughborough University, Leicestershire, LE11 3TU, UK*, 1970, 1–7. https://development.bwfbadminton.com/wp-content/uploads/2016/08/Final_Miller-et-al._Loughborough-University.pdf
- Mugiyanto, Fachrezzy, F., & Subandi, O. U. (2024). the Influence of Speed Endurence, Leg Length, and Achievement Motivation on the Achievement of Indonesian Junior Taekwondo Athletes in 2023. *Gladi : Jurnal Ilmu Keolahragaan*, 15(01), 80–94. <https://doi.org/10.21009/gjik.151.08>
- Müller, D. C., Izquierdo, M., Boeno, F. P., Aagaard, P., Teodoro, J. L., Grazioli, R., Radaelli, R., Bayer, H., Rodrigo, N., Pinto, R. S., & Cadore, E. L. (2020). *Adaptations in mechanical muscle function, muscle morphology, and aerobic power to high-intensity endurance training combined with either traditional or power strength training in older adults.pdf*. <https://doi.org/https://doi.org/10.1007/s00421-020-04355-z>
- Noor, J. (2011). *Buku Metode Penelitian* (I. P. M. (1 Ed) (Ed.)). Prenada Media.
- Ortiz, A. M., Laguarta-Val, S., & Delgado, D. V. (2021). *Muscle Work and Its Relationship with ACE and ACTN3*.
- Putra, G. E., & Lumintuaro, R. (2020). What is the Biomechanical Principle of Forehand *Smash* in Badminton? - Article Review. *Physical Education and Sport Through the Centuries*, 7, 221–229. <https://doi.org/10.2478/spes-2020-0018>
- Ramasamy, Y., Usman, J., Sundar, V., Towler, H., & King, M. (2024). Kinetic and kinematic determinants of shuttlecock speed in the forehand jump *smash* performed by elite male Malaysian badminton players. *Sports Biomechanics*, 23(5), 582–597. <https://doi.org/10.1080/14763141.2021.1877336>
- Rambely, A. S., Osman, N. A. A., Usman, J., & Wan Abas, W. A. B. (Department of B. E. (2005). The contribution of upper limb joints in the development of racket velocity in the Badminton *Smash*. *Isbs 2005*, 422–426.

- Roberts, G. C., & Treasure, D. (2012). *Advances in Motivation in Sport and Exercise*. Human Kinetics.
- Rogol, A. D., Clark, P. A., & Roemmich, J. N. (2000). Growth and pubertal development in children and adolescents: Effects of diet and physical activity. *American Journal of Clinical Nutrition*, 72(2 SUPPL.), 521S-528S. <https://doi.org/10.1093/ajcn/72.2.521s>
- Rusdiana, A. (2021a). 3D Kinematics Analysis of Overhead Backhand and Forehand Smash Techniques in Badminton. *Annals of Applied Sport Science*, 9(3), 1–9. <https://doi.org/10.52547/aassjournal.1002>
- Rusdiana, A. (2021b). Movement mechanism differences of badminton overhead forehand and backhand smash stroke techniques during teaching learning in human movement science. *Sport Mont*, 19(3), 69–74. <https://doi.org/10.26773/smj.211018>
- Rusdiana, A., Subarjah, H., Imanudin, I., Kusdinan, Y., Syahid, A., & Kurniawan, T. (2020). Effect of Fatigue on Biomechanical Variable Changes in Overhead Badminton Jump Smash. *Annals of Applied Sport Science*. <https://doi.org/10.29252/AASSJOURNAL.895>
- Sakurai, S., & Ohtsuki, T. (2000). Muscle activity and accuracy of performance of the smash stroke in badminton with reference to skill and practice. *Journal of Sports Sciences*, 18(11), 901–914. <https://doi.org/10.1080/026404100750017832>
- Schmidt, R. A., Lee, T. D., Winstein, C. J., Wulf, G., & Zelaznik, H. N. (2019). Motor Control and Learning: A Behavioral Emphasis (6th ed.). In *Sustainability (Switzerland)* (6th ed., Vol. 11, Issue 1). Human Kinetics. http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM PEMBETUNGAN TERPUSAT STRATEGI MELESTARI
- Schrager, M. A., Roth, S. M., Ferrell, R. E., Metter, E. J., Russek-cohen, E., Lynch, N. A., Lindle, R. S., Hurley, B. F., Matthew, A., Roth, S. M., Ferrell, R. E., Metter, J., Russek-cohen, E., Lynch, N. A., Lindle, S., & Hurley, B. F. (2004). *Insulin-like growth factor-2 genotype , fat-free mass , and muscle performance across the adult life span.* 20742, 2176–2183. <https://doi.org/10.1152/japplphysiol.00985.2003>.
- Setiawan, A., Effendi, F., & Toha, M. (2020). AKURASI SMASH FOREHAND BULUTANGKIS DIKAITKAN DENGAN KEKUATAN OTOT LENGAN DAN KOORDINASI MATA-TANGAN. *Jurnal Maenpo : Jurnal Pendidikan Jasmani Kesehatan Dan Rekreasi*, 10, 50–56.
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Alfabeta.

- Sujarwo, Pribadi, A. R., & Apriyanto, T. (2020). *HUBUNGAN ANTARA KEKUATAN OTOT LENGAN DAN PANJANG LENGAN TERHADAP KEMAMPUAN OVERHAND PASS PADA ANGGOTA EKSTRAKULIKULER BOLA TANGAN SMK NEGERI 26 JAKARTA*. 274–282.
- Sunarto, R. &. (2017). *Pengantar Statistika untuk Penelitian: Pendidikan, Sosial, Komunikasi, Ekonomi, dan Bisnis*. Alfabeta.
- Taylor & Francis. (2022). *Advanced Strength and Conditioning: An Evidence-based Approach* (A. Turner & P. Comfort (Eds.)). Taylor & Francis. https://www.google.co.id/books/edition/_pbxZEAQBAJ?hl=en
- Tong, Y.-M., & Hong, Y. (2000). The playing pattern of world's top single badminton players. *18 International Symposium on Biomechanics in Sports*, 1–6.
- topendsports*. (2003). <https://www.topendsports.com/testing/tests/wall-catch.htm>
- Tsai, C.-L., Yang, C.-C., Lin, M.-S., & Huang, Kuei-Shu (Department of P.E., N. T. N. U. (2005). The surface EMG activity analysis between badminton *smash* and jump *smash*. *Isbs 2005*, 483–486.
- Usman, D. P. (2018). *PENGARUH KOORDINASI MATA TANGAN, KELENTUKAN PERGELANGAN TANGAN DAN MOTIVASI BERPRESTASI TERHADAP KEMAMPUAN SMASH PADA MAHASISWA BKMF BULUTANGKIS FIK UNM*.
- Vernando, Y. T., & Adi, S. (2017). *MODEL LATIHAN FOREHAND SMASH BULUTANGKIS BAGI ATLET PB SEMERU PUGER KABUPATEN JEMBER USIA 12 – 15 TAHUN*. 1, 1–13.
- Wang, Z., & Raunser, S. (2023). *Structural Biochemistry of Muscle Contraction*. 411–433.
- Widyaningsih, H., & Tantya, T. (2021). SURVEI TINGKAT PERCAYA DIRI DAN MOTIVASI BERPRESTASI ATLET PANAHAN KOP FORTIUS UNJ. In *Pharmacognosy Magazine*.
- Woodward, M., & Williams, L. (2017). BWF BADMINTON COACH EDUCATION COACHES' MANUAL LEVEL 1. In I. Wright & S. Springer (Eds.), *Journal of Chemical Information and Modeling* (Vol. 53, Issue 9). Badminton World Federation. bwfcorporate.com
- Zhang, S. (2020). Effects of fatigue on biomechanics of forehand *smash* in badminton. *Journal of Vibroengineering*. <https://doi.org/10.21595/jve.2020.21467>
- Zhang, Z., Li, S., Wan, B., Visentin, P., Jiang, Q., Dyck, M., Li, H., & Shan, G. (2016). The Influence of X-Factor (Trunk Rotation) and Experience on the

Quality of the Badminton Forehand Smash. *Journal of Human Kinetics*, 53, 9–22. <https://doi.org/10.1515/hukin-2016-0006>

