

Abstrak

PENGARUH METODE LATIHAN *DRILL* KONSTAN TERHADAP KETEPATAN *FOREHAND DRIVE* SISWA EKSTRAKURIKULER TENIS MEJA DI SMP N 1 BATURADEN

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Latar Belakang: Tenis meja adalah salah satu permainan bola kecil yang dimainkan dengan menggunakan *bet* dan bola tenis meja yang terbuat dari *celluloid*. Penelitian ini bertujuan untuk mengetahui pengaruh model latihan *drill* konstan terhadap ketepatan *forehand drive* siswa ekstrakurikuler tenis meja di SMP N 1 Baturaden.

Metodologi: Penelitian ini merupakan penelitian *pre-Eksperimental Design* dengan *one group pretest-posttest design*. *Sample* dari penelitian ini diambil menggunakan *total sampling* dengan jumlah 13 siswa. Instrumen tes menggunakan ketepatan *forehand drive* yaitu melakukan *rally* selama 30 detik ke arah sasaran dan dilakukan 2 kali percobaan. Analisis data yang digunakan adalah Uji T (*Paired Samples Test*).

Hasil Penelitian: Hasil penelitian diketahui bahwa: (1) Terdapat pengaruh metode latihan *drill* konstan terhadap ketepatan *forehand drive* dengan nilai Sig ($p=0,000$). (2) Metode latihan *drill* konstan dapat mempengaruhi ketepatan *forehand drive* dengan rata-rata peningkatan setiap siswa sebesar 41,25%.

Kesimpulan: Terdapat pengaruh metode latihan *drill* konstan terhadap ketepatan *forehand drive* siswa ekstrakurikuler tenis meja di SMP N 1 Baturaden.

Kata Kunci: Tenis Meja, *Forehand*, *Drill*, Ketepatan

Abstract

***THE EFFECT OF EXERCISE MODEL BY DRILL CONSTANT
ON THE ACCURACY OF FOREHAND DRIVE
AT EXTRACURRICULAR TABLE TENNIS
OF SMP N 1 BATURADEN***

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Background: Table tennis is one of the small ball games that is played using bet and table tennis balls made of celluloid. This study aims to determine the effect of a constant drill training model on the accuracy of the forehand drive extracurricular table tennis student at SMP N 1 Baturaden.

Methodology: This research is a pre-experimental design research with one group pretest-posttest design. Samples from this study were taken using total sampling with a total of 13 students. The test instrument uses the accuracy of the forehand drive that is to rally for 30 seconds towards the target and conducted 2 trials. Analysis of the data used is the T Test (Paired Samples Test).

Research Results: The results of the study note that: (1) There is an effect of the constant drill training method on the accuracy of the forehand drive with a Sig ($p = 0,000$). (2) The method of constant drill practice can affect the accuracy of the forehand drive with an average increase of each student by 41.25%.

Conclusion: There is an effect of the constant drill training method on the accuracy of the forehand drive of table tennis extracurricular students at SMP N 1 Baturaden.

Keywords: Table Tennis, Forehand, Drill, Accuracy