

POWERFUL EXERCISE BEHAVIOR ON FLAT SERVE APPEARANCE IN THE FIELD OF ANALYSIS OF FIELD TECHNICAL BIOMECHANICAL

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ABSTRACT

The background of this study is the importance of strength training in improving athlete's performance. However, there are still many trainers or athletes who have not understood the application of strength training. Coaches still emphasize on technical training and forget physical exercise. The purpose of this study is to know the effectiveness of strength training to improve the appearance of field tennis serve techniques for male athletes aged 15-19 years.

This research method used experimental research method, with one-group research design pretest-posttest design. Research subjects used are all athletes Putra Pelatda PRA PON DIY 2016 amounted to 4 people. The research instrument used is observation of the results of serve technique with the help of dartfish program. The technique of data analysis of effectiveness test using paired t-test.

The results of this study concluded that strength training to improve the ability of field tennis serve technique at the athlete of 15-19 years old man was declared effective to improve the ability (appearance) serve tennis field at the level of significance of 0.001 with an increase in average appearance appearance ability of 13, 25 points, Conclusions of the study, stated that this strength training proved to be effective in improving the performance of tennis men's tennis field at 15-19 years old in Yogyakarta Special Region (DIY).

Kata Kunci: Strength Training, Biomechanical Analysis, Flat Serve Tennis Field