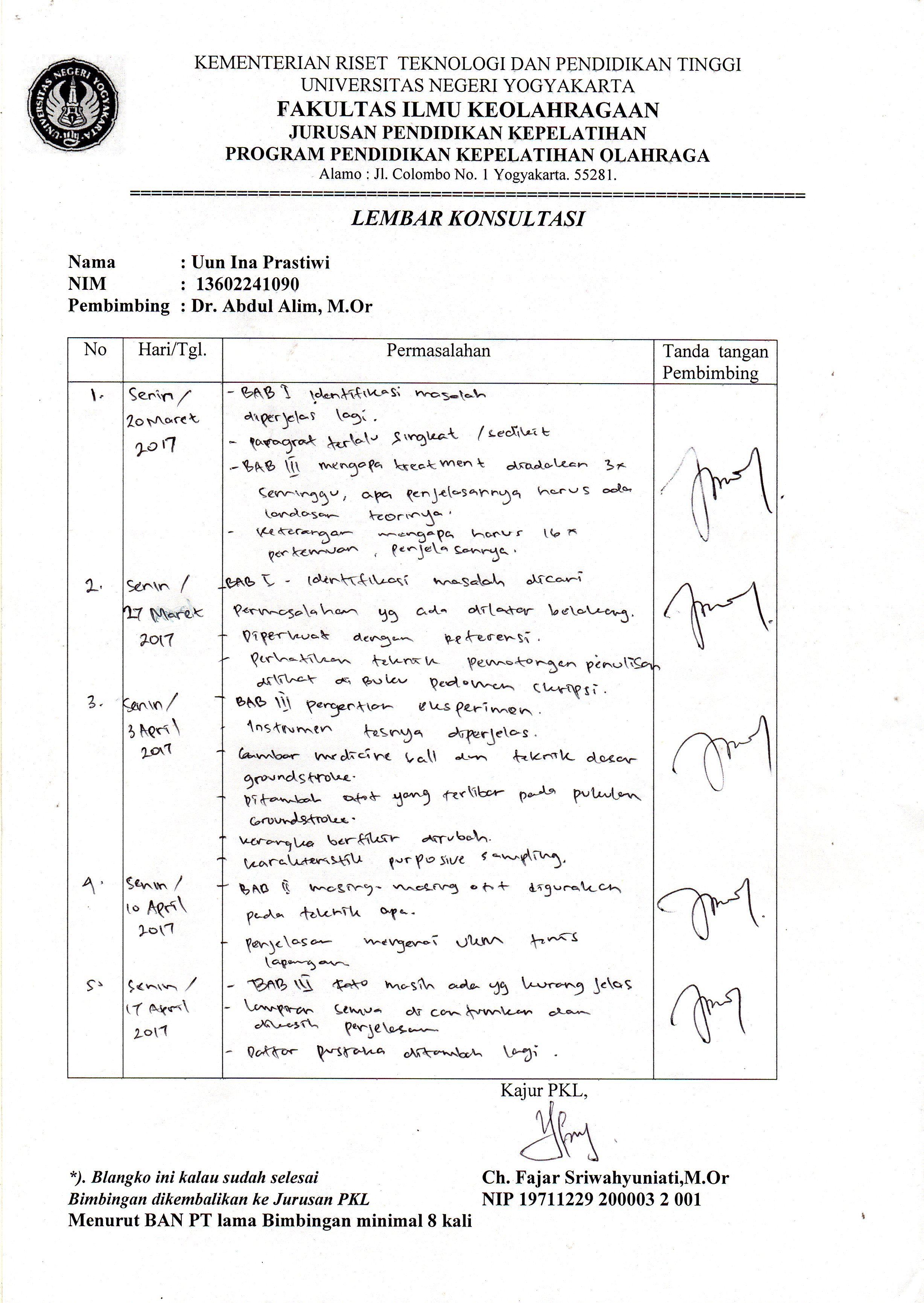
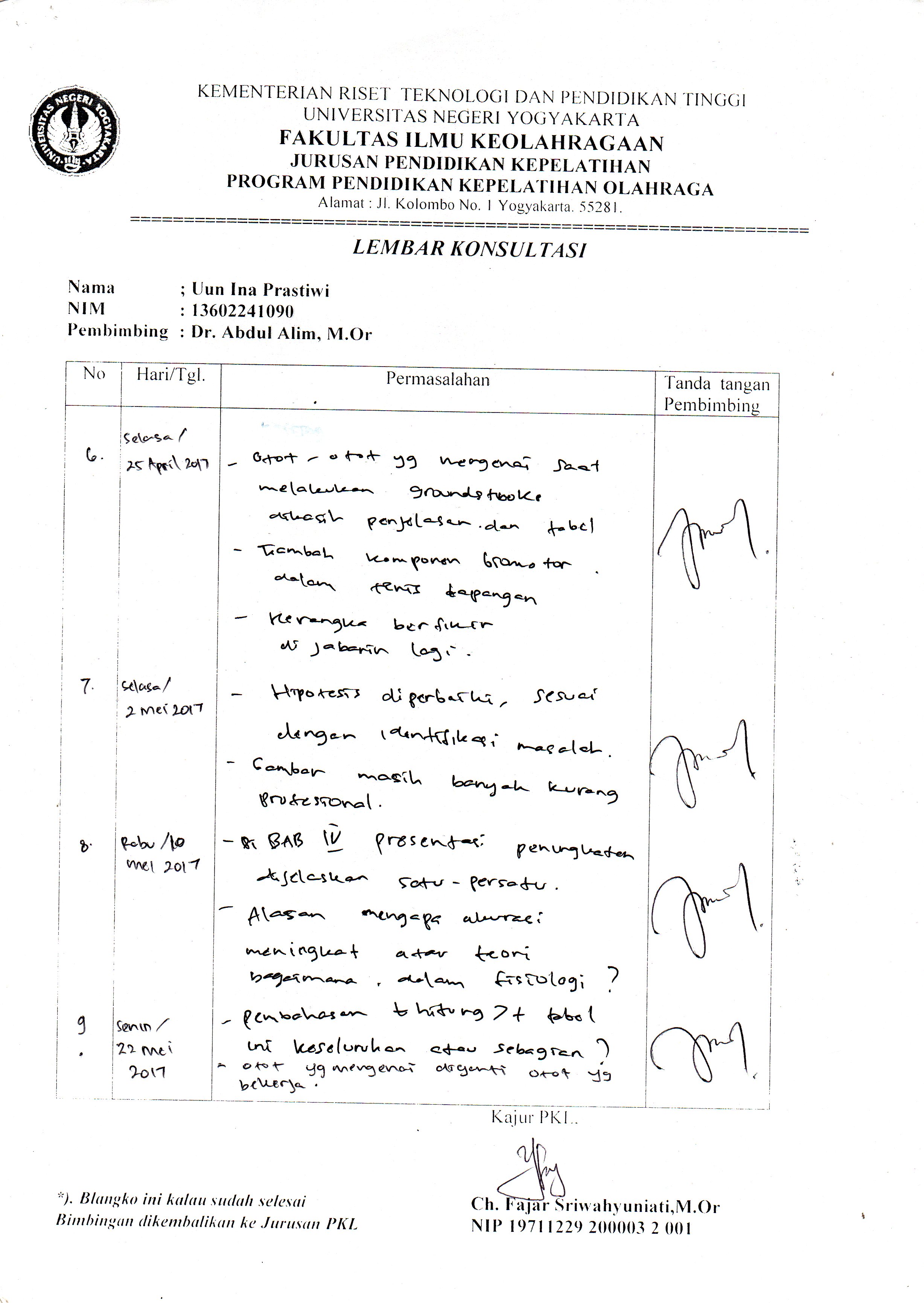
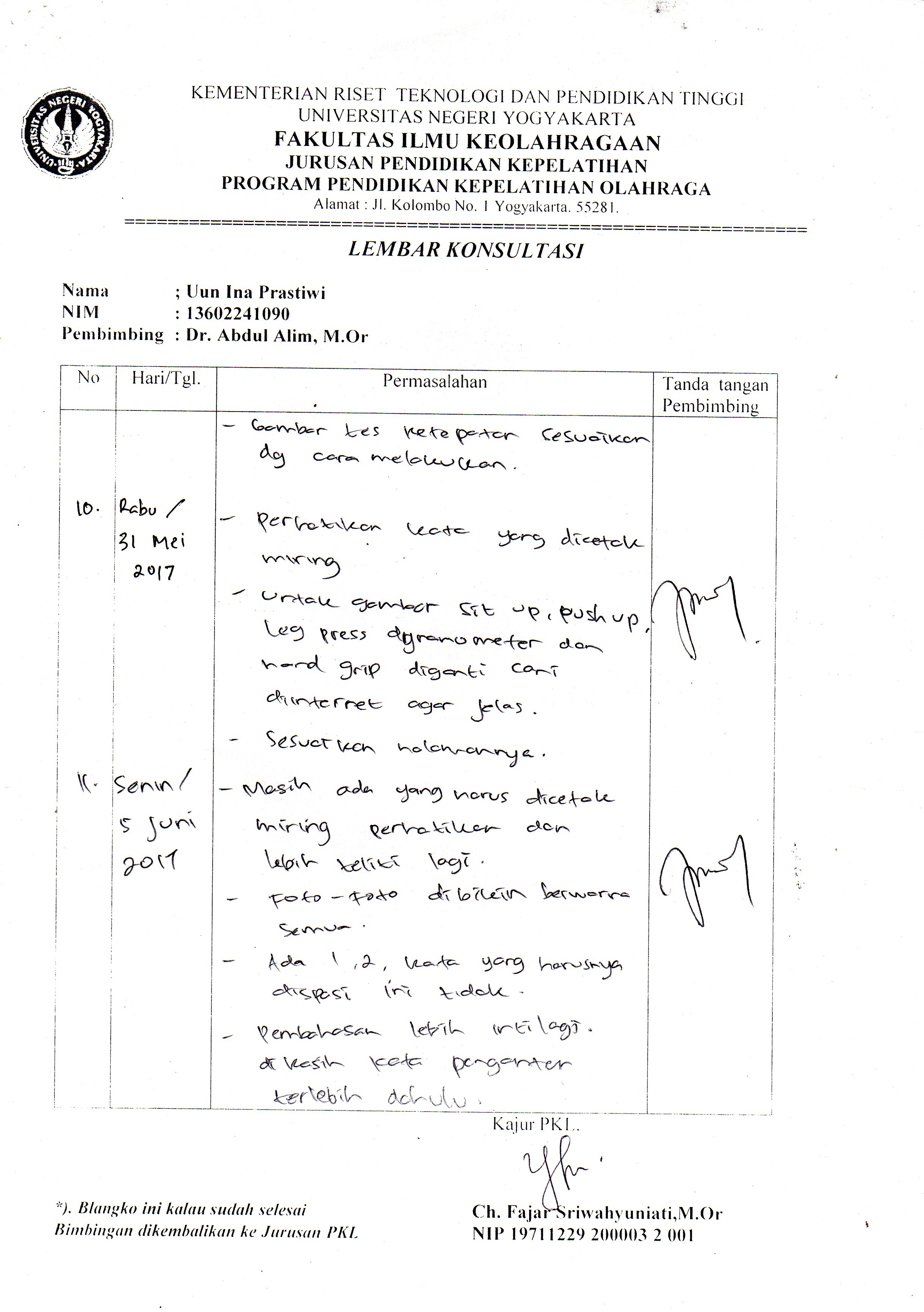
**Lampiran 1. Kartu Bimbingan TAS**

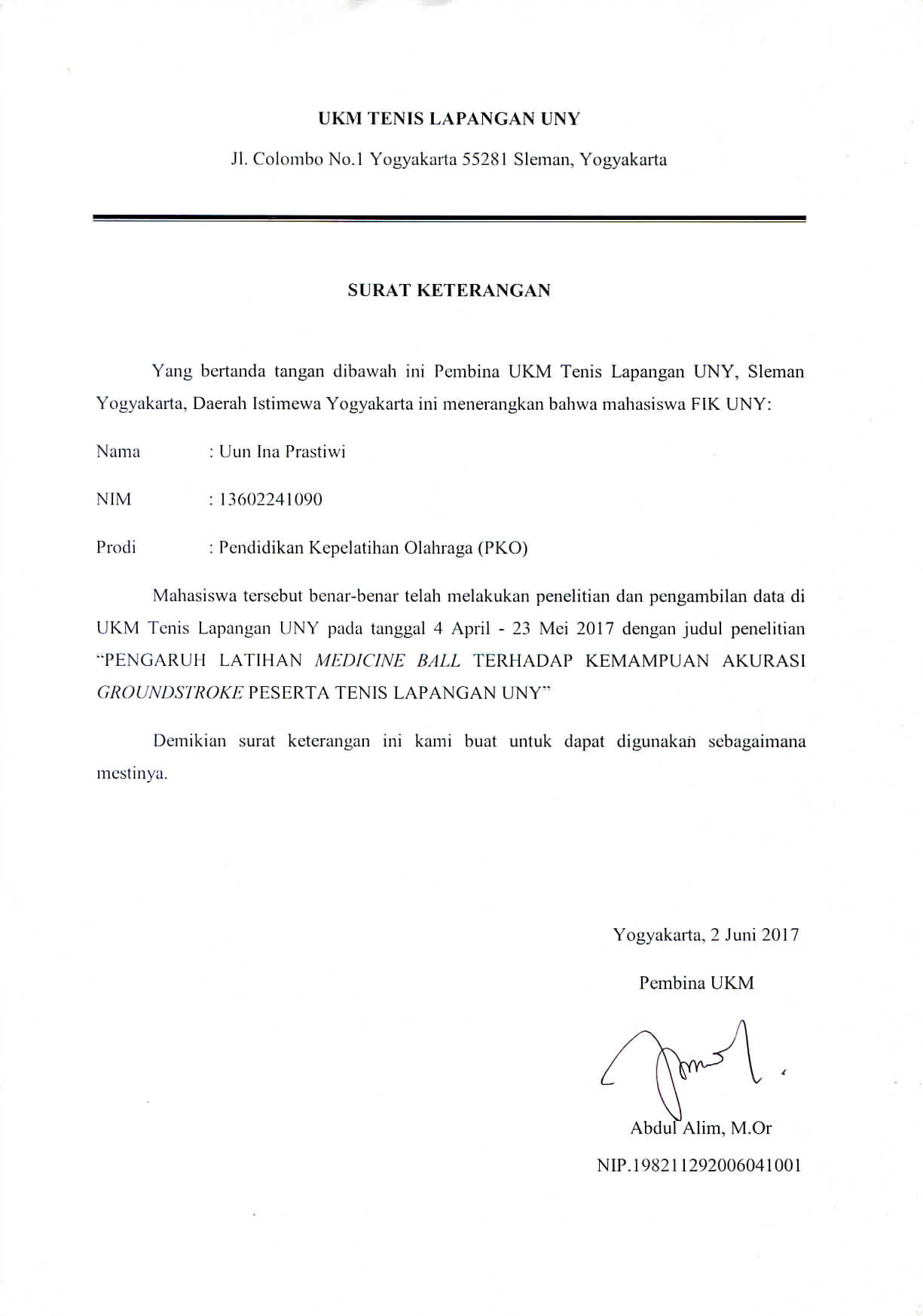
****

****

****

**Lampiran 2. Surat Ijin Penelitian**



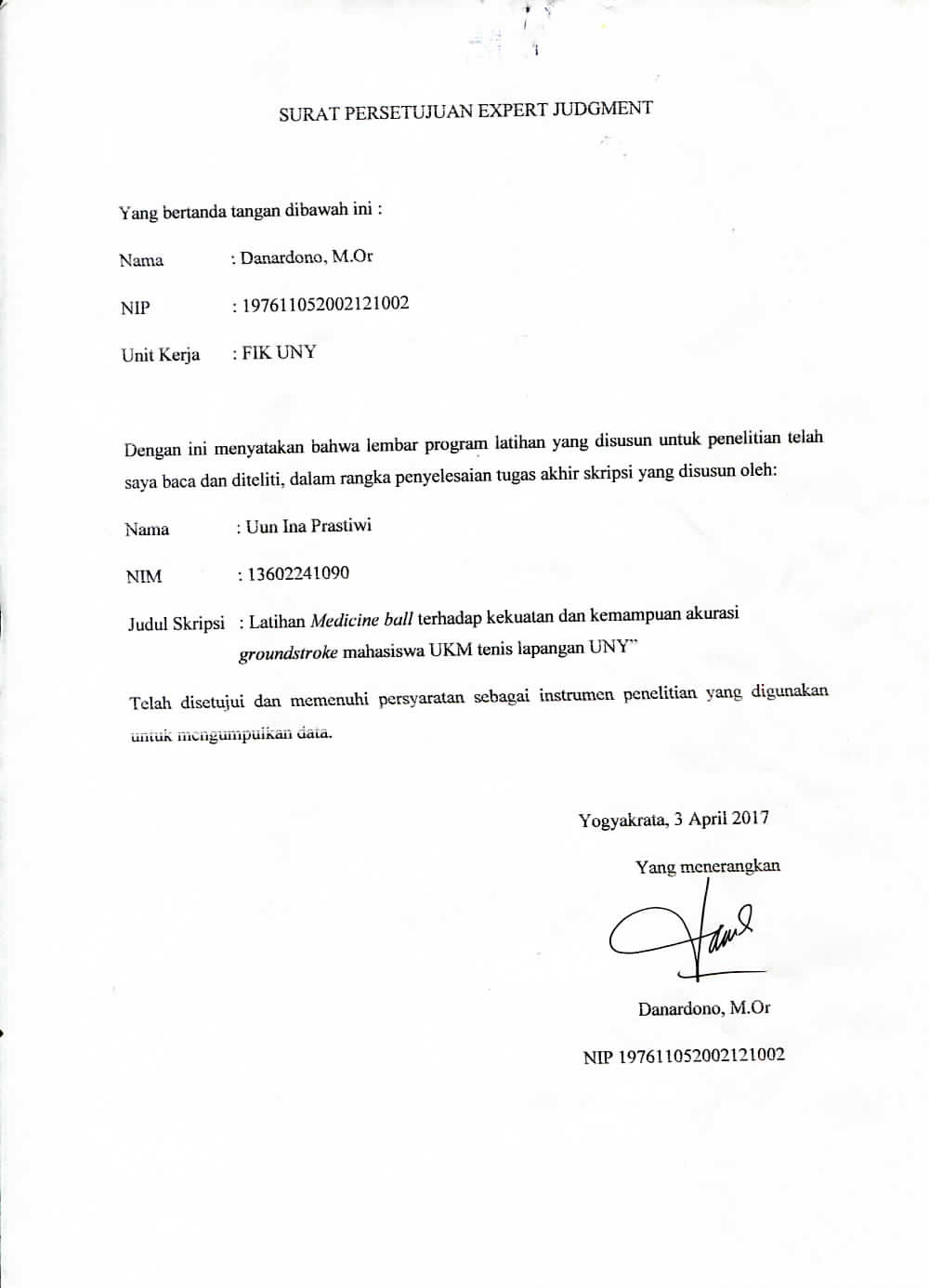
****

**Lampiran 3. Surat Keterangan**

1. **Surat keterangan validasi**

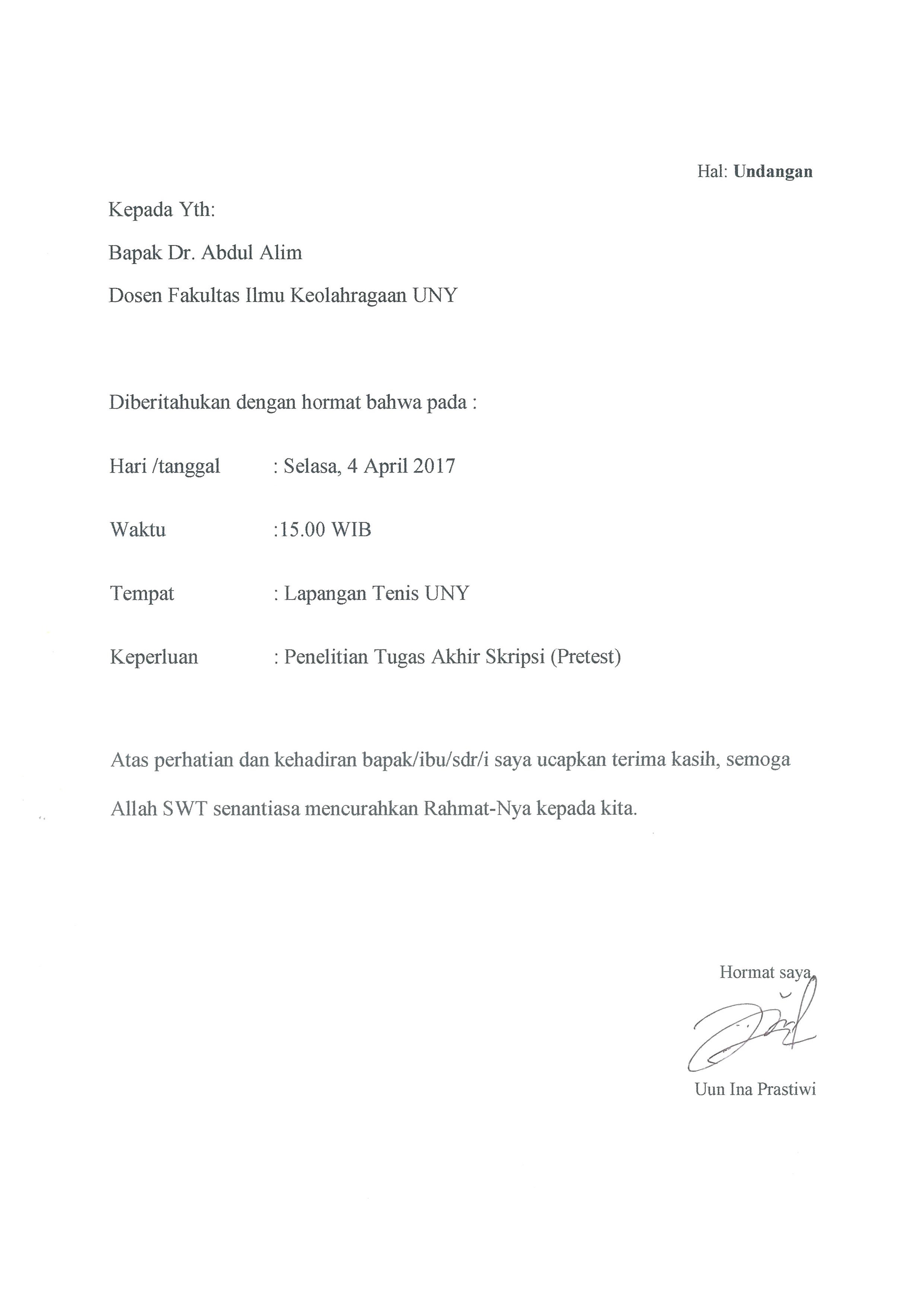


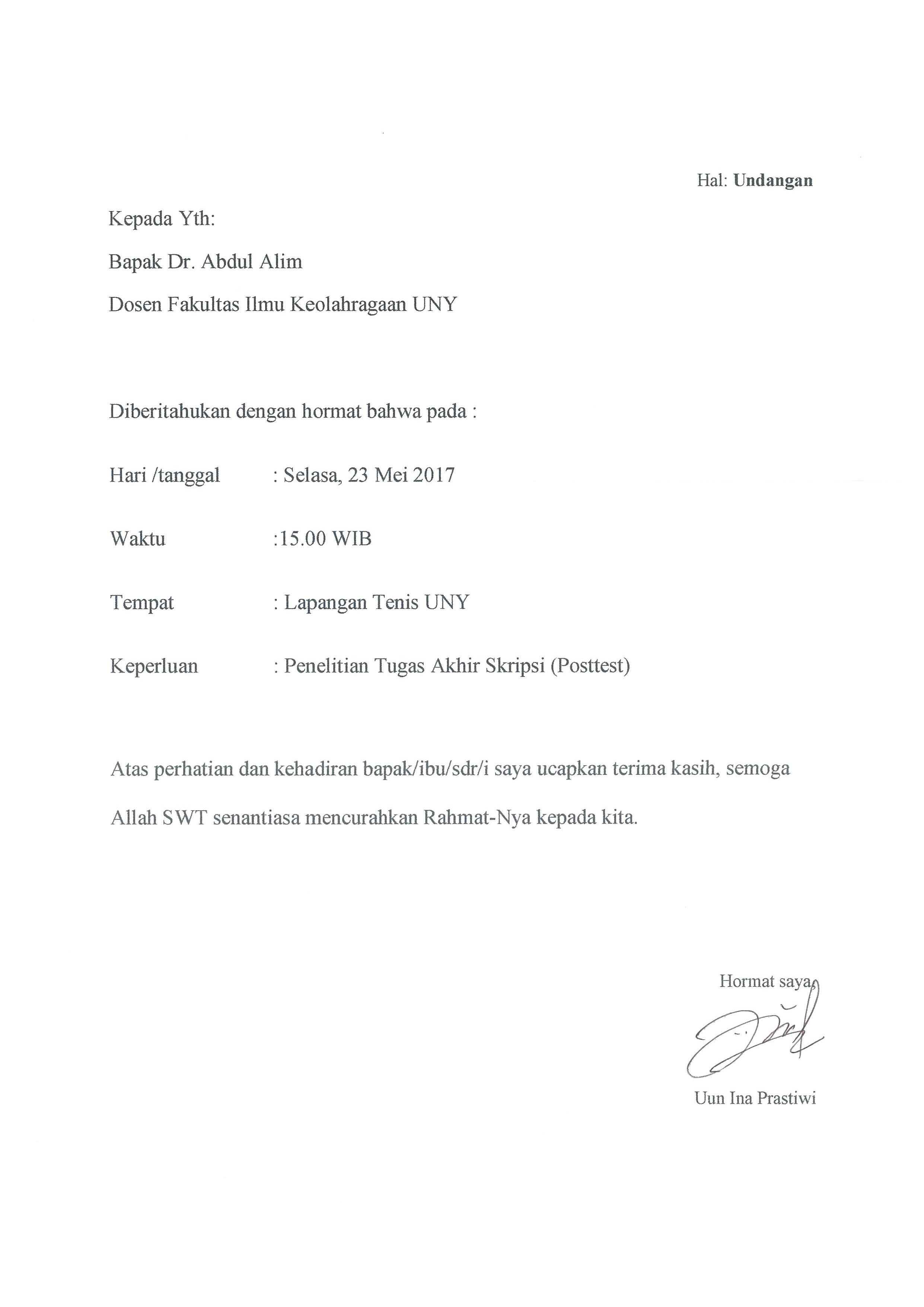
1. **Surat persetujuan expert judgment**



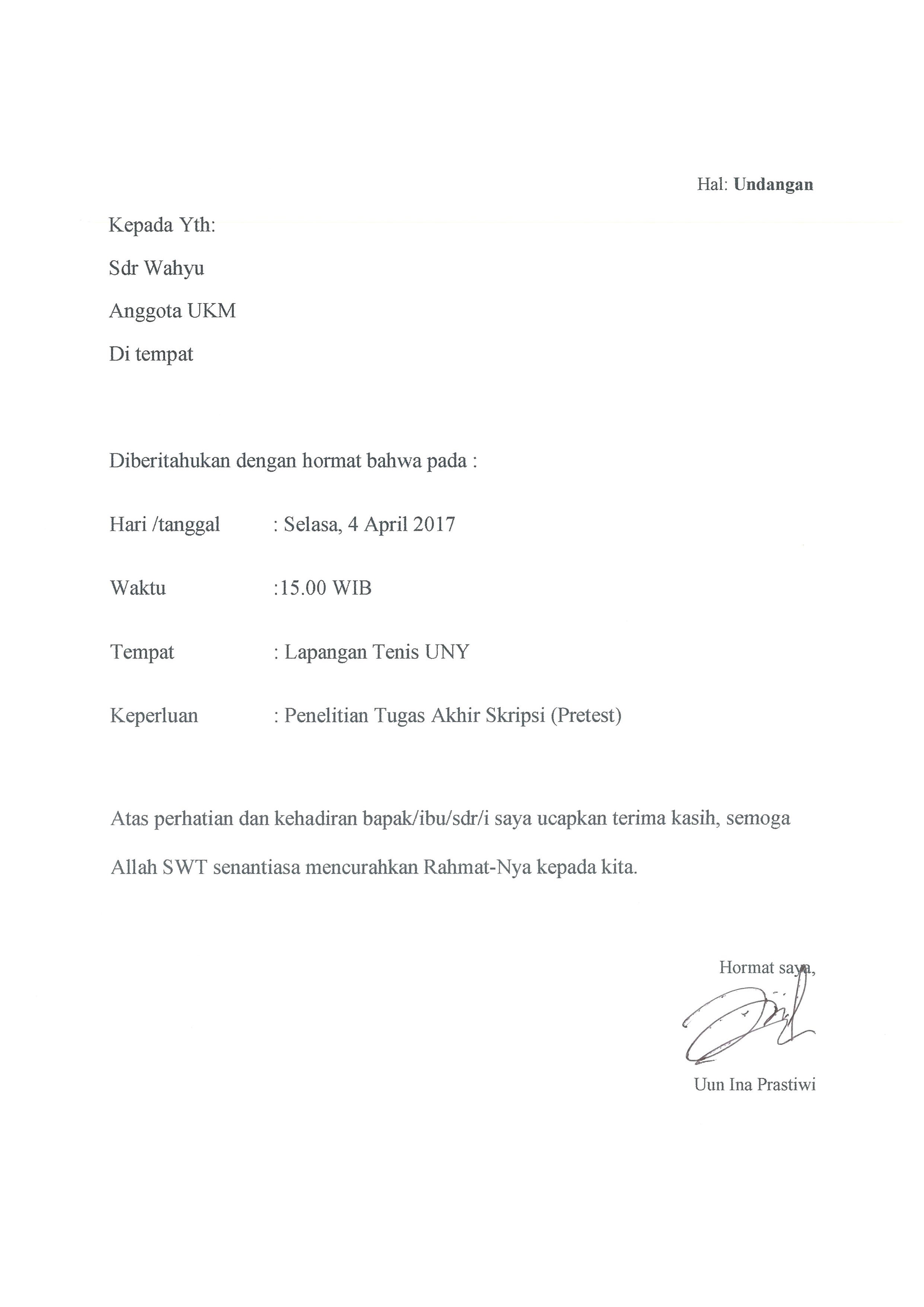
**Lampiran 4. Surat Undangan Penelitian**

1. **Pembimbing (Pretest)**

****

**Posttest **

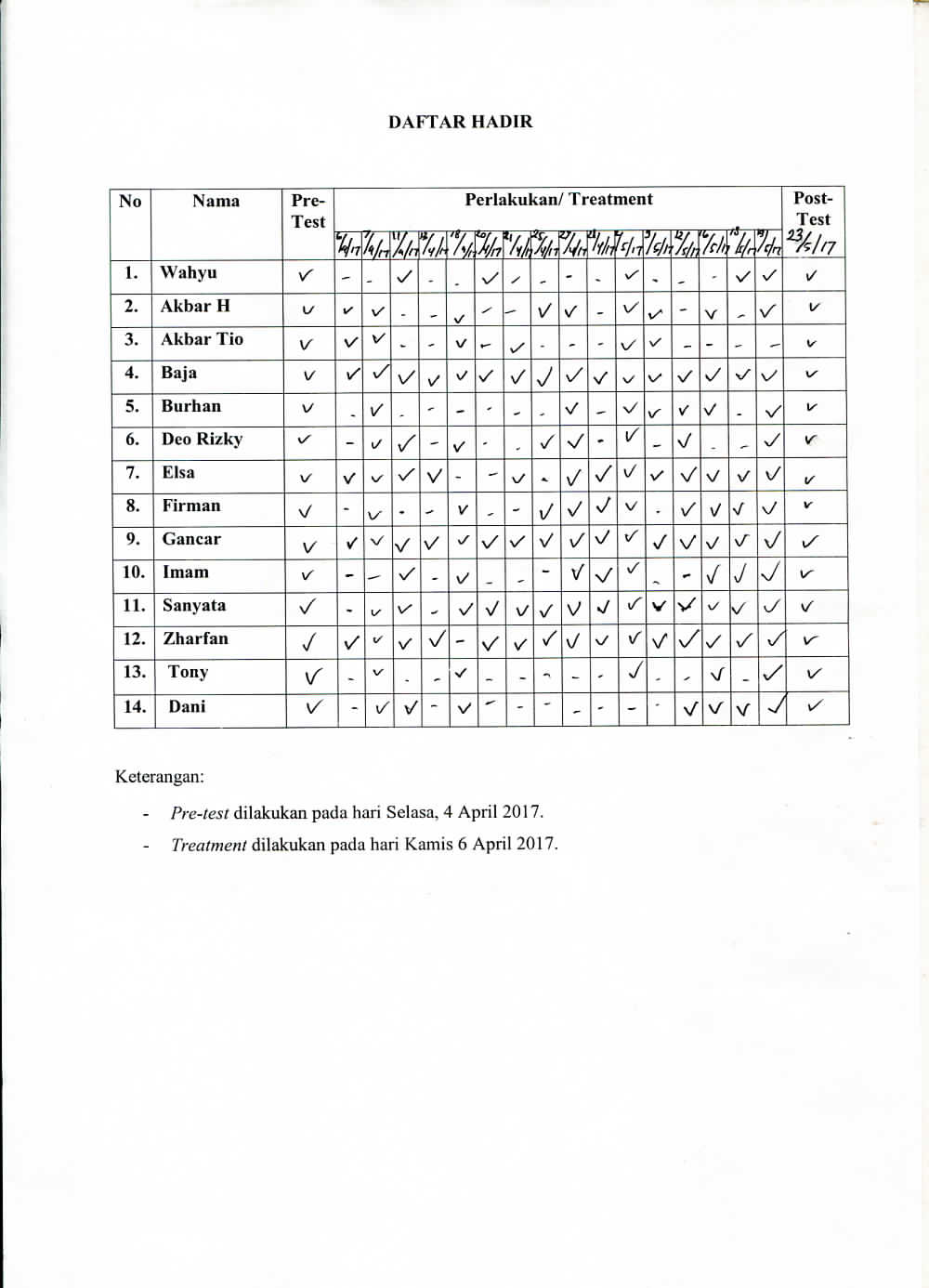
1. **Peserta (Pretest)**

****

**Posttest**

****

**Lampiran 5. Absensi**



**Lampiran 6. Program Latihan**

PROGRAM LATIHAN

Pertemuan 1-3

|  |  |  |  |
| --- | --- | --- | --- |
| Waktu | Selasa | Kamis | Jumat |
| 15.30-17.00 | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Cooling down* | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball lunge* * *Medicine ball rusian twist* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* | * Wr Up * Jogging*, streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball X drill* * *Forehand and backhand medicine ball tosses using open* * *Medicine ball rusian twist* * *Up and down with medicine ball* * *Cooling down* |

Pertemuan 4-6

|  |  |  |  |
| --- | --- | --- | --- |
| Waktu | Selasa | Kamis | Jumat |
| 15.30-17.00 | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Cooling down* | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Forehand and backhand medicine ball tosses open* * *Up and down with medicine ball* * *Cooling down* | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball X drill* * *Medicine ball rusian twist* * *Medicine ball lunge* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* |

Pertemuan 7-9

|  |  |  |  |
| --- | --- | --- | --- |
| Waktu | Selasa | Kamis | Jumat |
| 15.30-17.00 | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball X drill* * *Medicine ball rusian twist* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball X drill* * *Medicine ball rusian twist* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Up and down with medicine ball* * *Forehand and backhand medicine ball tosses using open* * *Cooling down* |

Pertemuan 10-12

|  |  |  |  |
| --- | --- | --- | --- |
| Waktu | Selasa | Kamis | Jumat |
| 15.30-17.00 | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* |

Pertemuan 13-16

|  |  |  |  |
| --- | --- | --- | --- |
| Waktu | Selasa | Kamis | Jumat |
| 15.30-17.00 | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* | * Wr Up * Jogging, *streching* dinamis dan statis * *Forehand* arah lurus dan silang * *Backhand* arah lurus dan silang * *Medicine ball throw* * *Medicine ball lunge* * *Medicine ball rusian twist* * *Medicine ball X drill* * *Forehand and backhand medicine ball tosses using open* * *Up and down with medicine ball* * *Cooling down* |