

# **PENGARUH FIFA 11+ WARM UP TERHADAP PENINGKATAN HAMSTRING STRENGTH PADA PEMAIN SEPAK BOLA MUDA AMATIR DI SEKOLAH SEPAK BOLA JAGAKARSA**

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## **Abstrak**

Strength ialah suatu kontraksi secara maksimal yang dihasilkan oleh suatu otot atau sekelompok otot. FIFA 11+ warm up merupakan salah satu program pencegahan cedera yang paling sukses di sepak bola. Penelitian ini dilakukan untuk mengetahui pengaruh FIFA 11+ terhadap peningkatan Hamstring Strength pada pemain sepak bola muda amatir. Metode penelitian ini menggunakan metode pre test-pos test without control group design. Sampel penelitian merupakan siswa sekolah sepak bola Jagakarsa, kemudian sampel dipilih sesuai dengan kriteria inklusi yang diperoleh responden sebanyak 16 siswa. Tes yang digunakan untuk mengukur Hamstring Strength adalah Nordic Hamstring Test. FIFA 11+ warm up dilakukan selama 4 minggu di sekolah sepak bola Jagakarsa di Jakarta. Setelah dilakukan pengolahan dan analisis data secara statistik diperoleh kesimpulan bahwa FIFA 11+ warm up berpengaruh terhadap peningkatan Hamstring Strength di peroleh hasil kelompok perlakuan pretest  $2,81 \pm 1,276$  dan posttest  $6,38 \pm 0,957$ , Jadi FIFA 11+ Warm-Up dapat meningkatkan dan memiliki pengaruh terhadap kemampuan Hamstring Strength pada siswa sekolah sepakbola Jagakarsa di Jakarta Selatan

**Kata Kunci :** FIFA 11+ warm up, Nordic Hamstring, Hamstring Strength, Sepak bola

# **THE EFFECT OF FIFA 11+ WARM UP ON INCREASING THE HAMSTRING STRENGTH IN AMATIR YOUNG FOOTBALL PLAYERS IN THE JAGAKARSA FOOTBALL SCHOOL**

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## **Abstract**

Strength is the maximum contraction produced by a muscle or a group of muscles. FIFA 11+ warm up is one of the most successful injury prevention programs in football. This research Was conducted to determine the effect of FIFA 11+ to improv Hamstrig Strength in young amateur football players. The research method used is the pre test post test method without control group design. The research sample was at Jagakarsa football school students, then samples were selected according to the inclusion criteria obtained by respondents as many as 16 students. The measure using Hamstring Strength is the Nordic Hamstring Test. FIFA 11+ warm up were held for 4 weeks at a football school in Jakarta. After processing and analyzing the data statistically, it was concluded that FIFA 11+ warm ups had an effect on increasing Hamstring Strength. The results of the pretest treatment group were  $2.81 \pm 1,276$  and posttest  $6.38 \pm 0.957$  Hamstring Strength, a Jagakarsa football school student in Jakarta.

**Key Word** : FIFA 11+ warm up, Football, Nordic Hamstring, Strength Hamstring