

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

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## **Abstrak**

Reactive Strength atau agility dibutuhkan oleh pemain sepak bola agar dapat meningkatkan kemampuan ketika di lapangan. Untuk meningkatkannya dapat menggunakan metode pemanasan yang direkomendasikan oleh Federation of International Football Association yaitu FIFA 11+ warm-up. Parameter yang digunakan adalah Reactive Strength Index. Metode pemanasan ini terdiri dari 3 bagian latihan yaitu running exercises, strength-plyometric-balance, dan running exercises yang di dalamnya terdapat 15 gerakan. Penelitian ini bertujuan untuk mengetahui pengaruh FIFA 11+ warm-up terhadap peningkatan reactive strength pada pemain sepak bola muda amatir di Jakarta. Lokasi penelitian di Sekolah Sepak Bola Jagakarsa, Jakarta Selatan. Penelitian ini merupakan eksperimental dengan metode pre test–post test without control group design. Penelitian dilakukan sebanyak 8 kali pertemuan selama selama 4 minggu. Sampel penelitian sebanyak 16 responden yang dipilih sesuai dengan kriteria inklusi dan eksklusi dari sekolah sepak bola Jagakarsa. Serta menggunakan uji statistic dan uji hipotesis. Hasil analisis data menunjukkan bahwa intervensi FIFA 11+ Warm-up dapat meningkatkan *Reactive Strength* sebelum pemanasan  $0,925 \pm 0.1483$  (cm/ms) dan sesudah diberi pemanasan  $1,156 \pm 1,315$  (cm/ms). Dari hasil pengukuran tersebut dapat disimpulkan bahwa terdapat pengaruh pada reactive strength dengan pemberian FIFA 11+ warm-up pada pemain sepak bola muda amatir.

**Kata Kunci:** FIFA 11+ Warm-up, Reactive Strength, Reactive Strength Index (RSI), Sepak Bola.

# **THE EFFECT OF FIFA 11+ WARM-UP TO IMPROVING REACTIVE STRENGTH IN AMATEUR YOUTH FOOTBALL PLAYERS IN THE JAGAKARSA FOOTBALL SCHOOL**

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## **Abstract**

Reactive Strength or agility is needed by football players to be able to improve their abilities on the field. To improve it can use the warm-up method recommended by the Federation of International Football Association, FIFA 11+ warm-up. The parameter used is the Reactive Strength Index. This warm-up method consists of Three parts of exercises those are running exercises, strength-plyometric-balance, and running exercises in which there are fifteen movements. This research aims to find out the influence of FIFA 11+ warm-up on increasing reactive strength in youth amateur football players in Jakarta. The location of this study is the Jagakarsa Football School, South Jakarta. This research is an experimental method with pre test-post test without control group design. The study was conducted in 8 meetings for 4 weeks. The study sample was 16 respondents who were selected according to the inclusion and exclusion criteria of the Jagakarsa football school. And using statistical tests and hypothesis testing. The results of data analysis show that FIFA 11+ Warm-up intervention can increase Reactive Strength where the score before training is  $0.925 \pm 0.1483$  (cm/ms) and after training  $1.156 \pm 1.315$  (cm/ms). From the results of these measurements it can be concluded that there is an influence on reactive strength by giving FIFA 11+ warm-up to youth amateur football players.

**Keyword:** FIFA 11+ Warm-up, Football, Reactive Strength, Reactive Strength Index (RSI).