

PENGARUH FIFA 11+ WARM-UP TERHADAP PENINGKATAN POWER TUNGKAI PADA PEMAIN SEPAK BOLA MUDA AMATIR DI SEKOLAH SEPAK BOLA JAGAKARSA

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Abstrak

Power ialah kemampuan otot untuk mengatasi tahanan dengan kecepatan kontraksi tinggi dan power akan menentukan seberapa keras orang dapat menendang pada pemain sepak bola. FIFA 11+ warm up adalah salah satu program pencegahan cedera yang paling sukses di sepak bola. Penelitian ini dilakukan untuk mengetahui pengaruh FIFA 11+ warm-up terhadap peningkatan power tungkai pada pemain sepak bola muda amatir di Jakarta. Penelitian ini merupakan eksperimental dengan metode pre test–post test without control group design. FIFA 11+ Warm Up 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. Tes yang digunakan untuk mengukur power tungkai adalah Vertical Jump test. Setelah dilakukan pengolahan dan analisis data secara statistik diperoleh kesimpulan bahwa FIFA 11+ Warm Up berpengaruh terhadap peningkatan Power Tungkai diperoleh hasil kelompok perlakuan pretest $46,756 \pm 10,3070$ dan posttest $52,544 \pm 9,4385$, jadi FIFA 11+ Warm Up memberikan peningkatan Power Tungkai pemain sepak bola mudaamatir di sekolah sepak bola Jagakarsa. FIFA 11+ warm up dapat meningkatkan kemampuan Power Tungkai pada sekolah sepak bola Jagakarsa.FIFA 11+ warm-up berpengaruh terhadap power pada siswa pemain sepak bola muda amatir di SSB Jagakarsa.

Kata kunci : Drop Vertical Jump, FIFA 11+ warm up, Power tungkai, Sepak bola

THE EFFECT OF FIFA 11+WARM UP TO IMPROVING POWER LIMB IN AMATEUR YOUTH FOOTBALL PLAYERS IN THE JAGAKARSA FOOTBALL SCHOOL

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Abstract

Power is the ability of the muscle to pull through the resistance with high contraction of speed and power that determine how strong people can kicking on football game. FIFA 11+ warm up is one of the most successful injury prevention programs in football. This research was conducted to find out the effect of FIFA 11+ on increasing limb power in young amateur soccer players. The research method is experimental with the pre test post test method without control group design. The research sample was soccer school students who participated in football activities, then samples were selected according to inclusion and exclusion criteria obtained by respondents as many as 16 respondents. The test used to measure power legs is a Vertical Jump test. FIFA 11+ warm up is carried out for 4 weeks and training is done twice a week at soccer schools in Jagakarsa. The time of the study was held April to May 2019. After processing and analyzing the data, it was concluded that FIFA 11+ Heating played a role in Increasing Leg Power obtained by the pretest training group $46,756 \pm 10,3070$ and posttest $52,544 \pm 9,4385$, so FIFA 11+ Heating provided an increase in Leg Power of young amateur football players in the Jagakarsa football school.

Keyword : Drop Vertical Jump, FIFA 11+ warm up, Power limb, Football