

# **LITERATURE REVIEW: EFEKTIFITAS LATIHAN FIFA 11+ WARM-UP UNTUK MENURUNKAN RESIKO CEDERA HAMSTRING PADA PEMAIN FUTSAL AMATIR**

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## **Abstrak**

**Latar Belakang:** Meningkatnya tingkat cedera *hamstring* dipengaruhi oleh kurangnya pengetahuan dan tehnik yang tepat saat pemanasan yang dilakukan oleh para pemain futsal amatir. Penelitian ini bertujuan untuk menelaah literatur, jurnal, artikel ataupun hasil penelitian dengan topik efektivitas latihan FIFA 11+ *Warm-Up* untuk menurunkan resiko cedera *hamstring* pada pemain futsal amatir. **Metode:** Pencarian sumber literatur, jurnal, artikel, hasil penelitian di beberapa *database* seperti Google Scholar, Science Direct, Elsevier, PEDro, PubMed dengan menggunakan beberapa kata kunci tertentu dalam periode tahun 2016-2021. Dari hasil penelusuran literature didapatkan 10 artikel dan hanya 6 artikel yang memenuhi kriteria inklusi sumber. Penilaian kualitas metodologi dari 6 artikel dinilai dengan Scimago Journal & Country Rank (SJR). Analisis terhadap 6 jurnal dilakukan berdasarkan kesesuaian topik, metode penelitian yang digunakan, sampel, intervensi, instrumen/parameter, dan hasil dari setiap artikel. **Hasil:** Setelah dilakukan telaah literatur sebanyak 6 artikel menunjukkan bahwa program latihan FIFA11+ *Warm-Up* telah terbukti efektif untuk menurunkan resiko cedera *hamstring*. **Kesimpulan:** Latihan FIFA 11+ *Warm-Up* dapat menurunkan resiko cedera *hamstring* pada pemain futsal amatir secara signifikan.

**Kata Kunci:** FIFA 11+, *warm-up*, *hamstring injury*, futsal

# **LITERATURE REVIEW: FIFA 11+ WARM UP TRAINING EFFECTIVENESS FOR REDUCE THE RISK OF HAMSTRING INJURY IN PLAYERS AMATEUR FUTSAL**

**Andri Wijaya**

## **Abstract**

**Objective:** The high rate of hamstring injuries is influenced by the lack of knowledge and proper technique during warm-up by amateur futsal players. This study aims to examine literature, journals, articles or research results with the topic of the effectiveness of the FIFA 11+ Warm-Up exercise to reduce the risk of hamstring injury in amateur futsal players. **Methods:** Search for sources of literature, journals, articles, research results in several databases such as Google Scholar, Science Direct, Elsevier, PEDro, PubMed using certain keywords in the 2016-2021 period. From the results of the literature search, 10 articles were obtained and only 6 articles met the source inclusion criteria. The methodological quality assessment of 6 articles was assessed with the Scimago Journal & Country Rank (SJR). Analysis of the 6 journals was carried out based on the suitability of the topic, the research methods used, samples, interventions, instruments/parameters, and the results of each article. **Results:** After reviewing the literature as many as 6 articles showed that the FIFA11+ Warm-Up training program has been proven to be effective in reducing the risk of hamstring injuries. **Conclusion:** The FIFA 11+ Warm-Up exercise can significantly reduce the risk of hamstring injury in amateur futsal players.

**Keywords:** FIFA 11+, warm-up, futsal, hamstring injury