

LITERATURE REVIEW: EFEK LATIHAN FIFA 11+ TERHADAP PENINGKATAN *DYNAMIC POSTURAL CONTROL* PADA PEMAIN SEPAK BOLA

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Abstrak

Tujuan: Metode pemanasan yang direkomendasikan oleh *Federation of International Football Association* yaitu *FIFA 11+* yang terdiri dari 3 bagian latihan yaitu *running exercise*, *strength-pylometric-balance*, dan *running exercise* yang di dalamnya terdapat 15 gerakan. Penelitian ini bertujuan untuk mengetahui Efek Latihan *FIFA 11+* Terhadap Peningkatan *Dynamic Postural Control* Pada Pemain Sepak Bola. **Metode:** Metode penelitian yang digunakan berupa *Literature Review*, untuk pencarian sumber *literature* dengan menggunakan beberapa kata kunci dalam rentang tahun 2016-2021. Dari hasil penelusuran *literature* didapatkan 4 artikel dan jurnal yang memenuhi kriteria inklusi sumber. Serta Penilaian kualitas *metodelogi* dari 4 jurnal dinilai dengan menggunakan *Scimago Journal & Country Rank (SJR)*. **Hasil:** Setelah melakukan analisa pada 4 jurnal, di dapatkan hasil terdapatnya peningkatan pada *Dynamic Postural Control*. **Kesimpulan:** Adanya peningkatan *Dynamic Postural Control* dengan latihan *FIFA 11+*.

Kata Kunci: *FIFA 11+*, *Dynamic Postural Control*, Sepak Bola

LITERATURE REVIEW: THE EFFECTS OF TRAINING FIFA 11+ ON IMPROVEMENT DYNAMIC POSTURAL CONTROL IN FOOTBALL PLAYERS

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Abstract

Objective: The warm-up method recommended by the *Federation of International Football Association* is *FIFA 11+* Which consists of *training sections, namely running exercise, strength plyometric-balance, and running exercise* in which there are 15 movement. This study aims to determine the Effects of *FIFA 11+* Training on Increasing *Dynamic Postural Control* in Football Players. **Method:** The research method used is a *literature review*, to search for *literature* sources using several keyboard in the 2016-2021 range. From the results of the *literature* search, there were 4 articles and journal that met the source inclusion criteria. As well as the assessment of *methodological* quality and 4 journalism is assessed using the *scimago journal & country rank (SJR)*. **Results:** After analyzing 4 journals, it was found that there was an increase in *Dynamic Postural Control*. **Conclusion:** There is an increase in *Dynamic Postural Control* with *FIFA 11+* training.

Keyword: *FIFA 11+*, *Dynamic Postural Control*, Football