

DAFTAR PUSTAKA

- Amil, B., Nasional, Z., BAZNAS, Badan, K., Zakat, A., Republik, N., د. غسان, Badan Amil Zakat Nasional, Dana, L. P. L. D. A. N., Keuangaii, L., Beraktiir, Y., Relief, H., Hall, J. K., Weinberger, R., Marco, S., Steinitz, G., Moula, S., Accountants, R. P., Report, A. A. S., ... Eddy, S. A. 2020. Title. *Journal of Chemical Information and Modeling*, 21(1), 1–9. <https://doi.org/10.1016/j.tmaid.2020.101607><https://doi.org/10.1016/j.ijsu.2020.02.034><https://onlinelibrary.wiley.com/doi/abs/10.1111/cjag.12228><https://doi.org/10.1016/j.ssci.2020.104773><https://doi.org/10.1016/j.jinf.2020.04.011>
- Ayala, F., Calderón-López, A., Delgado-Gosálbez, J. C., Parra-Sánchez, S., Pomares-Noguera, C., Hernández-Sánchez, S., López-Valenciano, A., & De Ste Croix, M. 2017. Acute effects of three neuromuscular warm-up strategies on several physical performance measures in football players. *PLoS ONE*, 12(1), 1–17. <https://doi.org/10.1371/journal.pone.0169660>
- Cug, M., Wikstrom, E. A., Golshaei, B., & Kirazci, S. 2016. The effects of sex, limb dominance, and soccer participation on knee proprioception and dynamic postural control. *Journal of Sport Rehabilitation*, 25(1), 31–39. <https://doi.org/10.1123/jsr.2014-0250>
- Hamdani, R., & Abdurrasyid. 2017. Perbedaan Program Fifa 11 + Dengan Core Stability Exercise Dan Pliometrik Dalam Mengurangi Risiko Cedera. *Jurnal Fisioterapi*, 17(1). <https://ejurnal.esaunggul.ac.id/index.php/Fisio/article/view/2220/1918>
- Heleno, L. R., da Silva, R. A., Shigaki, L., Araújo, C. G. A., Coelho Candido, C. R., Okazaki, V. H. A., Frisseli, A., & Macedo, C. de S. G. 2016. Five-week sensory motor training program improves functional performance and postural control in young male soccer players – A blind randomized clinical trial. *Physical Therapy in Sport*, 22, 74–80. <https://doi.org/10.1016/j.ptsp.2016.05.004>
- Kerman, M. T., Atri, A. E., & Hashemi Javaheri, S. A. A. 2018. The Effect of FIFA 11+ Injury Prevention Program on Dynamic Balance and Knee Isometric Strength of Female Players in Soccer Super League. *World Family Medicine Journal/Middle East Journal of Family Medicine*, 16(7), 48–54. <https://doi.org/10.5742/mewfm.2018.93475>

- Lee, C. L., Chu, I. H., Lyu, B. J., Chang, W. D., & Chang, N. J. 2018. Comparison of vibration rolling, nonvibration rolling, and static stretching as a warm-up exercise on flexibility, joint proprioception, muscle strength, and balance in young adults. *Journal of Sports Sciences*, 36(22), 2575–2582. <https://doi.org/10.1080/02640414.2018.1469848>
- Middleton, E. L. 2019. *Title*.
- Nabilla Fitria Emily¹, H. W. 2021. *Indonesian Journal of Physiotherapy*. 1(1), 1–5.
- Pomares-Noguera, C., Ayala, F., Robles-Palazón, F. J., Alomoto-Burneo, J. F., López-Valenciano, A., Elvira, J. L. L., Hernández-Sánchez, S., & De Ste Croix, M. 2018. Training effects of the FIFA 11+ kids on physical performance in youth football players: A randomized control trial. *Frontiers in Pediatrics*, 6(March). <https://doi.org/10.3389/fped.2018.00040>
- Puerta-Mateus, K., Cortés-Reyes, E., Cárdenas-Sandoval, R., & Hoyos, P. 2021. Effect of fifa 11+ exercises on static postural balance in football players. *Revista Internacional de Medicina y Ciencias de La Actividad Fisica y Del Deporte*, 21(81), 1–13. <https://doi.org/10.15366/RIMCAFD2021.81.001>
- Purnama, M. S. 2016. *Tingkat pengetahuan dan penerapan pelatih sekolah sepak bola tentang program latihan FIFA 11+ di kabupaten sleman*.
- Rössler, R., Donath, L., Bizzini, M., & Faude, O. 2016. A new injury prevention programme for children's football – FIFA 11+ Kids – can improve motor performance: a cluster-randomised controlled trial. *Journal of Sports Sciences*, 34(6), 549–556. <https://doi.org/10.1080/02640414.2015.1099715>
- Ruescas-Nicolau, M. A., Sánchez-Sánchez, M. L., Marques-Sule, E., & Espi-Lopez, G. V. 2019. The immediate effect of plantar stimulation on dynamic and static balance: A randomized controlled trial. *Journal of Back and Musculoskeletal Rehabilitation*, 32(3), 453–461. <https://doi.org/10.3233/BMR-181145>
- Salindri, A. 2018. BAB II Tinjauan Pustaka Anemia. *Universitas Pasundan*, 11–29. [http://repository.unpas.ac.id/37105/1/BAB II.pdf](http://repository.unpas.ac.id/37105/1/BAB%20II.pdf)

Studi, P., Fisioterapi, S., Kesehatan, F. I., & Surakarta, U. M. 2019. *Pengaruh Program 11 + Exercise Untuk Meningkatkan Keseimbangan Dinamis Pada Atlet.*

Zarei, M., Abbasi, H., Daneshjoo, A., Barghi, T. S., Rommers, N., Faude, O., & Rössler, R. 2018. Long-term effects of the 11+ warm-up injury prevention programme on physical performance in adolescent male football players: a cluster-randomised controlled trial. *Journal of Sports Sciences*, 36(21), 2447–2454. <https://doi.org/10.1080/02640414.2018.1462001>