

EFEKTIFITAS LATIHAN FIFA 11+ WARM UP TERHADAP LOWER LIMB INJURIES PADA PEMAIN FUTSAL AMATIR

MUHAMAD ARIEFIN SAPUTRA

Abstak

Tujuan: Menurut WHO (2018) menunjukkan bahwa risiko pemain futsal yang kasus cedera dari keseluruhan total 1.000 permainan. Berdasarkan data informasi yang telah diperoleh terkait dengan olahraga futsal yang telah dipaparkan menunjukkan bahwa 108 pemain futsal yang mengalami luka atau cedera ringan. **Metode :** yang digunakan adalah metode literature review dengan cara mencari jurnal diGoogle Cendekia/ *Scholar, BMC sports science medicine and rehabilitation asia pacific sport medicine* , dalam kurun waktu 2021 – 2015. Didapat 5 jurnal *Random Control trail grup* **Hasil:** dalam telaah sebanyak 5 artikel jurnal mengasilkan latihan FIFA 11 WARM UP efektif untuk pencegahan cedera lower limp pada pemain futsal dan sepak bola amatir. **Kesimpulan :** dari proses pencarian 5 artikel jurnal latihan FIFA 11+ WARM UP efektif untuk mencegah terjadinya cedera pada tubuh bagian ekhimitas bawa / *lower limp*.

Kata kunci: FIFA 11+, *injury*, sepak bola, futsal, *sprint*

THE EFFECTIVENESS OF FIFA 11+ WARM UP TRAINING AGAINST LOWER LIMB INJURIES IN Amateur FUTSAL PLAYERS

MUHAMMAD ARIEFIN SAPUTRA

Abstract

Background: According to WHO (2018), it shows that the risk of futsal players being injured is a total of 1,000 games. Based on the information data that has been obtained related to the futsal sport that has been described, it shows that 108 futsal players have suffered minor injuries or injuries. **Method:** the literature review method used is by searching for journals on Google Scholar/, BMC sports science medicine and rehabilitation asia pacific sport medicine, in the period 2021 – 2015. Five random control trial group journals were obtained. **Results:** in a study of 5 articles The journal produced an effective FIFA 11 WARM UP exercise for the precaution of lower limb injuries in futsal and amateur football. **Conclusion:** from the search process for 5 articles in the FIFA 11+ WARM UP exercise journal, it is effective to prevent injuries to the lower limb body.

Keywords: FIFA 11+, injury, football, futsal, sprint