

## Level Of Physical Condition Of Futsal Athletes At Sma Negeri 1 Teluk Kuantan Kuantan Singingi

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### Abstract

*The aim of this research was to see the level of physical condition of futsal athletes at SMA Negeri 1 Taluk Kuantan. Based on the results of observations of futsal athletes at SMA Negeri 1 Taluk Kuantan, it was discovered that their physical condition had never been checked at all by the coach, it was only seen that the students' physical condition was not good. It was proven that when doing drills several times, some students felt tired quickly. Poor physical condition causes the school athletes' performance to fluctuate. Coaches also complained about the physical condition of futsal athletes which caused the athlete's performance when competing to be unstable. Students really need excellent physical condition when competing to carry out the coach's tactics and strategies. Poor physical condition can result in decreased ball control, disrupted strategy and can result in defeat. Apart from that, when chasing the ball the athlete looks slow, then his movements look less agile and his shooting kick has less power so that his kick seems weak. The tests used in this study used futsal physical condition tests including leg muscle strength tests (leg dynamometer), speed tests (30 meter sprint), flexibility tests (sitting and reaching), agility tests (shuttle run), leg muscle explosive power tests. (vertical jump) and endurance test (balke test). The sample in this study was 20 futsal athletes from SMA Negeri 1 Taluk Kuantan. From the results of tests carried out in the field, results were obtained in the "Perfect" category, proven by an average score of 17.70 or in the interval 9.6 – 10.*

**Keywords:** *Physical Condition; Futsal; Athlete*

## INTRODUCTION

Sport is something activity body No only physical but also spiritual . Sport Already become part from activity public ( Harsono , 2018) . Activity This usually done by all circles , begins children , teenagers , adults and the elderly . Sports are also a thing activity exercise physique . Sport have meaning No only For health , however more from That is also as means education and achievement . Sport is solution For guard condition body to stay fit and must done with routine for the body always healthy and awake from disease . (Azwan & Candra, 2022) sport as activity physical exercise in a way sustainable aim For encourage , nurture and develop potency physical , spiritual and social somebody . Sport become part from activity , style life , and needs base man . Sport is something culture is carried out man through sport, movement , activities and conditions certain things determined by humans as central from sports , in fact physical , spiritual , and life social . Exercising can make man own level good health , so influence on quality life and activities daily

According to (Law, 2005) No. 3 concerning the National Sports System Chapter 2 article 4 as follows, National Sports aims to maintain and improve health and fitness, achievement, human quality, instill moral values and noble character, sportsmanship , discipline, strengthen and foster national unity and unity, strengthen resilience national, as well as raising the honor, dignity and honor of the nation. In accordance with the article above, exercise will help train the muscles and help the circulation of blood and oxygen in the body become smooth. Therefore, exercise has an effect on the body as a whole. Sport itself is said to be a physical activity that is

good and beneficial for the body, mind and soul. Doing exercise regularly can maintain fitness, mental well-being and improve social interactions.

Every achievement sport requires guidance from all aspects that support it so that the sport can run smoothly, and can also produce athletes who excel in each sport, both at national and international levels, with talents that have been developed, one of which is the condition aspect. Physical fitness is one of the important points in supporting the success of this sport . (Candra et al., 2019) For reach performance in in sport no easy required Work hard from athlete That Alone . (Dumat et al., 2016) exercise physique is activities performed For improve and maintain fitness body , as well recommended for everyone individuals to avoid from various disease . Term exercise condition physique refers to an exercise program is carried out in a way systematic and planned objectives is For increase ability functional from all over system body . (Hasyim, 2019) Enhancement condition physique aiming for capability physique athlete improved and useful For do activity sport in reach achievement maximum .

Excellent physical condition really supports a player's appearance. The appearance of a player with a bad physical condition will of course also have a negative impact on his playing technique and tactics . Every player is required to have good individual technique and good strategic abilities, but no matter how great his playing method and tactics are, if it is not based on good physical condition, then the achievements that will be achieved will not be optimal. Jonath and Krempel quoted by ( Syafruddin , 2013 ) "says that the physical and psychological condition and readiness of an athlete to meet the special demands of a sport. "This limitation is still general and too broad because it concerns all physical (physical) and psychological (spiritual) aspects." Basically, physical and psychological strength can facilitate the training process, and can even be said to support the creation of good physical conditions. Therefore, it needs to be limited so as not to give rise to different understandings (Bafirman, 2018) .

One sport that is very popular among people is Futsal (Mulyono, 2017) . Futsal is a sport that is included in the big ball game, Futsal (*futbol* and *sala* in Spanish means football and room) is a game played indoors . In recent years, futsal has become very popular in Indonesia . This game itself is played by five players for each team, which is very different from soccer. In futsal sport , conditions physique somebody Enough influential even determine motion According to Naser in ( Algebra & Purnomo, 2023) a mandatory futsal player For own capacity Power stand great intermittent ( *endurance* ) , ability *sprints* repeated ( *repeated sprint ability* ) , and leg *power* ( *leg power* ) , meanwhile aspect technical covers Skills *shooting* and *passing* level high ( *ability of high-level shooting and passing skills* ) , agility ( *agility* ) and coordination ( *coordination* ) . However because limitations study so component condition physical will researched is strength muscle limbs , *speed* ( *speed* ) , flexibility , agility , *power* muscle limbs as well as Power stand heart lungs .

Importance own condition excellent physical condition futsal sport makes factor the must guarded To use maximizing ability student in playing futsal, as in case team SMA Negeri 1 Teluk Kuantan Kuantan Singingi Regency which lasted 2022 has good performance , them get 2nd place in PAF in Riau 2022, 2nd place in MGMP Inhil ( Inhu Inhil Kuansing ) 2022, 1st place in Fensa Se Kuansing 2022, 1st place in SMAN 1 Solok Cup in West Sumatra Jambi Riau 2022, however matter the only applies moment beginning in 2023 where they get 1st place in PAF Se Riau 2023. However moment This approaching end year team SMA Negeri 1 Teluk Kuantan, Kuantan Singingi Regency Not yet There is get performance as year previously , p This Possible caused by existence a number of athletes who have finished studied at SMA Negeri 1 Teluk Kuantan, Kuantan Singingi Regency and was replaced by an athlete new . Because it is based on initial observations What researchers have done on futsal athletes at SMA Negeri 1 Teluk Kuantan, Kuantan Singingi Regency, shows that they have never had their physical condition tested at all by the coach , only just seen The students ' physical condition was not very good, it

was proven that when they did *the drill* several times, there were some students who felt fast fatigue . Poor physical condition causes the achievements of these school athletes to experience ups and downs. The trainers also complained about the physical condition of futsal athletes , which caused the athletes' performance to be unstable when competing. Excellent physical condition is really needed by students when competing to carry out the trainer's tactics and strategies . Possibility low condition physique will make ball possession decreases , strategy will disperse and get result defeat . besides That moment chasing the athlete's ball looks slow , then movement seen not enough agile as well as kick *shooting* not enough own *power* so that kick impressed weak . On the basis of problems the researcher do study with title “ Condition Level Physique Futsal Athlete from SMA Negeri 1 Teluk Kuantan, Kuantan Singingi Regency ”. Based on the existing background, to make the problem in this research clearer and more focused, this research can be formulated, namely: How do level of physical condition of futsal athletes at SMA Negeri 1 Teluk Kuantan, Kuantan Singingi Regency?

## RESEARCH METHODS

As for types study This is descriptive research with approach quantitative , according to (Kusumawati , 2015) explain that method This called method quantitative because of research data form numbers and analysis use statistics . Population is object or subjects that are in a fulfilling area terms certain related with problem study ( Riduwan , 2005) . Population in study This is SMA Negeri 1 Teluk Kuantan, Kuantan Singingi Regency consisting of 20 students. Sample is part from population that has characteristic features or circumstances certain ones will researched (Riduwan , 2005) . Technique used that is *total sampling* that is all over population made sample. Thus , the sample in this study consisted of 20 students at SMA Negeri 1 Teluk Kuantan , Kuantan Singingi Regency. (Sari et al., 2022) The level of an athlete's physical condition can be determined through tests and measurements whose results are used as evaluation material. The instrument for this research is to use a series of condition tests physique For player branch futsal sport according to (Fernanlampir & Faruq, 2015) that is test : strength muscle limbs , *speed* ( speed ), flexibility , agility , *power* muscle limbs as well as Power stand heart lungs .

Criteria the assessment will be used refers to norms that have been used For give values from every score details , with category (1) Good Once , (2) Good , (3) Fair , (4) Less, (5) Very less . For evaluate results measurements on each player's use different norms , whereas For interpret meaningfulness score test physique basic , use norm evaluation component physique .

## RESULT AND DISCUSSION

### 1. Test Data Strength Muscle Legs ( *Leg Dynamometer* ) Futsal Athlete at SMA Negeri 1 Taluk Kuantan

After done test data processing strength muscle legs ( *leg dynamometer* ) for futsal athletes at SMA Negeri 1 Taluk Kuantan , the maximum score is 166 with a minimum score of 99 , *standard deviation* 17,543 and *average* value 121 . Statistics the can seen in the table following :

**Table 1. Statistical Data Test Strength Muscle Legs ( Leg Dynamometer**

N	Maximum Value	Minimum Value	Standard Deviation	Average
20	166	99	17,543	121

Besides mark statistics mentioned above , can also be explained mark distribution frequency on test strength muscle legs ( *leg dynamometer*) in futsal athletes at SMA Negeri 1 Taluk Kuantan and can seen in the following table :

**Table 2. Test Data Strength Muscle Legs ( Leg Dynamometer )**

No	Interval Class	Absolute Frequency	Frequency Relative (%)
1	< 84.50	0	0%
2	84.50 – < 127.50	13	65%
3	127.50 – < 187.50	7	35%
4	187.50 – < 259.50	0	0%
5	> 259	0	0%
<b>Amount</b>		<b>20</b>	<b>100%</b>

## 2. Test Data Speed ( 30 Meter Sprint ) Futsal Athlete at SMA Negeri 1 Taluk Kuantan

After done test data processing speed ( 30 meter *sprint* ) for futsal athletes at SMA Negeri 1 Taluk Kuantan , the maximum score is 5.22 with a minimum score of 3.97 , *standard deviation* 0.362 and *average* value 4,495 . Statistics the can seen in the table following :

**Table 3. Statistical Data Test Speed ( 30 Meter Sprint )**

N	Maximum Value	Minimum Value	Standard Deviation	Average
20	5.22	3.97	0.362	4,495

Besides mark statistics mentioned above , can also be explained mark distribution frequency on test speed (30 meter *sprint*) in futsal athletes at SMA Negeri 1 Taluk Kuantan and can seen in the following table :

**Table 4. Test Data Speed ( 30 Meter Sprint ) Futsal Athlete at SMA Negeri 1 Taluk Kuantan**

No	Interval Class	Absolute Frequency	Relative Frequency (%)
1	3.58 – 3.59	1	5%
2	3.92 – 4.34	7	35%
3	4.35 – 4.72	7	35%
4	4.73 – 5.11	4	20%
5	5.12 – 5.50	1	5%
<b>Amount</b>		<b>20</b>	<b>100%</b>

**3. Test Data Flexibility ( Sit and Reach ) Futsal Athlete at SMA Negeri 1 Taluk Kuantan**

After done test data processing flexibility ( *sit and reach* ) of futsal athletes at SMA Negeri 1 Taluk Kuantan , the maximum score is 17 with a minimum score of 13 , *standard deviation* 1,352 and *average* value 15,525 . Statistics the can seen in the table following :

**Table 5. Statistical Data Test Flexibility ( Sit and Reach )**

N	Maximum Value	Minimum Value	Standard Deviation	Average
20	17	13	1,352	15,525

Besides mark statistics mentioned above , can also be explained mark distribution frequency on test flexibility ( *sit and reach* ) in futsal athletes at SMA Negeri 1 Taluk Kuantan and can seen in the following table :

**Table 6. Test Data Flexibility ( Sit and Reach )**

No	Interval Class	Absolute Frequency	Relative Frequency (%)
1	< 10.5	0	0%
2	13.00"	8	40%
3	15.5"	12	60%
4	17.5"	0	0%
5	> 19.5"	0	0%
<b>Amount</b>		<b>20</b>	<b>100%</b>

**4. Test Data Agility ( Shuttle Run ) Futsal Athlete from SMA Negeri 1 Taluk Kuantan**

After done test data processing agility ( *shuttle run* ) for futsal athletes at SMA Negeri 1 Taluk Kuantan, the maximum score is 12.75 with a minimum score of 10.35 , *standard deviation* 0.598 and *average* value 11,239 . Statistics the can seen in the table following:

**Table 7. Statistical Data Test Agility ( Shuttle Run )**

N	Maximum Value	Minimum Value	Standard Deviation	Average
20	12.75	10.35	0.589	11,239

Besides mark statistics mentioned above, can also be explained mark distribution frequency on test agility ( *shuttle run* ) in futsal athletes at SMA Negeri 1 Taluk Kuantan and can seen in the following table:

**Table 8. Test Data Agility ( Shuttle Run )**

No	Interval Class	Absolute Frequency	Relative Frequency (%)
1	< 12.10	18	90%
2	12.11 - 13.52	2	10%
3	13.53 - 14.96	0	0%
4	14.97 - 16.39	0	0%
5	> 16.40	0	0%
<b>Amount</b>		<b>20</b>	<b>100%</b>

### 5. Test Data Power Explosion Muscle Legs ( Vertical Jump ) of Futsal Athlete at SMA Negeri 1 Taluk Kuantan

After done test data processing Power explode muscle legs (*vertical jump*) for futsal athletes at SMA Negeri 1 Taluk Kuantan, the maximum score is 25 with a minimum score of 17, *standard deviation* 1,894 and *average* value 20,30. Statistics the can seen in the table following:

**Table 9. Statistical Data Test Power Explosion Muscle Limbs ( Vertical Jump )**

N	Maximum Value	Minimum Value	Standard Deviation	Average
20	25	17	1,894	20.30

Besides mark statistics mentioned above, can also be explained mark distribution frequency on test Power explode muscle legs (*vertical jump*) in futsal athletes at SMA Negeri 1 Taluk Kuantan and can seen in the following table

**Table 10. Test Data Power Explosion Muscle Limbs ( Vertical Jump )**

No	Interval Class	Absolute Frequency	Relative Frequency (%)
1	5"	0	0%
2	12"	3	15%
3	19"	15	75%
4	23"	1	5%
5	> 25"	1	5%
<b>Amount</b>		<b>20</b>	<b>100%</b>

### 6. Test Data Power Hold (Balke Test) Futsal Athletes from SMA Negeri 1 Taluk Kuantan

After done test data processing Power hold (*balke test*) futsal athletes from SMA Negeri 1 Taluk Kuantan, the maximum score is 39.27 with a minimum score of 31.63, *standard deviation* 1.727 and *average* value 36,757. Statistics the can seen in the table following:

**Table 11. Statistical Data Test Power Hold ( Balke Test )**

N	Maximum Value	Minimum Value	Standard Deviation	Average
20	39.27	31.63	1,727	36,757

Besides mark statistics mentioned above, can also be explained mark distribution frequency on test Power hold (*balke test*) on futsal athletes at SMA Negeri 1 Taluk Kuantan and can seen in the following table:

**Table 12. Test Data Power Hold ( Balke Test )**

No	Interval Class	Absolute Frequency	Relative Frequency (%)
1	< 43.20	20	100%
2	43.30 – 49.10	0	0%
3	49.20 - 55.00	0	0%
4	55.10 - 60.90	0	0%
5	> 61	0	0%
<b>Amount</b>		<b>20</b>	<b>100%</b>

After done analysis of the data obtained with use *statistics descriptive*, after held test to condition physique Futsal athletes from SMA Negeri 1 Taluk Kuantan were found it turns out of 20 player athletes made sample, Based on norm test condition The physique of futsal athletes at



SMA Negeri 1 Taluk Kuantan was obtained by 0 people category less, 0 people in category enough, 0 people in category OK, 0 insiders category Good once, and 20 people in category perfect. the data obtained based on test condition physique that has been done . As for the test condition physique the among them is test strength muscle leg (*leg dynamometer*), test speed (30 meter *sprint*), test flexibility (*sit and reach*), test agility (*shuttle run*), test Power explode muscle legs (*vertical jump*) and test Power hold (*balke test*). As can seen in the table following:

**Table 13. Classification Total Test Scores Condition Physique**

No	Number of Values	Classification	Frequency	Percentage (%)
1	2.0 – 3.9	Not enough	0	0%
2	4.0 – 5.9	Enough	0	0%
3	6.0 – 7.9	Good	0	0%
4	8.0 – 9.5	Good Very	0	0%
5	9.6 - 10	Perfect	20	100%
<b>Amount</b>			<b>20</b>	<b>100%</b>

## Discussion

The data is above show results from test whole condition physique futsal athlete at SMA Negeri 1 Taluk Kuantan, from The explanation above is also possible seen how much big level condition physical possession so that can become reference for parties related in practice futsal athlete at SMA Negeri 1 Taluk Kuantan. From the results the sum of the average scores level condition physicality that follows test there were 20 people, and of the 20 people there were futsal athletes from SMA Negeri 1 Taluk Kuantan score **17.70** seen from norm condition physique lies in the interval **9.6 - 10**, then the classification classified **Perfect**.

Condition physique become complex things that have to be owned by everyone athlete Good That strength , power hold and stuff other (Fotynyuk, 2017) matter This become important Because condition physique support main in sport (Bodnar et al., 2016) exercise importance matter the so condition physique every sportsman need guarded its stability nor the quality. Condition physique is one of the unity intact from components that are not can separated so of course, fine improvement, maintenance. It means that inside business enhancement condition physique so all over component the must developed , though there here done system priority in accordance circumstances or status of each component such and for needs What circumstances or required status . Condition physique the main one who provides donation greatest in achievement perfection appearance in game in futsal that is Power stand heart lungs, speed, strength, flexibility, agility and power explode muscle limbs.

Condition physique be one the most important aspect in futsal game, this caused identical futsal game with running, kicking, a relatively long time as well effectiveness body in play it. This matter cause need exists more attention to condition physique in futsal game so what happens objective in futsal game can be achieved and implemented. After done study about condition physical performance in futsal athletes at SMA Negeri 1 Taluk Kuantan for know to what extent condition athlete 's physique that, then obtained perfect results. That is, the results obtained in accordance with form tests that have been given to athlete the get maximum above average results so that classified condition physique Futsal athlete at SMA Negeri 1 Taluk Kuantan Dangan category perfect.

From the results obtained the data above of course it is very influential to games and achievements that SMA Negeri 1 Taluk Kuantan should have Already maximum because supported by components condition good physical so that every game can be maximized For get victory . So that forward a coach only need maintain condition physique the as well as give extra

hours for practice component condition physique supporter other so that can Keep going reach the maximum level in condition physique.

Study This done useful For know level condition physique futsal athlete at SMA Negeri 1 Taluk Kuantan. This later expected capable become reference for coach until management team for increase performance athlete to more direction Good Again. Study This considered important because become reject measuring success in a indoor futsal team manage good game. Besides that 's what you want achieved in this research, namely the latest data held by management team so that become reference For forward in increase quality team especially in sectors enhancement condition physique futsal athlete at SMA Negeri 1 Taluk Kuantan.

Study with similar thing Already Lots done researcher previous. However, what happened differentiator in study This is time research, place research, and samples taken in study this. However so, some things that are necessary and considered important for made base in study This like the theories used nor method research is also taken and refers to research studies previous for make study this more good longer and renewed.

As for research previous to become base For enrich theories in study This was also taken from research conducted by (Saputra et al., 2023) study This discuss about review condition physique futsal athletes in SMA Negeri 3 Payakumbuh and the results obtained in study This is condition physique futsal athlete at SMA Negeri 3 Payakumbuh located in categories currently. Research the discuss about condition physique Futsal player at SMA Negeri 1 Sungai Rumbai Dharmasraya and on research the obtained that condition physique Futsal player at SMA Negeri 1 Sungai Rumbai Dharmasraya located in categories currently. On the side others, research Previously also carried out by (Ristagara et al., 2024) in research his discuss about condition physique futsal extracurricular at SMA Negeri 8 Padang City and the results obtained in study ie condition physique The futsal extracurricular at SMA Negeri 8 Padang City is located in the category not enough .

Study previous next conducted by (Nur et al., 2023) in research This discuss about review condition physique student extracurricular futsal at SMA Negeri 2 Unggulan Tanah Grogot and the results obtained in This research is condition physique student extracurricular futsal at SMA Negeri 2 Unggulan Tanah Grogot located in categories Enough. Besides that , research previous with The same topic was also discussed by ( Ikhsan et al., 2024) about condition physique futsal students at SMAN 13 Padang and the results obtained in study This is that condition physique Futsal students at SMAN 13 Padang are in the category not enough

## CONCLUSION

Based on results research and data analysis that has been put forward so score level condition physique futsal athletes at SMA Negeri 1 Taluk Kuantan are in the category “**Perfect**” and proven with average value 17.70 or is in the interval 9.6 – 10. Based on conclusions obtained by researchers from results study This so submitted some suggestions include namely: 1) To athlete recommended For Keep going practice and improve condition physique with do various type form exercise condition physique To use support achieved achievement, 2) To coach it is recommended that it stay give exercise physique in athletes with still stable and more Good Again to the front as well as at the time will face *events* athlete Ready For compete on the field with condition excellent physique and gain maximum results, 3 ) To researcher next as references and materials comparison For continue study with the same study or the same aspect others in the future come.



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