

ABSTRACT

AKBAR MAULANA. 2023. *THE EFFECT OF INTERVAL TRAINING ON THE STAMINA OF FUTSAL PLAYERS* (*Experiments on Futsal Extracurricular Students at SMA Negeri 4 Tasikmalaya City, Academic Year 2022/2023*). Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to determine the effect of interval training on the stamina of futsal players. The method in this study used experiments with a research design using the One Group Pretest-posttest form, where in this study there was an initial test (pretest) then given treatment (treatment) in the form of interval training then carried out a final test (posttest) to find out the results of the study. This research was conducted on Futsal Extracurricular Students at SMA Negeri 4 Tasikmalaya City for the 2022/2023 Academic Year with a total population of 30 people. In this study the authors used a sample with saturated sampling technique which used the entire population to become respondents, namely 30 people. The instrument in this study used the bleep test. The results of this study indicate that there is a significant effect of interval training on the stamina of futsal players (Extracurricular Students of SMA Negeri 4 Tasikmalaya City in Academic Year 2022/2023).

Keywords: *Interval Training, Futsal, Stamina*