

ABSTRAK

FIRGIAWAN SLAMET RISTANTO 2024. **Profil Kondisi Fisik Atlet Sepakbola U-15 SSB Samudra Gemilang Pangandaran.** Jurusan Pendidikan Jasmani. Fakultas keguruan dan Ilmu Pendidikan. Universitas Siliwangi, Tasikmalaya.

Sepakbola merupakan permainan olahraga yang menguras banyak tenaga, dengan waktu normal pertandingan sepakbola 45x2 menit untuk setiap pertandingan. Permainan sepakbola memerlukan komponen kondisi fisik seperti daya tahan. Sepakbola merupakan olahraga yang dikenal tangguh, pemain sepakbola dituntut untuk selalu berlari, merebut bola dari lawan, bentrok dengan pemain, bertarung di lapangan dan lain sebagainya. Penelitian ini bertujuan untuk mengetahui kondisi fisik atlet sepakbola U-15 SSB Samudra Gemilang Pangandaran. Metode penelitian yang digunakan adalah metode penelitian kuantitatif deskriptif, subjek penelitian ini adalah atlet sepakbola U-15 SSB Samudra Gemilang Pangandaran yang beranggotakan 18 orang. Dalam penelitian ini cara mengambil sampel dengan teknik *purposive* sampling. Teknik pengumpulan data penelitian ini menggunakan tes yaitu tes kondisi fisik yang terdiri dari 7 tes antara lain: lari 15menit (VO2 max), lari 30meter, lari bolak-balik 10meter, *sit up*, *push up*, *sit and reach*, *vertical jump*, *grip strength test*. Kemudian untuk mengolah data penelitian menggunakan teknik analisis data statistik deskriptif yang dituangkan presentase. Subjek penelitian ini dilakukan pada atlet sepakbola U-15 SSB Samudra Gemilang Pangandaran. Berdasarkan dari hasil penelitian mulai dari pengumpulan data, pengolahan data, analisis data dan uji hipotesis, maka dalam penelitian ini diperoleh tingkat kondisi fisik atlet sepakbola U-15 SSB Samudra Gemilang Pangandaran berada pada klasifikasi Baik Sekali sejumlah 0% atau 0 orang, Baik sejumlah 78% atau 14 orang, Cukup sejumlah 22% atau 4 orang, Kurang sejumlah 0% atau 0 orang, dan Kurang Sekali sejumlah 0% atau 0 orang. Dapat disimpulkan bahwa Tingkat Kondisi Fisik Atlet Sepakbola U-15 SSB Samudra Gemilang Pangandaran berapa pada klasifikasi atau kategori “Baik”

Kata Kunci: Atlet, Kondisi Fisik, Sepakbola

ABSTRACT

FIRGIAWAN SLAMET RISTANTO 2024. Profile of the Physical Condition of U-15 Football Athletes SSB Samudra Gemilang Pangandaran. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya.

Football is a sport that consumes a lot of energy, with a normal time of 45x2 minutes for each match. The game of football requires components of physical conditions such as endurance. Football is a sport that is known to be tough, football players are required to always run, grab the ball from opponents, clash with players, fight on the field and so on. This study aims to find out the physical condition of U-15 SSB Samudra Gemilang Pangandaran football athletes. The research method used is a descriptive quantitative research method, the subject of this research is U-15 SSB Samudra Gemilang Pangandaran football athletes which consists of 18 members. In this study, the method of sampling was purposive sampling. The data collection technique of this study uses tests, namely physical condition tests consisting of 7 tests, including: 15-minute run (VO2 max), 30-meter run, 10-meter back-and-forth run, sit up, push up, sit and reach, vertical jump, grip strength test. Then to process the research data, descriptive statistical data analysis techniques were used which were expressed as percentages. The subject of this study was carried out on U-15 SSB Samudra Gemilang Pangandaran football athletes. Based on the results of the research starting from data collection, data processing, data analysis and hypothesis testing, in this study it was obtained that the level of physical condition of U-15 SSB Samudra Gemilang Pangandaran football athletes was classified as Very Good with a total of 0% or 0 people, Both with 78% or 14 people, Sufficient with 22% or 4 people, Less with 0% or 0 people, and Less than once, a total of 0% or 0 people. It can be concluded that the Physical Condition Level of U-15 Football Athletes SSB Samudra Gemilang Pangandaran is in the "Good" classification or category

Keywords: *Athletes, Football, Physical Condition*