

ABSTRACT

MIFTAH FAUZI. 2022. *The Effect of Interval Training on Stamina of SSB Tunas Patriot Banjasari Players Aged 17-18 Years*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya.

In terms of improving achievement in the sport of soccer, it is necessary to provide a good and correct training method. When discussing the problem of exercise, which is closely related to energy and stamina in an athlete, stamina is a biomotor component that is needed in physical activity. Stamina is defined as survival time, namely the length of time a person does something the intensity of work or away from fatigue. In terms of training stamina, there are several ways to increase stamina, one of which is interval training. In this study, we will examine the effect of interval training on the stamina of SSB Tunas Patriot Banjasari players aged 17-18 years. The research method used is a quantitative research method with an experimental type. The variables studied in this study were stamina and interval training. The research design used is "one-group pre-test-post-test design", this design includes a pretest, treatment (interval training program) and ends with a post-test. The population is ssb tunas patriot banjasari players aged 17-18 years as many as 20 people, with a sampling technique that is saturated sampling technique that uses the entire population to become respondents, which is 20 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 soccer players (SSB Tunas Patriot Banjasari aged 17-18 years).

Keywords: *Interval Training, Soccer, Stamina*