

ABSTRACT

Rahmawan Rama Putra. 2025. **LEVEL OF KNOWLEDGE AND IMPLEMENTATION OF THE FIFA 11+ WARM-UP PROGRAM BY FUTSAL COACHES.** Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University.

This study aims to identify the knowledge level and implementation of futsal coaches in public high schools in Central Jakarta regarding the components of the FIFA 11+ warm-up program. The research is quantitative with a descriptive statistical approach using a survey method, involving data collection techniques through multiple-choice tests and interviews. The subjects of the study were all futsal coaches in public high schools in Central Jakarta, with a sample of 13 coaches selected using purposive sampling criteria. The results showed that the coaches' knowledge level about the FIFA 11+ program falls into the "good" category, with an average score of 63.08%. The coaches' knowledge was influenced by the Information Factor, which was categorized as good (71.79%), and the Program Factor, which was categorized as sufficient (59.34%). Meanwhile, the implementation of the FIFA 11+ training components showed fairly good results, with the first and third components being implemented almost 100%, while the second component was still low (41.03%). The conclusion of this study states that the knowledge level of futsal coaches in public high schools in Central Jakarta is in the good category, and the coaches have implemented almost all FIFA 11+ movement components in their training sessions, although not systematically or programmatically.

Keywords: Knowledge, Warm-up, FIFA 11+