

ABSTRACT

PHYSICAL CONDITION PROFILE OF FOOTBALL PLAYERS ON THE
TALANG RAYA FC U-15 TEAM SARONGGI SUMENEP. Adit
Firmansyah

Keywords: *Physical Condition, Football, Survey*

This reserch aim to detemine the pysical condition of football players, by focusing on strength, speed, agility and endurance. Evaluation individuals and the Talang Raya FC Team.

This research uses a survey method using total sampling. In it there are 18 Talang Raya FC Team players. The instruments used were the sit up test, push up test, 30 m run, T test and beep test.

The results of the research show that the physical condition of the Talang Raya FC Team players is on average in the poor category, namely Talang Raya FC team football players in the very good category is 0 people or 0%, the good category is 1 person or 5.5%, in the medium category there were 2 people or 11%, in the less than category there were 8 people or 44.5%, and in the very poor category there were 7 people or 39%.

So, it can be concluded that the physical condition of the Talang Raya FC U-15 Team soccer players poor test and measurement data.