

**ABSTRACT**  
**SURVEY OF PHYSICAL CONDITION IN FOOTBALL ATHLETES**  
**AT THE AREMA FC MANDING CLUB. 2024. Fajar, Syaiful**

**Keywords:** Physical Condition, Football, Survey

This research aims to determine the physical condition of soccer athletes, with a focus on strength, speed and endurance. It is hoped that the results of this evaluation can be the basis for designing training programs that suit the individual and team needs of the Arema FC Manding Club Football Athletes.

This type of research is quantitative research with descriptive methods. The sample in this study was 11 Arema Fc players playing U-17. The instruments used to measure physical condition were the MFT test, 50 meter running test (speed) and agility test (back and forth running).

Results of research on the physical condition of Arema FC Manding Football Club athletes in 2024. The average MFT test was 10.5 with a Vo2 Max prediction of 48.3 with a Medium classification, the average 50 meter running speed test was 8.34 with a Good classification, Meanwhile back and forth running test with an average of 14.23 with Medium Classification. So it can be concluded that the average physical condition of Arema FC Manding Football Club athletes in 2024 is in the Medium category.