

## ***ABSTRACT***

### **Endurance Level Survey PESAD CENTER FC Pamekasan**

**Nawirah**

Keywords: Football, Endurance, Vo2 Max.

In accordance with the problems stated above, the purpose of this study is as follows to determine the level of endurance PESAD CENTER FC Pamekasan.

The method that the author uses in this study is a descriptive method. The descriptive method according to Sugiyono (2010:306) is to determine the focus of research, select informants, as data sources, collect data, assess data quality, analyze data, interpret data, and draw conclusions from the findings. In the descriptive method, the goal to be achieved is to describe or describe the facts or make conclusions on the phenomena being investigated. Arikunto (2010: 3) explains that descriptive research is research that is intended to investigate the circumstances, conditions, or other, things that have been mentioned, the results of which are presented in the form of a research report.

Based on the test results, it can be seen that the percentage of the Vo2 Max endurance category of PESAD CENTER FC Football athletes with sufficient categories is 2 athletes (18.18%); good category as many as 3 athletes (27.27%); Very Good category as many as 5 athletes (45.45%); and perfect category as many as 1 athlete (9.09%). Based on the results of the study the vo2 max capacity of PESAD CENTER FC soccer athletes is in very good criterion. Currently, the PESAD CENTER FC football team has never won a competition at the Regency or Provincial level. This is because the vo2 max capacity of the athlete has not been fully utilized to improve technical and tactical training, so the results of this study can be used as a guideline to improve other aspects such as technique and tactics.