

## ABSTRAK

### **SURVEI KOMPONEN KONDISI FISIK DAN TEKNIK DASAR FUTSAL KLUB SPORTIFO *JUNIOR* PAMEKASAN TAHUN 2019. MAULIDI. M LUTFI**

**Kata Kunci:** Survei, kondisi fisik, teknik dasar futsal.

Sportifo merupakan salah satu klub di daerah Pamekasan yang memiliki prestasi cukup membanggakan di kompetisi internal pengurus cabang PSSI Pamekasan. Sehubungan dengan itu, maka penelitian ini bertujuan untuk mengetahui tingkat kemampuan kondisi fisik dan keterampilan teknik dasar futsal pemain Sportifo *Junior*.

Jenis penelitian ini adalah kuantitatif dengan pendekatan survei melalui tes dan pengukuran. Dalam penelitian ini peneliti ingin mendeskriptifkan mengenai fakta-fakta yang berupa hasil dari tingkat kondisi fisik dan keterampilan teknik dasar futsal pemain Sportifo *Junior*. Penelitian ini adalah penelitian populasi dengan jumlah sampel 10 pemain.

Hasil penelitian menunjukkan untuk tingkat daya tahan yang diambil melalui tes *MFT* didapatkan klasifikasi sedang 20%, klasifikasi 30% kurang, dan klasifikasi kurang sekali 50%. Untuk komponen kekuatan dengan tes *sit up* 30 detik didapatkan hasil dengan klasifikasi kurang 70% dan klasifikasi kurang sekali 30%. Sedangkan hasil pengukuran pada komponen kecepatan melalui tes lari *sprint* dengan jarak 30 meter didapatkan hasil dengan klasifikasi 100% kurang dan kemampuan teknik dasar *Passing* memiliki klasifikasi sangat baik 30% dan baik 70%.

**ABSTRACT**  
**SURVEY COMPONENTS OF PHYSICAL CONDITIONS AND FUTSAL**  
**BASIC TECHNIQUES OF CLUB SPORTIFO JUNIOR PAMEKASAN**  
**2019. MAULIDI. M LUTFI**

**Keywords:** Survey, physical condition, basic futsal technique.

Sportifo is one of the clubs in the Pamekasan area that has quite a proud achievement in the internal competition of the PSSI Pamekasan branch manager. In this connection, this study aims to determine the level of ability of the physical condition and basic technical skills of Sportifo Junior futsal players.

This type of research is quantitative with a survey approach through tests and measurements. In this study the researchers wanted to describe the facts in the form of results from the level of physical conditions and basic technical skills of Sportifo Junior futsal players. This study was a population study with a sample of 10 players.

The results showed that the endurance test results through the MFT test with a moderate classification of 20%, a classification of 30% less, and a classification less than 50%. For the strength component with a 30 second sit up test the results were obtained with a classification of less than 70% and a classification of less than 30%. While the results of measurements on the components of speed through a run test with a distance of 30 meters obtained results with a classification of less than 100% and the ability of basic techniques of Passing. It can be concluded that the level of physical condition of sporting junior players in the component of endurance (VO2Max), strength and speed in classification is very poor and the ability of basic techniques Passing has a very good classification of 30% and good 70%