

DAFTAR PUSTAKA

- Amar, I. Y., Subarkah, A., & Wardoyo, H. (2017). PENGARUH LATIHAN SAQ (SPEED, AGILITY, QUICKNESS) TERHADAP PENINGKATAN KELINCAHAN ATLET BULUTANGKIS KELOMPOK UMUR GANDA REMAJA PUTERI PB. DJARUM. *Jurnal Ilmiah Sport Coaching and Education*, 1(1), 59–70.
- Amiri-Khorasani, M., Sahebozamani, M., Tabrizi, K. G., & Yusof, A. B. (2010). Acute Effect of Different Stretching Methods on Illinois Agility Test in Soccer Players. *The Journal of Strength & Conditioning Research*, 24(10).
- Basri, M. H., & Firdaus, N. W. R. (2020). Latihan Speed, Agility And Quickness (Saq) Untuk Meningkatkan Kelincahan Pada Atlet Futsal Puslatcab Tahun 2020. *Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga)*, 5(2), 62–65.
- Bompa, T. O., & Haff, G. G. (2009). Periodization. *Theory and Methodology of Training*, 5.
- Elferink-Gemser, M. T., Visscher, C., Van Duijn, M. A. J., & Lemmink, K. (2006). Development of the interval endurance capacity in elite and sub-elite youth field hockey players. *British Journal of Sports Medicine*, 40(4), 340–345.
- Erpell, B. E. G. S., Oung, W. A. B. Y., & Ord, M. A. F. (2011). ARE THE PERCEPTUAL AND DECISION-MAKING COMPONENTS OF AGILITY TRAINABLE? A PRELIMINARY INVESTIGATION. *School OfHuman Movement and Sport Sciences, University OfBallarat*, 1240–1248.
- FIH, 2015:9. (2015). *rules of indoor hockey* (Issue January).
- Harsono. (2004). *Harsono. 2004. Perencanaan program Latihan*. Bandung: Proyek

Pengembangan Lembaga Pendidikan Tenaga Kependidikan, Departemen Pendidikan dan Budaya.

- Herpandika, R. P., Yuliawan, D., & Rizky, M. Y. (2019). Prosiding Seminar Nasional IPTEK Olahraga C. 1. *Seminar Nasional IPTEK Olahraga, 2019, ISSN 2622-0156 Studi*, 8.
- Irianto, D. P. (2002). Dasar kepelatihan. Yogyakarta. *Fakultas Keolahragaan. UNY*.
- Ismaryati, I. (2008). Peningkatan Kelincahan Atlet Melalui Penggunaan Metode Kombinasi Latihan Sirkuitpliometrik Dan Berat Badan. *Paedagogia, 11(1)*.
- Jensen, C. R., & Fisher, A. G. (1972). Scientific Basis of Athletic Conditioning: A Unique Book Dealing Exclusively with the Practical Application of Scientific Information to Athletic Conditioning. *Journal of Health, Physical Education, Recreation, 43(8)*, 6–7.
- Mukhtar, M. S., Satrianingsih, B., Marzuki, I., Pendidikan, P., & Mataram, F. I. (2018). Pengaruh Latihan Saq (Speed , Agility , Quickness) Terhadap Peningkatan Kecepatan Dan Kelincahan Pada Pemain Sepak Bola Mogen Tahun 2018. *Volume 5 Nomor 1, Maret 2018 ISSN: 2355-4355*, 5, 31–33.
- Oliver, J. L., & Meyers, R. W. (2009). Reliability and generality of measures of acceleration, planned agility, and reactive agility. *International Journal of Sports Physiology and Performance, 4(3)*, 345–354.
- Polman, R., Bloomfield, J., & Edwards, A. (2009). Effects of SAQ training and small-sided games on neuromuscular functioning in untrained subjects. *International Journal of Sports Physiology and Performance, 4(4)*, 494–505.
- Subakti, S. (2013). Hubungan Kecepatan, Kelincahan dan Kekuatan Otot Tungkai terhadap Kemampuan Mengkontrol Bola dalam Permainan Hockey Atlet Putri Pelatda Sumatera Utara Persiapan PON XVII Kalimantan Timur. *Ilmu Keolahragaan, 12(1)*, 52–59.

Vallimurugan, V., & Vincent, J. P. (2012). Effect of SAQ Training On Selected Physical Fitness Parameters of Men Football Palyers. *International Journal of Advanted and Inovation Research*, 1(2), 2278–7844.

Widiastuti. (2011). Tes dan pengukuran olahraga. In *Jakarta: PT. Bumi Timur Jaya*.

