

## DAFTAR PUSTAKA

- Aguiar, M., Gonçalves, B., Botelho, G., Duarte, R., & Sampaio, J. (2017). Regularity of interpersonal positioning discriminates short and long sequences of play in small-sided soccer games. *Science and Medicine in Football*, 1(3), 258–264. <https://doi.org/10.1080/24733938.2017.1353220>
- Aguiar, M., Gonçalves, B., Botelho, G., Lemmink, K., & Sampaio, J. (2015). Footballers' movement behaviour during 2-, 3-, 4- and 5-a-side small-sided games. *Journal of Sports Sciences*, 33(12), 1259–1266. <https://doi.org/10.1080/02640414.2015.1022571>
- Almeida, C. H., Duarte, R., Volossovitch, A., & Ferreira, A. P. (2016). Scoring mode and age-related effects on youth soccer teams' defensive performance during small-sided games. *Journal of Sports Sciences*, 34(14), 1355–1362. <https://doi.org/10.1080/02640414.2016.1150602>
- Ardiyanto, H., & Fajaruddin, S. (2019). Tinjauan atas artikel penelitian dan pengembangan pendidikan di Jurnal Keolahragaan. *Jurnal Keolahragaan*, 7(1), 83–93. <https://doi.org/10.21831/jk.v7i1.26394>
- Bangsbo, J. (1994). Energy demands in competitive soccer. *Journal of Sports Sciences*, 12(SPEC. ISSUE). <https://doi.org/10.1080/02640414.1994.12059272>
- Bennett, K. J. M., Novak, A. R., Pluss, M. A., Stevens, C. J., Coutts, A. J., & Fransen, J. (2018). The use of small-sided games to assess skill proficiency in youth soccer players: a talent identification tool. *Science and Medicine in Football*, 2(3), 231–236. <https://doi.org/10.1080/24733938.2017.1413246>
- Bompa, T.O., & Haff Gregory. (2019). Periodization: Theory and Methodology of Training, 6th Edition. In *Medicine & Science in Sports & Exercise* (Vol. 51, Issue 4). <https://doi.org/10.1249/01.mss.0000554581.71065.23>
- Bompa, T. O., & Buzzichelli, C. A. (2019). Periodization: Theory and Methodology of Training. In *Journal of Chemical Information and Modeling* (Vol. 6, Issue 6).
- Bompa, T. O., & Haff Gregory. (2009). *Periodization Theory and Methodology of Training Fifth Edition*.
- Bondarev, D. (2011). Factors influencing cardiovascular responses during small-sided soccer games performed with recreational purposes. *Physical Education of Students*, February 2011.
- Bonney, N., Berry, J., Ball, K., & Larkin, P. (2020). Can match play kicking and physical performance outcomes be replicated in an Australian football small-sided game? *Science and Medicine in Football*, 4(4), 314–321. <https://doi.org/10.1080/24733938.2020.1758338>
- Branch, R. M. (2009). *Instructional Design The ADDIE Approach*. Springer.
- Casamichana, D., & Castellano, J. (2010). Time-motion, heart rate, perceptual and motor behaviour demands in small-sides soccer games: Effects of pitch size. *Journal of Sports Sciences*, 28(14), 1615–1623. <https://doi.org/10.1080/02640414.2010.521168>
- Clemente, F., Couceiro, M. S., Martins, F. M. L., & Mendes, R. (2012). The usefulness of small-sided games on soccer training. *Journal of Physical Education and Sport*, 12(1), 93–102.

- Cobar, A. G. C., & Madrigal, N. (2016). Effect of endurance training with weighted vest on the 3000 meter running time of high school boys. *Journal of Physical Education and Sport*, *16*(2), 301–310. <https://doi.org/10.7752/jpes.2016.02048>
- Coutinho, D., Gonçalves, B., Travassos, B., Abade, E., Wong, D. P., & Sampaio, J. (2019). Effects of pitch spatial references on players' positioning and physical performances during football small-sided games. *Journal of Sports Sciences*, *37*(7), 741–747. <https://doi.org/10.1080/02640414.2018.1523671>
- Davies, M. J., Young, W., Farrow, D., & Bahnert, A. (2013). Comparison of agility demands of small-sided games in elite Australian football. *International Journal of Sports Physiology and Performance*, *8*(2), 139–147. <https://doi.org/10.1123/ijsp.8.2.139>
- Dellal, A., Chamari, K., Wong, D. P., Ahmaidi, S., Keller, D., Barros, R., Bisciotti, G. N., & Carling, C. (2011). Comparison of physical and technical performance in European soccer match-play: Fa Premier League and La Liga. *European Journal of Sport Science*, *11*(1), 51–59. <https://doi.org/10.1080/17461391.2010.481334>
- Duarte, R., Batalha, N., Folgado, H., & Sampaio, J. (2009). Effects of Exercise Duration and Number of Players in Heart Rate Responses and Technical Skills During Futsal Small-sided Games. *The Open Sports Sciences Journal*, *2*(1), 37–41. <https://doi.org/10.2174/1875399x00902010037>
- FIFA. (2015). *Youth Football. Switzerland; FIFA Education and Technical Development Departmen.*
- Francesco Sgrò, Salvatore Bracco, Salvatore Pignato, & Mario Lipoma. (2018). Small-Sided Games and Technical Skills in Soccer Training: Systematic Review and Implications for Sport and Physical Education Practitioners. *Journal of Sports Science*, *6*(1). <https://doi.org/10.17265/2332-7839/2018.01.002>
- Gimenez, J. V., & Gomez, M. A. (2019). Relationships among Circuit Training, Small-Sided and Mini Goal Games, and Competition in Professional Soccer Players: A Comparison of On-Field Integrated Training Routines. *Journal of Strength and Conditioning Research*, *33*(7), 1887–1896. <https://doi.org/10.1519/JSC.0000000000002804>
- Hakman, A., Vaskan, I., Kljus, O., Liasota, T., Palichuk, Y., & Yachniuk, M. (2018). Analysis of the acquisition of expertise and mastery of physical skills for performing techniques by young footballers. *Journal of Physical Education and Sport*, *18*, 1237–1242. <https://doi.org/10.7752/jpes.2018.s2184>
- Held, S., Behringer, M., & Donath, L. (2020). Low intensity rowing with blood flow restriction over 5 weeks increases  $\dot{V}O_{2max}$  in elite rowers: A randomized controlled trial. *Journal of Science and Medicine in Sport*, *23*(3), 304–308. <https://doi.org/10.1016/j.jsams.2019.10.002>
- Hoff, J. (2005). Training and testing physical capacities for elite soccer players. *Journal of Sports Sciences*, *23*(6), 573–582. <https://doi.org/10.1080/02640410400021252>
- Hoff, J., & Helgerud, J. (2004). Endurance and strength training for soccer players: Physiological considerations. *Sports Medicine*, *34*(3), 165–180. <https://doi.org/10.2165/00007256-200434030-00003>
- Honório, S., Batista, M., Santos, J., Serrano, J., Petrica, J., Almeida, J., & Camões, M. (2021). Small-sided games in the development of technical demands for young

- hockey goalkeepers. *Journal of Physical Education and Sport*, 21(3), 1376–1382.  
<https://doi.org/10.7752/jpes.2021.03175>
- Izovska, J., Maly, T., & Zahalka, F. (2016). Relationship between speed and accuracy of instep soccer kick. *Journal of Physical Education and Sport*, 16(2), 459–464.  
<https://doi.org/10.7752/jpes.2016.02070>
- Jamshad, M., & Praveen, A. (2017). Effect of small sided games on selected physical and performance related variables among young soccer players. *International Journal of Physical Education, Sports and Health*, 4(3), 450–453.
- Jones, D. A., & Round, J. M. (2008). *Muscle development during childhood and adolescence*. Blackwell Publishing Ltd.
- Katis, A., & Kellis, E. (2009). Effects of small-sided games on physical conditioning and performance in young soccer players. *Journal of Sports Science and Medicine*, 8(3), 374–380.
- Köklü, Y., Aşçi, A., Koçak, F. Ü., Alemdaroğlu, U., & Dündar, U. (2011). Comparison of the physiological responses to different small-sided games in elite young soccer players. *Journal of Strength and Conditioning Research*, 25(6), 1522–1528.  
<https://doi.org/10.1519/JSC.0b013e3181e06ee1>
- Krustrup, P., Bradley, P. S., Christensen, J. F., Castagna, C., Jackman, S., Connolly, L., Randers, M. B., Mohr, M., & Bangsbo, J. (2015). The Yo-Yo IE2 test: Physiological response for untrained men versus trained soccer players. *Medicine and Science in Sports and Exercise*, 47(1), 100–108.  
<https://doi.org/10.1249/MSS.0000000000000377>
- Lee, W. W., & Owns, D. . (2004). *Multimedia-Based Instructional Design*. Pfeiffer.
- Lorenzo-Martínez, M., de Dios-Álvarez, V. M., Padrón-Cabo, A., Costa, P. B., & Rey, E. (2020). Effects of score-line on internal and external load in soccer small-sided games. *International Journal of Performance Analysis in Sport*, 20(2), 231–239.  
<https://doi.org/10.1080/24748668.2020.1736938>
- Lubis, J., Fitrianto, E. J., Sukiri, Haqiyah, A., Setiakarnawijaya, Y., Robianto, A., Sukriadi, S., Nurulfa, R., Irawan, A. A., & Sumartiningsih, S. (2021). Does aerobic interval training induce a decrease in body weight in pencak silat elite athletes? *Journal of Physical Education and Sport*, 21(October), 2372–2380.  
<https://doi.org/10.7752/jpes.2021.s4318>
- Lubis, J., Sukur, A., Fitrianto, E. J., Suliyanthini, D., Irawan, A. A., Robianto, A., Haqiyah, A., & Oktafiranda, N. D. (2021). Wearing a fibrous protein (cv-f) cooling vest to reduce fatigue among indonesian pencak silat athletes: Is it effective? *Journal of Engineering Science and Technology*, 16(2), 1402–1415.
- Luxbacher, J. A. (2014). *Soccer : Steps to Success*. Human Kinetics.
- Manari, D., Manara, M., Zurini, A., Tortorella, G., Vaccarezza, M., Prandelli, N., Ancelotti, D., Vitale, M., Mirandola, P., & Galli, D. (2016). VO2Max and VO2AT: athletic performance and field role of elite soccer players. *Sport Sciences for Health*, 12(2), 221–226. <https://doi.org/10.1007/s11332-016-0278-9>
- Mangan, S., Collins, K., Burns, C., & O'Neill, C. (2019). An investigation into the physical, physiological and technical demands of small sided games using varying pitch dimensions in Gaelic football. *International Journal of Performance Analysis*

- in Sport*, 19(6), 971–984. <https://doi.org/10.1080/24748668.2019.1689003>
- Marshall, J., & Gamble, P. (2006). Women and Young Athletes. In S. Bordiss (Ed.), *Resistance Training the next level* (p. 57). Peak Performance Publishing.
- Mellius Ma'u, S. H., & Santoso, J. (2014). *Teknik Dasar Bermain Sepak Bola*. Cakrawala Publishing.
- Menegassi, V. M., Rechenchosky, L., Borges, P. H., Nazario, P. F., Carneiro, A. F. F., Fiorese, L., & Rinaldi, W. (2018). Impact of motivation on anxiety and tactical knowledge of young soccer players. *Journal of Physical Education and Sport*, 18(1), 170–174. <https://doi.org/10.7752/jpes.2018.01022>
- Meylan, C., Cronin, J., Oliver, J., & Hughes, M. (2010). Talent identification in soccer: The role of maturity status on physical, physiological and technical characteristics. *International Journal of Sports Science and Coaching*, 5(4), 571–592. <https://doi.org/10.1260/1747-9541.5.4.571>
- Mielke, D. (2003). *Seri Dasar-dasar Olahraga: Dasar-dasar Sepakbola*. Pakar Raya.
- Miloš Stojković, Aleksandar Čvorović, Velimir Jeknić, & Filip Kukić. (2017). Influence of two-month training program on anthropometry and VO<sub>2</sub>max in recreational athletes. *International Journal of Physical Education, Fitness and Sports*, 6(2), 19–24. <https://doi.org/10.26524/2017.06.02.4>
- Modric, T., Versic, S., & Sekulic, D. (2020). Aerobic fitness and game performance indicators in professional football players; playing position specifics and associations. *Heliyon*, 6(11). <https://doi.org/10.1016/j.heliyon.2020.e05427>
- Mohammed, Z., & Kohl, K. (2016). Which orthoptic visual approach evaluates shooting skill accuracy in soccer players? *Journal of Physical Education and Sport*, 16(2), 471–475. <https://doi.org/10.7752/jpes.2016.02072>
- Myburgh, G. K., Pfeifer, C. E., & Hecht, C. J. (2020). Warm-ups for Youth Athletes: Making the First 15-Minutes Count. *Strength & Conditioning Journal*, 42(6), 45–53. <https://doi.org/doi:10.1519/ssc.0000000000000549>
- Parmar, A., Jones, T. W., & Hayes, P. R. (2021). The dose-response relationship between interval-training and VO<sub>2</sub>max in well-trained endurance runners: A systematic review. *Journal of Sports Sciences*, 39(12), 1410–1427. <https://doi.org/10.1080/02640414.2021.1876313>
- Pethick, W. A., Stellingwerff, T., Lacroix, M. A., Bergstrom, C., & Meylan, C. M. (2018). The effect of a team sport-specific heat acclimation protocol on plasma volume in elite female soccer players. *Science and Medicine in Football*, 2(1), 16–22. <https://doi.org/10.1080/24733938.2017.1384559>
- Romero-Arenas, S., Martínez-Pascual, M., & Alcaraz, P. E. (2013). Impact of resistance circuit training on neuromuscular, cardiorespiratory and body composition adaptations in the elderly. *Aging and Disease*, 4(5), 256–263. <https://doi.org/10.14336/AD.2013.0400256>
- Sagiev, T. A., Gibadullin, I. G., Alzhanov, H. H., Matyunina, N. V., & Kladov, E. V. (2020). Importance of continuous strength development in young biathletes in a one-year training cycle during a multi-year training process. *Journal of Physical Education and Sport*, 20(6), 3579–3583. <https://doi.org/10.7752/jpes.2020.06482>
- Sarmiento, H., Clemente, F. M., Harper, L. D., Costa, I. T. da, Owen, A., & Figueiredo,

- A. J. (2018). Small sided games in soccer—a systematic review. *International Journal of Performance Analysis in Sport*, 18(5), 693–749. <https://doi.org/10.1080/24748668.2018.1517288>
- Scheunemann, T. (2012). *Kurikulum dan pedoman dasar sepakbola Indonesia*. Jakarta: PSSI.
- Scribbans, T. D., Vecsey, S., Hankinson, P. B., Foster, W. S., & Gurd, B. J. (2016). The Effect of Training Intensity on VO<sub>2</sub>max in Young Healthy Adults: A Meta-Regression and Meta-Analysis. *International Journal of Exercise Science*, 9, 230.
- Segundo Marcos, R. I., López Fernández, V., Daza González, M. T., & Phillips-Silver, J. (2020). Promoting children's creative thinking through reading and writing in a cooperative learning classroom. *Thinking Skills and Creativity*, 36, 100663. <https://doi.org/10.1016/j.tsc.2020.100663>
- Seo, Y. G., Noh, H. M., & Kim, S. Y. (2019). Weight loss effects of circuit training interventions: A systematic review and meta-analysis. *Obesity Reviews*, 20(11), 1642–1650. <https://doi.org/10.1111/obr.12911>
- Serpiello, F. R., Cox, A., Oppici, L., Hopkins, W. G., & Varley, M. C. (2017). The Loughborough Soccer Passing Test has impractical criterion validity in elite youth football. *Science and Medicine in Football*, 1(1), 60–64. <https://doi.org/10.1080/02640414.2016.1254810>
- Silva, B., Garganta, J., Santos, R., & Teoldo, I. (2014). Comparing tactical behaviour of soccer players in 3 vs. 3 and 6 vs. 6 small-sided games. *Journal of Human Kinetics*, 41(1), 191–202. <https://doi.org/10.2478/hukin-2014-0047>
- Slimani, M., Znazen, H., Miarka, B., & Bragazzi, N. L. (2019). Maximum Oxygen Uptake of Male Soccer Players According to their Competitive Level, Playing Position and Age Group: Implication from a Network Meta-Analysis. *Journal of Human Kinetics*, 66(1), 233–245. <https://doi.org/10.2478/hukin-2018-0060>
- Sugiyono. (2010). *Metode Penelitian Pendidikan: Pendekatan Kuantitatif, Kualitatif, dan R&D*. Alfabeta.
- Takashi Abe, Satoshi Fujita, Toshiaki Nakajima, & Mikako Sakamaki. (2010). Effects of Low-Intensity Cycle Training with Restricted Leg Blood Flow on Thigh Muscle Volume and VO<sub>2</sub>MAX in Young Men. *Journal of Sport Science & Medicine*, 9.
- Tangkudung, J. (2018). *Metodologi Penelitian Kajian Dalam Olahraga*.