

DAFTAR PUSTAKA

- Belo, J., Valente-dos-Santos, J., Pereira, J. R., Duarte-Mendes, P., M. Gamonales, J., & Paulo, R. (2024). Study of body composition and motor skills of futsal athletes of different competitive levels. *Sports*, 12(5), 137.
<https://doi.org/10.3390/sports12050137>
- Bompa, T. O., & Buzzichelli, C. A. (2019). *Periodization theory and methodology of training* (Sixth). Human Kinetics.
- Bompa, T. O., & Sarandan, S. (2023). *Training and Conditioning Young Athletes*.
<https://lccn.loc.gov/2022028598>
- Burhaein, E. (2017). Aktivitas fisik olahraga untuk pertumbuhan dan perkembangan siswa sd. *Indonesian Journal of Primary Education*, 1(1), 51–58. <http://ejournal.upi.edu/index.php/IJPE/index>
- Cissik, J. M., & Barnes, M. (2011). *Sport speed and agility training* (Second). Coaches Choice.
- Creswell, J. W., & Creswell, J. D. (2018). *Research design: qualitative, quantitative, and mixed methods approaches* (Fifth). SAGE.
- Creswell, Jhon. W. (2014). *Research design qualitative quantitative and mixed methods approaches* (Fourth). SAGE.
- Dawes, J. (2019). *Developing agility and quickness* (J. Dawes, Ed.; 2 ed.). Human Kinetics.
- Dawes, J., & Roozen, M. (2012). *Developing agility and quickness* (J. Dawes & M. Roozen, Ed.; 1 ed., Vol. 1). Human Kinetics. www.HumanKinetics.com
- Field, A. (2009). *DISCOVERING STATISTICS USING SpSS*. SAGE Publisher.
- Fitranto, N., Hasibuan, H. M., & Irawan, A. (2021). Edukasi pemanasan khusus futsal bagi pemain dan pelatih futsal.
<https://journal.unsika.ac.id/index.php/maroones>.
- Gerardo Roco, A., Aguilera-Eguia, R., & Olguin, M. (2024). Considerations when using the Shapiro-Wilk test when working with small samples. *Angiologia*, 76(1), 61–62. <https://doi.org/10.20960/angiologia.00568>
- Ghiffari, A. (2017). *Uji validitas dan reliabilitas arrowhead agility test pada cabang olahraga sepakbola*.
- Ginanjari, S., Widyawan, D., & Faruqi, H. (2023). Systematic literature review: sports in early childhood in Indonesia. *International Journal of Human Movement and Sports Sciences*, 11(5), 1140–1149.
<https://doi.org/10.13189/saj.2023.110523>
- Hardani, Hikmatul Aulia, N., Andriani, H., Asri Fardani, R., Ustiawaty, J., Fatmi Utami, E., Juliana Sukmana, D., & Rahmatul Istiqomah, R. (2020). *Buku metode penelitian kualitatif & kuantitatif*.
<https://www.researchgate.net/publication/340021548>
- Harsono. (2017). *Kepelatihan olahraga* (A. Kamsyah, Ed.; Kedua). PT REMAJA ROSDAKARYA.
- Haryono, E., Slamet, M., & Damar, S. (2023). *Statistika SPSS 28*. Widina Bhakti Persada Bandung. www.penerbitwidina.com

- Hasyim & Saharullah. (2019). Dasar-dasar ilmu kepelatihan. Dalam *Journal of Chemical Information and Modeling* (1 ed., Nomor 9). Badan Penerbit UNM.
- Hasyim, & Saharullah. (2022). *METODOLOGI KEPELATIHAN OLAHRAGA* (N. A. Idrus, Ed.; 1 ed.). Badan Penerbit UNM.
- HB, B., & Wahyuri, A. S. (2019). *Pembentukan kondisi fisik* (1 ed.). PT RajaGrafindo Persada.
- Hermawan, I., Maslikah, U., Nagati Paramita, P., & Nugroho, H. (2021). Pelatihan kondisi fisik pelatih cabang olahraga Kota Tangerang dalam rangka persiapan Porprov Banten 2022. *Jurnal Pengabdian Kepada Masyarakat*, 1, 1211–1216.
- Hierro, J. V. L. (2007). *UEFA Futsal Coaching Manual*. Union des Associations Européennes de Football (UEFA).
- Irawan, A. (2009). *Teknik dasar modern futsal*. Pena Pundi Aksara. Jakarta.
- Irawan, A., & Fitranto, N. (2020). Profil kondisi fisik tim futsal liga mahasiswa Universitas Negeri Jakarta 2019. Dalam *Jurnal Ilmiah Sport Coaching and Education* (Vol. 4).
- Irawan, A., Fitrianto, N., Prabowo, E., Ferdinand Bawole, E., Hussein, A., Muharina Fajriah, M., Triyoga, M., Triyanto, W., Syaibani, A., Susanto, E., Karmadi, S., Iskandar, D., Hendro Sugeni, Y., Sajaya, E., Tena, I., Lily, M., Nurhadi, A., Handoyo, D., Adi, Y., ... Apdalah, A. (2021). *Indonesia futsal coaching manual*.
- Katch, Victor. L., McArdle, William. D., & Frank, I. K. (2011). *Essentials of exercise physiology* (Fourth).
- Kurniawan, R., Prabowo, E., & Yudhaprawira, A. (2020). *Pelatihan terapi ice bath untuk recovery cabang olahraga futsal pada tim cosmo futsal club Jakarta* (Vol. 3, Nomor 1).
<http://ejurnal.ubharajaya.ac.id/index.php/Jabdimas>
- L Wong, A., Goldsmith, J., D Forrence, A., M Haith, A., & W krakauer, J. (2017). *Reaction times can reflect habits rather than computations*.
<https://doi.org/10.7554/eLife.28075.001>
- Litardiansyah, B. A., & Hariyanto, E. (2020). Survei kondisi fisik peserta ekstrakurikuler futsal putra dan putri sekolah menengah atas. *Sport Science and Health*, 2(6), 331–339.
<http://journal2.um.ac.id/index.php/jfik/index>
<http://fik.um.ac.id/>
- Malhotra, V., Goel, N., Ushadhar, U., Tripathi, Y., & Garg, R. (2015). EXERCISE AND REACTION TIMES. *Journal of Evolution of Medical and Dental Sciences*, 4(25), 4277–4281. <https://doi.org/10.14260/jemds/2015/618>
- Rahim, R., Sa'odah, Natalia Daeng Tiring, S. S., Asman, Arifah Fitriyah, L., Sari Dewi, M., Hendrika, I., Ferawati, R., Sutrisno, E., Mutia, Dwi Pamungkas, M., Wulandari, H., Trimurtini, & Budi Wicaksono, A. (2021). *Metodologi penelitian (teori dan praktik)* (E. Santoso, Ed.). Perkumpulan Rumah Cemerlang Indonesia (PRCI).
<https://www.researchgate.net/publication/357339308>

- Ramirez, A., Thiengo, C., Giustozzi, D., Pizzi, E., Néstor, A., Caesar de Oliveira, P., Kiyasu, R., & Santana, W. (2020). *Manual evolucion de futsal juvenil*. Confederación Sudamericana de Fútbol (CONMEBOL).
- Rifa'i, A. (2021). *PENGANTAR METODOLOGI PENELITIAN*. SUKA-Press UIN Sunan Kalijaga.
- Sugiyono. (2013). *Metode penelitian kuantitatif, Kualitatif, dan r&d* (13 ed.). ALFABETA, CV.
- Sukadiyanto, & Muluk, D. (2011). *Pengantar teori dan metodologi melatih fisik*. Lubuk Agung.
- Sundari, U. Y., Panudju, A. A. T., Nugraha, A. W., Purba, F., Erlina, Y., Nurbaiti, N., Kalalinggi, S. Y., Afifah, A., Suheria, Elsandika, G., Setiawan, R. Y., Alfiyani, L., & Pereiz, Z. (2024). *Metodologi Penelitian* (Suhardi, Ed.; 1 ed.). CV. Gita Lentera. <https://www.researchgate.net/publication/377847335>
- Supriyanto, S. (2022). *Metode Latihan dan Kelincahan Terhadap Kemampuan Smash*. <http://pps.unnes.ac.id/pps2/prodi/prosiding-pascasarjana-unnes>
- Syahza, A. (2021). *Metodologi penelitian edisi revisi tahun 2021*. UR Press.
- Taufik, M. S., Widiastuti, Setiakarnawijaya, Y., & Firmansyah, D. (2022). *Buku panduan futsal (metode latihan) small side games modification small side games dan interval training*.
- Walankar, P., & Shetty, J. (2020). Speed, agility and quickness training: A review. ~ 157 ~ *International Journal of Physical Education, Sports and Health*, 7(6). www.kheljournal.com

