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PHYSICAL CONDITIONS LEVEL OF FOOTBALL SCHOOL ATHLETE

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Abstract: SSB Semen Indonesia is one of the SSB who care about the development of football in Indonesia who have ideals for the regeneration of football, especially early childhood. Through the guidance of a well-programmed physical condition well then a soccer player has a good quality physical fitness. For the average physical condition which includes (1)(VO2MAX) is 37.61 ml / kg / min, entering the below average category, (2)the average of the elasticity test is 11.1 cm which falls in the medium category, (3)the average leg muscle strength is 38.00 kg In the category of very less, (4)the average strength of the back muscles is 32.67 kg in the category very less, (5) the average arm muscle strength is 25.2 repetition in less category, (6) the average abdominal muscle strength is 27.6 repetition in less category (7) and the last isthe average explosive muscle limb power is 134 Watts of medium average durability at the athlete Football school (SSB) Semen Indonesia.

Keywords: Physical Condition, Football, SSB Semen Indonesia

SSB Semen Indonesia is one of the SSB who care about the development of football in Indonesia who have ideals for the regeneration of football, especially early childhood. Football at an early age is also very important to lead the ability of children in adolescence so that activities undertaken at that age including on activities that are positive. The issues that will be raised in this research physical condition become the main target that will serve as the basis for the development of football. Physical conditions are well programmed then a football player has a good quality physical fitness and will have a positive impact on mental, psychic that will directly impact on the quality of an athlete's technique, because by having a good mental performance of an athlete will be the maximum. The athlete is said to be mentally prepared whenever the sportsman does not feel depressed, fears, fears, and other negative feelings.

METHOD

The type of this research is quantitative research with descriptive approach which is a research method that intends to make description about the situations or events. This research was conducted at field training site and secretariat of SSB Semen Indonesia. The sample of the research was part of population or representation of researched population. Because the population of this research was only 15 athletes, the whole population will be used as the sample. The instrument used of this research was physical condition instrument consisting of: a. general endurance (VO2 Max) using multistage fitness test (MFT) , b. flexibility using *standing trunk Flexion*, c. leg muscle strength using leg dynamometer, d. back muscle strength using back dynamometer, e. arm muscle strength using push up 30 seconds, f. abdominal muscle strength using sit up 30 seconds, and g. explosive power of the leg muscles using vertical jump.

Table 1. Standard and Physical Condition Components General Endurance

Age	Level and shuttle	Category
14-16	L12 S7	Excellent
	L11 S2	Above Average
	L8 S9	Average
	L7 S1	Below Average
	< L6 S6	Poor

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Table 2. Standard and Physical Condition Components Flexibility

Score (cm)	Category
> 19	Excellent
11,5 until 19	Good
-1,5 until 11,5	Medium
-6,5 until -1,5	Less
< 6,5	Very less

Kemenegpora, 2005:29

Table 3. Standard and Physical Condition Components leg muscle strength

Score (kg)	Category
259.50 - above	Excellent
187.50 – 259.00	Good
127.50 – 187.00	Medium
84.50 – 127.00	Less
sd. – 84.00	Very less

Departemen Pendidikan Jasmani Pusat Pengembangan Kualitas Jasmani, dalam Buku Pedoman Biomekanik dan Kebugaran Jasmani

Table 4. Standard and Physical Condition Components back muscle strength

Score (kg)	Category
153.50 - above	Excellent
112.50 – 153.00	Good
76.50 – 112.00	Medium
52.50 – 76.00	Less
sd. – 52.00	Very less

Pusat Kesegaran Jasmani dan Rekreasi, Depdikbud, 1996

Table 5. Standard and Physical Condition Componentsarm muscle endurance

Score	Category
> 70	Excellent
54 – 69	Good
38 – 53	Medium
22 – 37	Less
<21	Very less

(Harsuki, 2003:335)

Table 6. Standard and Physical Condition Components abdominal muscle strength

Score	Category
>70	Excellent
54 – 69	Good
38 – 53	Medium
22 – 37	Less
<21	Very less

Table 7. Standard and Physical Condition Components explosive power of the leg muscles

Score	Category
>92	Excellent
78 – 91	Good
65 – 77	Medium
52 – 64	Less
<51	Very less

(Harsuki, 2003:338)

RESULTS

The research results will be linked to the research objectives as expressed in the previous section, it will be outlined with descriptions of data. The data that will be presented are the data obtained from the tests and measurements on each variable.

Table 8. Final Data of Physical Condition Component from football athlete Football School (SSB) Semen Indonesia U-14 Regency Tuban.

No.	Physical Condition Component	Average	Category
1	VO_2 Max	37,61 ml/kg/min	Below average
2	flexibility	11,1 cm	Medium
3	Leg muscle strength	38 kg	Very less
4	Back muscle strength	32,67 kg	Very less
5	Arm muscle strength	25,2 rep	Less
6	Abdoninal muscle strength	27,6 rep	Less
7	Limb muscle power	134 watts	Medium

From the results of research data obtained from athletes football school (SSB) Semen Indonesia above, then it can be detailed as follows:

Vo2max using Multistage Fitness Test (MFT)

In this test the results of aerobic endurance athlete's average Football school (SSB) Semen Indonesia 37.61 ml/kg/min there are 6.67% in excellent criteria, 33.33%, in averagecriteria, 20% in below average criteria and 40% in poor cretiria. The result of the ability of the average physical condition was poor.

Flexibility using Standing trunk flexion

In this test the results of athletes Football school (SSB) Semen Indonesia was 11.1 cm. There are 40% of the athlete's son in criteria good, 60% in medium criteria. The result of the ability of the average physical condition was medium.

Leg muscle strength using leg dynamometer

In this test the results of athletes Football school (SSB) Semen Indonesia is 38 kg. There are 100% in very less criteria. The result of the ability of the average physical condition is very less.

Back muscle strength using back dynamometer

In this test the results of athletes Football school (SSB) Semen Indonesia is 32.67 kg. There are 100% in very less criteria. The result of the ability of the average physical condition is very less. Should be increased again in order to obtain maximum results in all Championships.

Arm muscle strength using push up 30 seconds

In this test the results of athletes Football school (SSB) Semen Indonesia is 25.2 repetitions. There are 6.67% in medium criteria, 66.67%in less criteria, and 26.67% in very less criteria. The result of the ability of the average physical condition is less.

Abdominal muscle strength using sit up 30 seconds

In this test the results of athletes Football school (SSB) Semen Indonesia is 27.6 repetitions. There is 33.33% in excellent, 26.67% in good criteria, and 40% in less criteria. The result of the ability of the average physical condition is less.

Explosive power of the leg muscles using vertical jump

In this test the results of athletes Football school (SSB) Semen Indonesia is 134 Watts. There are 80% in medium criteria, and 20% in less criteria. The result of the ability of the average physical condition was medium.

DISCUSSION

As has been explained that the status of the physical condition of a must-have for every athlete can perform a maximum of each of its components should be in a category is good or very good and with good physical condition components can define the number of the appropriate race for athletes. Each of the tested produce data and different criteria in bothgeneral endurance (VO_2 Max) using multistage fitness test (MFT) ,flexibility using *standing trunk Flexion*, leg muscle strength using leg dynamometer, back muscle strength using back dynamometer, arm muscle strength using push up 60 seconds, abdominal muscle strength using sit up 30 seconds, and explosive power of the leg muscles using vertical jump.

From the results of the details above, then it can be said that the ability of physical condition, owned Football School (SSB) Semen Indonesia of each of its components should be improved better. As it was said Sajoto ability of physical condition that must be owned by the athletes of each of its components should be in a category is good or excellent, with each component of the physical conditions in the category of good or excellent, then the athletes have the potential to Excel in the corresponding race numbers for the athletes. For that entire athletes trained and built up again to improve the physical condition they have with developing all components of physical condition in a balanced way by not forgetting the component which is more support in a race number preferred or selected.

CONCLUSION

From the data analysis that the physical condition of each Football School (SSB) Semen Indonesia is different between each other. Based on the analysis and discussion, then the conclusions can be drawn as a whole level of physical condition of Football School (SSB) Semen Indonesia of the results of the test, the parameters are as follows:

1. Aerobic endurance athletes Football School (SSB) Semen Indonesia majority categorized less
2. Flexibility athletes Football School (SSB) Semen Indonesia majority categorized medium
3. Football athlete leg muscle strength athletes Football School (SSB) Semen Indonesia majority categorized very less

4. Back muscles strength athletes Football School (SSB) Semen Indonesiathe majority categorized very less
5. Arm Muscles Strength athletes Football School (SSB) Semen Indonesia majority categorized less.
6. Abdominal muscle strength athletes Football School (SSB) Semen Indonesia categorized less.
7. Explosive power of leg athletes Football School (SSB) Semen Indonesia majority categorized medium.

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