

**AN ANALYSIS OF THE PHYSICAL CONDITION OF FUTSAL ATHLETES
AT MIN 03 MUKO-MUKO**

By:
ABDUL AZIS
Student Reg. ID: 19190131

ABSTRACT

Futsal is a popular sport for everyone that requires speed endurance, strength endurance, and agility in a relatively long time. This study aims to determine the physical condition of athletes at MIN 03 Muko-Muko. The components measured are physical condition components namely speed, agility, leg power and aerobic endurance. This research method is a descriptive method with data collection techniques in the form of tests and measurements. Samples of this study were 10 futsal athletes at MIN 03 Muko-Muko. The instrument used is speed measured by the 30 meter run test in seconds, agility measured using the Illinois agility run test with units of seconds, leg power measured using the vertical jump test in cm units and aerobic endurance measured using a multi-stage test (multi stage test) with units of ml / kg / min, then all data is converted into T - score. The results showed that the physical condition of futsal athletes at MIN 03 Muko-muko based on T-Score was in the good category with a percentage of 40% (4 people), moderate category with a percentage of 40% (4 people), poor category with a percentage of 10% (1 person) and very poor category with a percentage of 10% (1 person). While based on the average of 200, the physical condition of futsal athletes at MIN 03 Muko-Muko is in the moderate category.

Keywords: Physical Condition, Futsal.

