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Physical Condition Profile of Jatidiri Muda FC Academy Futsal Players in Semarang City

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ABSTRACT

The purpose of this study is to determine the level of physical condition of the Jatidiri Muda fc Semarang Academy futsal athletes. This study uses quantitative method research with a descriptive approach. With data collection using survey tests and physical condition measurements. The population in the study was Jatidiri Muda FC Semarang Academy futsal players. The sampling technique used total sampling with a sample of 20 athletes. The data analysis is in the form of quantitative descriptive statistics with the frequency obtained divided by the total sample multiplied by 100%. The results showed that the level of physical condition components of Jatidiri Muda Semarang futsal players was categorized as moderate or sufficient in the ability of speed with an average of 4.41 seconds, agility with an average of 16.7 seconds, flexibility with an average of 22 cm, coordination with an average of 8 times and accuracy with an average value of 28. While the ability of physical condition components that were categorized as deficient was strength with an average of 29 times in 60 seconds, cardiorespiratory endurance 28.59 ml / kg / min, explosive power with an average of 215 cm, balance with an average value of 29 seconds and reaction with an average value of 01.40 seconds. The profile of the physical condition components of Jatidiri Muda FC Semarang futsal players can be concluded to still be in the medium and less average categories. This can be one of the factors inhibiting achievement improvement in these athletes. It is necessary to evaluate and determine the right training program to improve each component of physical condition considering the data obtained from each component of physical condition which is still in the moderate and deficient category.

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1. INTRODUCTION

Sport is a form of physical and mental activity that aims to maintain and improve physical performance. Sports can be done anytime, anywhere, by anyone. This makes sport a positive activity that has many benefits for education, health and recreation. In addition, sports can also be intended to obtain an achievement. According to Cholik Mutohir in (Bangun, 2016) Sport is a systematic process in the form of all activities or efforts that can encourage develop, and foster the physical and spiritual potentials of a person as an individual or member of society in the form of games, competitions or matches, and peak achievements in the formation of a quality Indonesian human being based on Pancasila. The purpose of a person in exercising varies, some aim to just fill spare time, recreation, health, fitness, or to achieve achievements and make the nation proud. One of the goals of exercising is to achieve achievements and make the nation proud. To achieve peak performance at the golden age and make the nation proud requires a long training process and is carried out from an early age both technically, tactically, physically and mentally (Irawan & Firtanto, 2020) In the field of sports, based on the Law of the Republic of Indonesia Number 12 of 2022 concerning National Sports Chapter 1 Article 1 "Sports achievement is a sport that fosters and develops sportsmen in a planned, tiered and sustainable manner through competence to achieve achievements with the support of sports science and technology". Therefore, to achieve maximum sports achievement, it is necessary to implement a training plan and prepare a training program. This training must be guided by valid and generally accepted training theories and principles. and the development of training programs must be planned, structured and tiered, and sustainable in relation to sports and affect sports achievements (Okilanda et al., 2021) One of the important factors for achievement in sports is physical condition, besides that there is also mastery of techniques, tactics and mentality.

According to (Anwar, 2019) while there are sports whose achievements are determined by the mastery of physical conditions, techniques, mental as in the game of football, futsal, basketball and so on, the importance of the physical condition of athletes must be realized by the coaches and athletes themselves. Coaches and athletes must always maintain the physical condition of athletes, so that the slightest disturbance to the athlete's physical condition can be monitored early on. The disorder will affect the appearance during the match and can even hinder athletes in achieving sports achievements. Physical condition is very important for sports achievement through technique, tactics and mentality, but can be developed properly if it has good physical quality (Zhannisa & Sugiyanto, 2015) . According to (Hanief et al., 2016) physical condition is a prerequisite physical condition that must be possessed by an athlete during and after experiencing the training process in improving and developing optimal sports performance with the characteristics, characteristics and needs of each sport. Good physical condition without being supported by mastery of playing techniques, good tactics and good mentality, the achievements that will be achieved cannot be balanced. Likewise, on the contrary, having a bad physical condition but good techniques, tactics and mentality are also less supportive for maximum achievement. In general, every sport requires good physical condition in an effort to achieve optimal performance. An athlete must actively practice and pay attention to his physical condition before and after competing so that in the match they can get good results in accordance with the abilities produced during training, especially in futsal. The development of the world of futsal is currently very rapid and this can be seen from the many competitions held both at the regional and even national levels. The goal of playing futsal is to enter the ball into the opponent's goal using body parts except hands and more dominantly using the feet by working together between players in one team. Among the community, futsal is not only a sport that is used as a hobby, but as an arena for achievement.

Futsal was invented in Montevideo, Uruguay in 1930, by Juan Carlos Ceriani when the World Cup was held in Uruguay. This new sport was named *futebol de salao* (Portuguese) or *futbol sala* (Spanish) which means the same thing, namely indoor soccer. From these two languages came the more global abbreviation, Futsal. The sport is played under the protection of the Federation Internationale de Football Association (FIFA) worldwide. Indonesia began to recognize futsal in 2002, quickly penetrating football lovers in the country, starting from the school environment, campus, office (Syahputra & Hasibuan, 2020) . Futsal is a minimized soccer game that has a visible difference between futsal and soccer, namely that futsal games are dominated by foot-to-foot ball games. The number of players who play is 5 people in contrast to football with 11 players and the size of the futsal field used in a ratio of approximately one to six so that it requires equipment and rules or games that are adjusted. However, the goal of the futsal game is the same as the soccer game, namely to put the ball into the opponent's goal as much as possible and try to defend your own goal from the opponent's attack. according to (Lhaksana, 2011)

Based on the observations made by researchers, the Jatidiri Muda FC Academy is one of the futsal sports clubs in Semarang City. This futsal club was founded by the Semarang City Futsal foundation. athletes train 3 times a week located on the Jatidiri GOR field. The arrival of routine training carried out by the club amounted to 20 athletes. In this study, the researcher intends to conduct a survey of tests and measurements of physical condition in futsal players of the Jatidiri Muda FC Semarang Academy because of the results of observations made by researchers and the narrative of the coach, athletes at the Jatidiri Muda Academy have not had any achievements over the past 3 years, in this case it is a decline in achievement because the last achievement was in 2021, namely winning 2nd place in the AFK Futsal League Semarang City Division 2, Before getting an achievement in 2021, Jatidiri Muda FC Academy became a club that often received achievements, one of which was in 2019 won 1st place in the Tunas Muda Competition and Valente Futsal Cup in the following year 2020 won 3rd place in Copa Ramadhan and finally got the last achievement in 2021, until now Jatidiri Muda FC Semarang Academy has not received any achievements, this is due to several factors, among others, such as physical condition, technique, tactics, nutrition and mental players (Bafirman, 2018) . One of the causes and factors for the decline in achievement is the physical condition of players who are not prime or unstable, the training program is not routine and no previous training data is found. Guided by the explanation above, the researcher intends to measure as well as find out how the level of physical condition of Jatidiri Muda FC Semarang futsal players and because of this problem the researcher is interested in conducting research with the title "Physical Condition Profile of Jatidiri Muda FC Academy Futsal Players Semarang City"

2. METHODS

The method used in this research is a quantitative method and uses a descriptive approach method which aims to provide a description of the existing reality, meaning that in this research activity the researcher only investigates the current condition or situation that is currently taking place and then describes what happened in the form of a straightforward research report (Sugiyono, 2016) . Descriptive is a factual, systematic and accurate description of the facts, characteristics and relationships between the phenomena being investigated. Quantitative itself is a method based on the philosophy of positivism, used to research certain populations or samples, data collection using research instruments, data analysis is quantitative or statistical, where the results are in the form of numbers (Sugiyono, 2016) . The location in this research is at Venus Futsal Stadium which is located at Jalan Gendong Raya, Sendangmulyo Kec. Tembalang Semarang, Central Java. In this study, researchers took the following time span: Observation on June 13 to June 15, 2024 Then continued the test and measurement of physical conditions on June 20 to July 04, 2024. The variable in this study is one variable, namely the physical condition of the Jatidiri Muda FC Academy futsal players in Semarang city. The population used in this study were all or all futsal players of the Jatidiri Muda FC Academy in Semarang city, totaling 20 players. For the sampling technique used by researchers, namely using total sampling which amounted to 20 players.

Research instruments are tools or facilities used by researchers in collecting data so that their work is easier and the results will be better, in the sense that they are more careful, complete and systematic so that they are easily processed according to Suharsimi Arikunto in (Wahyuni, 2018) . The data collection method used in this study is a survey method with test and measurement techniques. Through tests and measurements researchers will obtain objective data. In this study, the instrument used for data collection and data collection consisted of 10 test items, namely:

- a. Muscle Strength
- b. Speed
- c. Agility
- d. Durability
- e. Explosive power or leg power
- f. flexibility
- g. Coordination
- h. body balance
- i. Accuracy
- j. Reaction

The data analysis technique uses descriptive analysis or descriptive statistical analysis. Descriptive statistics are statistics used to analyze data by describing or describing the data that has been collected as it is without intending to make general conclusions or generalizations (Sholikhah, 2016) . Furthermore, it can be interpreted as a discussion of the problems raised referring to the

standard physical condition that has been standardized to get the level of physical condition of the Jatidiri Muda FC Academy futsal players in Semarang City.

After knowing the physical condition profile of Futsal players, which includes the categories of excellent, good, moderate, less, very less, it will be determined how much the percentage is. to find the percentage of each category, the percentage formula is used as follows:

1. Average Count (Mean)

Mean is a number obtained by dividing the sum of the values by the number of individuals.

$$\bar{X} = \frac{\sum X}{N}$$

Description :

\bar{X} = Average

$\sum X$ = Sum of X (Sample) values

N = Number of Samples (Sugiyono, 2016)

2. Percentage of categories

Calculating the percentage of categories used the formula:

$$\text{Percentage } X = \frac{\sum \times 1}{\sum \times \text{total}} \times 100\%$$

Description:

Percentage X = Percentage

$\sum \times 1$ = Number of variables x 1

$\sum \times \text{total}$ = Number of variables x total (Sugiyono, 2016)

3. RESULT AND DISCUSSION

Table 1. Physical Condition Components

N=20	Minimum	Maximum	Mean	Std. Deviation	Category
<i>Push up</i> strength 60 (sec)	19,00	45,00	29,00	9,07	Less
<i>Sit up</i> strength 30 (sec)	14,00	30,00	21,00	5,10	Medium
Velocity (sec)	5,13	3,92	4,41	0,40	Medium
Agility (sec)	20,2	14,7	16,7	1,62	Medium
Endurance (ml/kg/min)	24,00	38,20	28,59	4,20	Less
Explosive power (cm)	197	232	215	12,48	Less
Flexibility (cm)	18	32	22,00	4,74	Medium
Balance (sec)	20	42	29,00	8,40	Less
Coordination	6	12	8,00	2,10	Medium
Accuracy	11	42	28,00	8,42	Medium
Reaction	01,80	00,90	01,40	2,46	Less

Based on table 1 above, it can be seen that the profile level of the physical condition component of the Jatidiri Muda FC Semarang City Futsal Players in the arm muscle strength component (push ups) has an average of 29.00 which is included in the Lack category. The results of abdominal muscle strength (sit ups) have an average of 21.00 which is in the Moderate category. Then the Speed component is in the Medium category with an average of 4.41. The agility component has an average of 16.7 which is in the Moderate category. While the endurance component has an average of 28.59 where these results are included in the Lack category. Then Explosive power has an average of 215 which is classified in the deficient category. And the Determination test component has an average result of 22 which is included in the Moderate category. The results of the balance component have an average of 29.00 in the deficient category. Then the toe coordination has an average of 8.00 in the moderate category. In the physical condition component accuracy has an average of 28 and is in the moderate category. And finally the physical condition component of the reaction has an average of 01.40 in the Lack category. This condition is very unfortunate to see the importance of the physical condition component to futsal sports.

A. Strength test *push ups* and *sit ups* (strength)

Table 2. Percentage of 60-second *Push up* test categories

No.	Norma	Frequency	Percentage
1.	Excellent >69	-	-
2.	Good 54 - 69	-	-
3.	Medium 38 - 53	8	40%
4.	Less 22 - 37	6	30%
5.	Very poor <22	6	30%
Total		20	100%

Based on table 2 above, it can be explained that the physical condition components of the arm muscle strength of the Jatidiri Muda FC Semarang futsal players are 8 players with a percentage of 40% in the moderate category, 6 players with a percentage of 30% in the less category and the remaining 6 players with a percentage of 30% in the very poor category.

Table 3. Percentage of 30-second *sit up* test categories

No.	Norma	Frequency	Percentage
1.	Excellent >30	-	-
2.	Good 26 - 30	4	20%
3.	Medium 20 - 25	8	40%
4.	Less 17 - 19	4	20%
5.	Very poor <17	4	20%
Total		20	100%

Based on table 3, it can be explained that the components of the physical condition of the abdominal muscle strength of the Jatidiri Muda FC Semarang futsal players are 4 players with a percentage of 20% in the good category, 4 players with a percentage of 20% in the less category and for the very poor category the same as the less category, namely 4 players with a percentage of 20%. The test results show that the young Jatidiri FC futsal players are mostly in the medium category with 8 players with a percentage of 40%. With the test results, it can be used as a special concern for the coach so that he can improve the physical condition components of arm and abdominal muscle strength properly and provide training or direction that focuses on improving the physical condition components of arm and abdominal muscle strength. It is known that futsal mostly uses muscle strength and is used to kick, dribble, pass, run, maintain balance, compete physically in futsal games very much and very prioritized. strength is needed in every sporting activity Strength is a component that must be owned by every futsal player (Aprilianto & Fahrizqi, 2020) .

B. 30-meter *Sprint* test speed (speed)

Table 4. Percentage of 30 Meter *Sprint* test categories

No.	Norm (seconds)	Frequency	Percentage
1.	Excellent <3.92	-	-
2.	Good 3.92-4.34	6	30%
3.	Medium 4.35-4.72	8	40%
4.	Less 4.73-5.11	6	30%
5.	Very Poor >5.11	-	-
Total		20	100%

Based on table 4, it can be explained that the physical condition component of the speed of Jatidiri Muda FC Semarang futsal players in this test and measurement uses a 30 meter sprint test and shows an average value that is in the moderate category, namely 4.41 seconds. the speed physical condition component can be said to be better than the previous condition component because the average value is in the moderate category. The percentage of players who are in the good category with a percentage of 30% is 6 players. Similar to the good category that in the less category as well with 30% 6 players and the most dominating is in the medium category with 40% 8 players. From these results, it is important to improve a little more to achieve good results because seeing from the test results that the players who dominate are in the good and moderate categories.

Speed is closely related to the time traveled. In futsal, running speed is needed to catch the ball in attack or defense or a quick transition from attack to defense (Aprilianto & Fahrizqi, 2020) .

C. Agility of the *Illinoist Agility Run test (Agility)*

Table 5. Percentage of *Illinoist Agility Run test* categories

No.	Norm (seconds)	Frequency	Percentage
1.	Excellent <15.2	2	10%
2.	Good 15.2-16.1	6	30%
3.	Medium 16.2-18.1	6	30%
4.	Less 18.2-19.3	4	20%
5.	Very Poor >19.3	2	10%
	Total	20	100%

Based on table 5, it can be explained that the physical condition component of *agility* of Jatidiri Muda FC Semarang futsal players uses the measurement test of the *illinois agility run test* and the average in total frequency shows a moderate category of 16.7 seconds. From the results of this agility test it can be seen and compared that it is better than the previous physical condition components because more than half of the players are in the moderate, good and excellent categories. In the excellent category with a percentage of 10% 2 players, in the good and moderate categories each the same number with a percentage of 30% 6 players and the rest are in less with a percentage of 20% 4 players then in the category of very less with a percentage of 10% 2 players. Players and coaches are expected to further improve the physical condition component of agility so that all players have better results and are in excellent condition. Agility is needed by futsal players when facing certain situations in the match to control the ball or escape from the opponent's pressure (Purnomo & Irawan, 2021) .

D. Cardiorespiratory *Endurance Multistage Fitness Test (Endurance)*

Table 6. Percentage of *Multistage Fitness Test* categories

No.	Norm (ml/kg/min)	Frequency	Percentage
1.	Excellent >51.6	-	-
2.	Good 42.6 - 51.5	-	-
3.	Medium 33.8 - 42.5	2	10%
4.	Less 25.0 - 33.7	10	50%
5.	Very poor <25	8	40%
	Total	20	100%

Based on table 6, it can be explained that the physical condition component of endurance is carried out using the Multistage fitness test to determine the player's VO₂max ability. The results of the Multistage fitness test of Jatidiri Muda FC futsal players on average in total frequency show a category that is lacking. The highest endurance test results are only in the medium category with a percentage of 10% 2 players and the rest are in the less and less category. In the less category with a percentage of 50% 10 players and in the very poor category with a percentage of 40% 8 players. With the results of these tests and measurements, it needs to be very concerned because it shows less or not optimal results. It is hoped that players and coaches can improve endurance component training so that players do not experience fatigue when doing training or matches. VO₂max is the ability of the cardiovascular system to deliver oxygen to the muscles used in seeing the ability of the player's aerobic and cardiovascular fitness levels given the ability of futsal games that are so fast and so long in duration. To increase endurance can be done with consistent training, one of the exercises that can be done is a 12-minute run, multistage running and running up and down hills (Aprilianto & Fahrizqi, 2020) .

E. Leg muscle explosive power *Standing long jump test (muscular power)*

Table 7. Percentage of *Standing long jump test* categories (*muscular power*)

No.	Norm (cm)	Frequency	Percentage
1.	Excellent >243	-	-
2.	Good 231 - 242	5	25%
3.	Medium 216 - 230	6	30%

4.	Less 201 - 215	6	30%
5.	Very poor <200	3	15%
	Total	20	100%

Based on table 7 above, it can be explained that the physical condition component of the leg muscle explosiveness of the Jatidiri Muda FC Semarang Academy futsal players uses a standing long jump measurement test. The results of the leg muscle explosiveness test of Jatidiri Muda FC futsal players on average in total frequency show a category that is less, namely with 215 cm. This can be a concern for the coach to be able to improve the explosive power component. The physical condition component of explosive power is very influential in futsal games which is used when doing feinting and repelling the foot when shooting towards the goal. To produce good shooting quality, the strength of the leg must also be good. in shooting, there are several muscles that are used to do so, such as leg muscles and leg length which are the most dominant in shooting, if the leg length is good then it can make shooting hard and strong (Hanafi, 2015)

F. Sit and reach test (Flexibility)

Table 9. Percentage of *sit and reach* test categories

No.	Norm (cm)	Frequency	Percentage
1.	Excellent >39	-	-
2.	Good 31-39	3	15%
3.	Medium 21-30	8	40%
4.	Less 17-20	9	45%
5.	Very poor <17	-	-
	Total	20	100%

Based on table 9, it can be explained that the physical condition component of the Jatidiri Muda FC Semarang Academy futsal players uses the Sit and reach measurement test and is used to measure the flexibility of the back muscles and thigh muscles. The results of the Jatidiri Muda FC futsal player determination test on average in total frequency show a moderate category. The percentage of players who are in the moderate category is 40% 8 players, in the good category there are 3 players with a percentage of 15% and almost close to half are in the less category with a percentage of 45% 9 players. From these results it can be seen that flexibility training has not been maximized, players and coaches are expected to further improve the flexibility component to make it better and get maximum results. Exercises to increase flexibility can be done by stretching to the maximum. The effectiveness of good techniques can be produced if athletes have good flexibility too. Because in a match, attacking players will always look for opportunities to do dribbling, kick into the goal (Valentino & Iskandar, 2020) .

G. Soccer Wall Volley test ankle coordination (coordination)

Table 10. Percentage of *Soccer Wall Volley test* categories

No.	Norma	Frequency	Percentage
1.	Excellent >12	-	-
2.	Good 10 - 12	4	20%
3.	Medium 7- 9	10	50%
4.	Less 4 - 6	6	30%
5.	Very poor <4	-	-
	Total	20	100%

Based on table 10 above, it can be explained that the component of the physical condition of the coordination of the toes owned by Jatidiri Muda FC Semarang futsal players has an average in the moderate category. In the good category with a percentage of 20% 4 players, the moderate category in this test is more dominant in number with 10 players with a percentage of 50% and the rest are in the less category with a percentage of 30% 6 players. The acquisition of the foot-eye coordination test of the Jatidiri Muda FC players shows that most players have moderate or sufficient coordination. Although the average is in the moderate category, the physical condition component of coordination is very important considering that players must have the necessary skills (shooting, ball control, coordination) to build and carry out patterns of activity that will produce the desired consequences. For example to successfully pass to a friend who is surrounded by opponents, control the ball in a match (Rosita & Fachrezzy, 2019)

H. Balance of the *Strock Stand* test (*Balance*)

Table 11. Percentage of *Strock Stand* test categories

No.	Norm (seconds)	Frequency	Percentage
1.	Excellent >50	-	-
2.	Good 41 - 50	5	25%
3.	Medium 31 - 40	5	25%
4.	Less 20 - 30	10	50%
5.	Very poor <20	-	-
Total		20	100%

Based on table 11 above, it can be explained that the physical condition component of the balance of the Jatidiri Muda FC Semarang Academy futsal players uses the *Strock stand* test measurement and is used to measure the balance of the player's body in a static position. The results of this test have a poor average of 29 seconds, 10 players are in the less category with a percentage of 50% this result shows that half of the players produce tests that are not optimal. Players and coaches are expected to further improve and pay attention to the balance component to make it better and get maximum results. Given that balance is very important in futsal sports because it functions to be better at maintaining body position in physical duels and good balance, players can also move efficiently and not get tired easily.

I. Accuracy of the shooting test into the goal (*accuracy*)

Table 12. Percentage of test categories

No.	Norma	Frequency	Percentage
1.	Excellent >46	-	-
2.	Good 34 - 45	4	20%
3.	Medium 22 - 33	12	60%
4.	Less 11 - 21	4	20%
5.	Very poor <11	-	-
Total		20	100%

Based on table 12, it can be explained that the physical condition component of accuracy is carried out using the target game shooting test. The average Jatidiri Muda FC futsal player test results in total frequency show a moderate category which is better than the previous physical condition component test, namely balance. In the good category with a percentage of 20% 4 players, in the less category with the same percentage as the good category, namely 20% 4 players and the last one is in the moderate or sufficient category with 12 players. In the results of this accuracy test, although it has an average that is in moderate or sufficient, players and coaches need to improve the physical condition component of accuracy considering that shooting accuracy is done not only from one position, the players must be able to do it from various positions, there are still many players who shoot only with strength without paying attention to the accuracy of the ball. To master and be able to shoot from various positions, of course, good balance and coordination are needed from players (Rosita & Fachrezzy, 2019), while the balance of Jatidiri Muda FC Semarang players is in the less category.

J. Hand Touch Reaction (*Reaction*) test reaction

Table 13. Percentage of *Hand Touch Reaction* test categories

No.	Norm (seconds)	Frequency	Percentage
1.	Excellent <0.80	-	-
2.	Good 0.81 - 1.09	3	15%
3.	Medium 1.10 - 1.39	6	30%
4.	Less 1.40 - 1.69	9	45%
5.	Very Poor >1.69	2	10%
Total		20	100%

Hand touch reaction test and is used to measure the player's body response in making quick decisions, changing positions both in defense and attack. The results of the reaction test of the Jatidiri Muda FC Semarang futsal players averaged in total frequency showing a category that was less. In the good category with a percentage of 15% 3 players. In the medium category with a percentage of 30% 6 players, in the category of less with 45% 9 players, in the category of very less

with 10% 2 players. With the results of this reaction test the players are on average less considering that more than half of the players are in the less and less category. It is hoped that players and coaches will further improve the physical condition component of the reaction to be maximized in the future. Given that the reaction is very important in futsal sports, the ability of a player to react to the emergence of stimuli, for example, such as the arrival of a ball from a friend with that a player is required to respond with a quick decision (Fenanlampir Albertus, 2015) .

4. CONCLUSION

From the results of research, data analysis, and discussion of the description of the physical condition profile of Jatidiri Muda FC Academy futsal players in Semarang City, the following conclusions can be drawn, the physical condition profile of Jatidiri Muda futsal players is still in the medium and less category. In the physical condition components of speed, agility, flexibility, coordination and accuracy are in the moderate or sufficient category. While the physical condition components of strength, endurance, explosive power, reaction and balance are still in the deficient category, the lack of a proper and structured training program to improve each component of physical condition is one of the causes of the results of the physical condition component test in the deficient category

AUTHOR'S STATEMENT

That the article has never been published in another journal.

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