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Profile of Physical Conditions of High School Futsal Players in Gorontalo

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Abstract

The purpose of this study was to determine the physical condition of each futsal player at SMA Negeri 1 Gorontalo; this was to provide an overview to the coach regarding the physical condition of each individual. This research method uses a descriptive method to reveal facts in the field; the sample of this study consisted of 33 futsal players at SMA Negeri 1 Gorontalo. The results of this study are from 33 futsal players who have been tested and measured. All players fall into the category of lacking in VO2Max conditions, strength, speed and reaction speed. This study concludes that the tests and measurements gave the coach a basic picture of the player's physical condition. Hence, the coach needs to be careful in choosing and sorting out training programs to improve the physical condition of futsal players.

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INTRODUCTION

Futsal in Gorontalo is very rapid for every generation, but this condition does not align with Gorontalo's achievements in this team sport. Many things make futsal sport yet to receive achievements at the national level. Sports development to achieve maximum achievement is certainly not seasonal coaching but must be tiered, from the age group level to the senior (Irawan & Fitranto, 2020). This is to bounce an athlete mentally, physically, technically and tactically in futsal play. Futsal sports have tactics, special techniques and physical conditions that differ from other sports (Permadi et al., 2021). The characteristics needed, namely moving speed, physical strength and agility, move with a dominant long time. So players must be dominant in having components of endurance, strength and speed (Hadiana et al., 2020)

Futsal pressure is certainly not obtained casually; many aspects, both technical and non-technical, need to be considered to achieve peak achievement (Sartono et al., 2020). In a competition, mental factors are always the main factor in every championship, even though many coaches assume that to win a championship, the most important thing is to strengthen the player's mentality (Irawan & Fitranto, 2020). In this case, this statement cannot be true because physical condition, basic techniques, and tactics (the coach's strategy training) are also very important in achieving peak prestige.

Physical condition in sports is a component of training that must be improved first before an athlete participates in a championship event. In some existing literature, physical condition is always the main component to achieving achievement in any sport (S et al., 2020). The compensation of physical condition for sports is everything in achieving the highest achievement goals, so physical condition is always the main factor in choosing players in addition to the athlete's technical factors.

Especially in futsal, physical condition plays a very important role in achieving maximum results. The excellent physical condition will make it easier for futsal athletes to control the ball well and pass to determine the decisions taken in a match. In an average championship, futsal athletes are given the opportunity of 3-5 minutes on the field and then rotated by the coach; the coach uses this to maintain players' physical condition to stay fit in a match (Nawir, 2020).

In a match, an athlete is always mentally and physically under pressure. Therefore, a coach must know the physical condition of each athlete thoroughly so that he can make the right decisions in a match (Clemente et al., 2019). The condition requires the coach to find out what components of physical condition can support the performance of athletes on the field so that each athlete can display his maximum ability on the field.

The components of physical condition that need to be considered in futsal are (1) strength, (2) endurance, (3) muscular power,

(4) speed, (5) flexibility, (6) agility, (7) coordination, (8) balance, (9) accuracy and, (10) reaction (Hadiana et al., 2020). This physical component must be a serious concern in the coach k arena. This is the main physical component that can increase the ability of athletes in the field to perform optimally.

The per performance of an athlete in the field not only depends on the quantity and quality of muscles involved in various complex movements but it must also be supported by the ability of the nervous system to activate the muscles appropriately, especially the muscles that will be used to create effective and efficient movements (Amani-Shalamzari et al., 2019). The process of training that the athlete performs beforehand continuously can cause adaptive changes in the ability of the nervous system of an athlete; this is useful for an athlete to activate the prime movers in certain movements better and to coordinate the activation of all relevant muscles better.

Physical condition status is a complete unity of components that cannot be separated from one another; this is either to improve or maintain the physical condition to remain prime. That is, any adult that will maintain or improve physical condition must be able to develop all physical components.

METHODS

Research is descriptive research to make descriptions (Ramadan & Juniarti, 2020), pictures or paintings systematically, factually

and accurately about facts, characteristics among the phenomena studied. Because in this study also, researchers did not control and manipulate research variables. The method used is a survey with data collection techniques using tests and measurements.

The population in this study was 33 players of the SMA Negeri 1 Gorontalo futsal team. This study uses total sampling, or the entire population is used as a research sample.

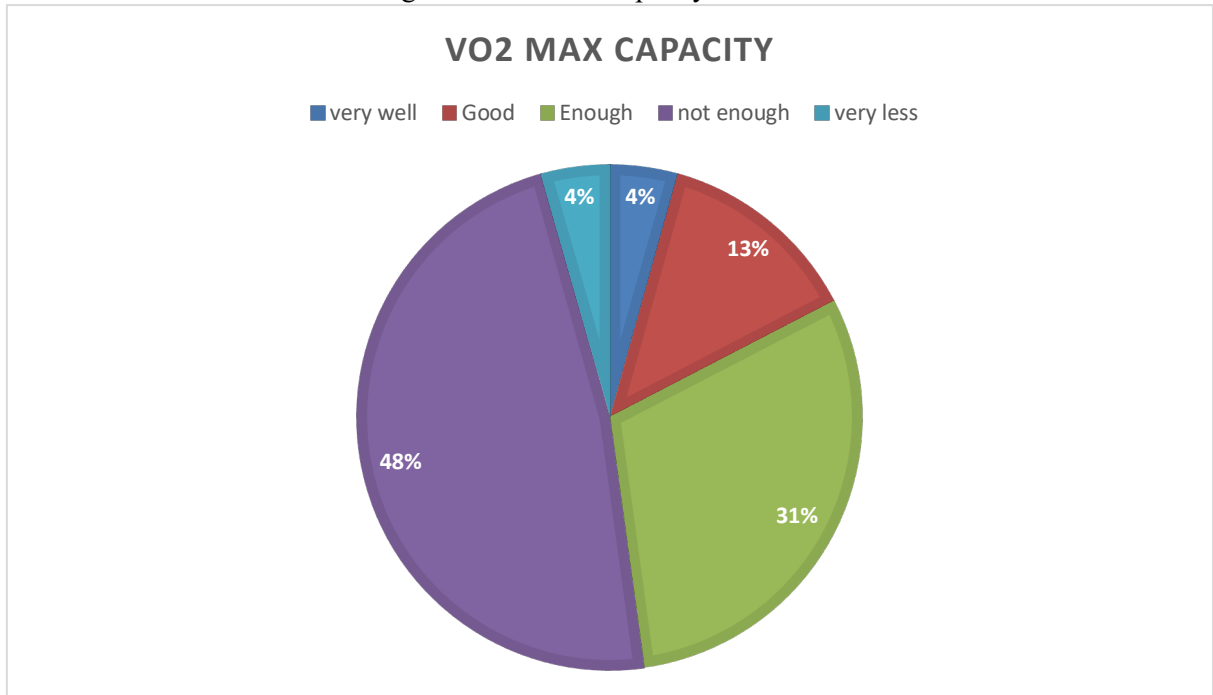
In this descriptive research, it is only looking for a real picture of the physical condition of the futsal team. Data collection was taken from athlete tests before futsal extracurricular activities after odd semester breaks at SMA Negeri 1 Gorontalo, so data collection is expected to be used as a reference to see students' abilities after school holidays and futsal team development in the future. The data collection technique is by observation. The authors used the SPSS 21 for Windows program to facilitate data analysis in this study.

FINDINGS AND DISCUSSION

Findings

Based on the data obtained from the results of tests and measurements conducted by students of SMA Negeri 1 Gorontalo, raw data is produced, where the data still needs to be processed and analyzed statistically. So the researcher's conclusion is to test the physical condition of futsal players of SMA Negeri 1 Gorontalo students from several types of tests carried out, such as VO₂max tests, push-ups, 30-meter runs, and zigzags; the results are as follows:

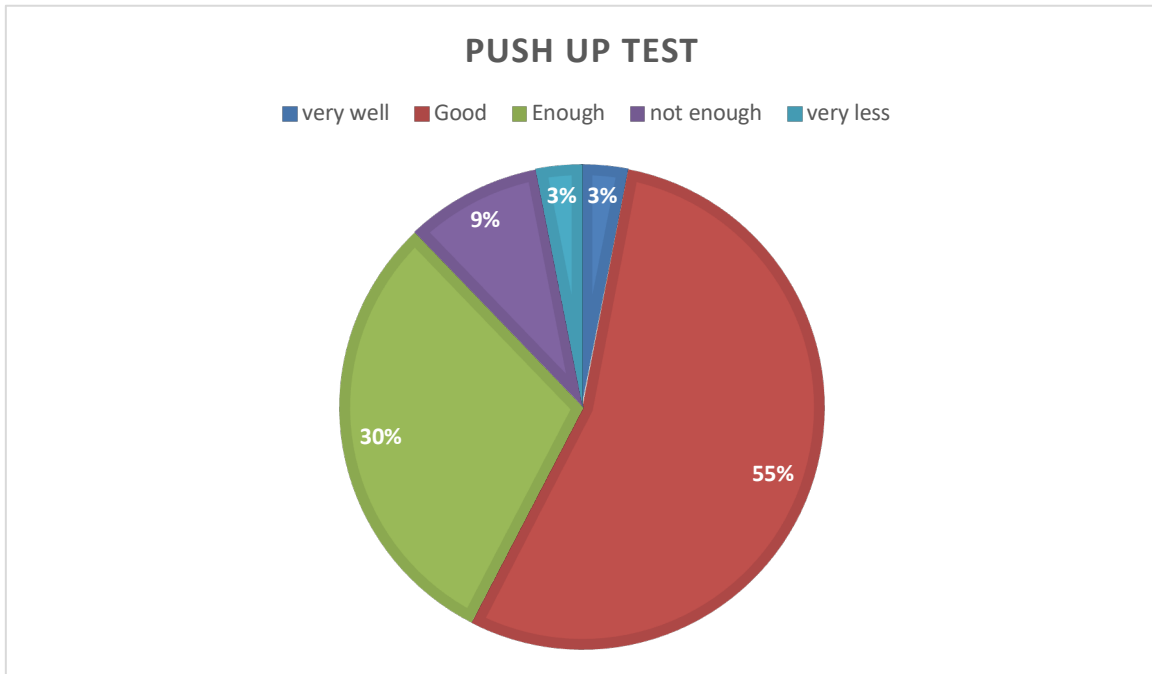
Diagram 1 VO2Max capacity



In the VO2max capacity test, we tested 33 samples of futsal players at SMA Negeri 1 Gorontalo; from these results, we found 4% of futsal players had excellent lung ability, 13% of futsal players in the good category, 31% in the sufficient category and 48% in the less category.

From the values above, the book of Isa sees that the average VO2max ability of futsal players of SMA Negeri 1 Gorontalo is still lacking, so it needs special treatment to improve their abilities, especially in the ability of oxygen tamping power in their lungs.

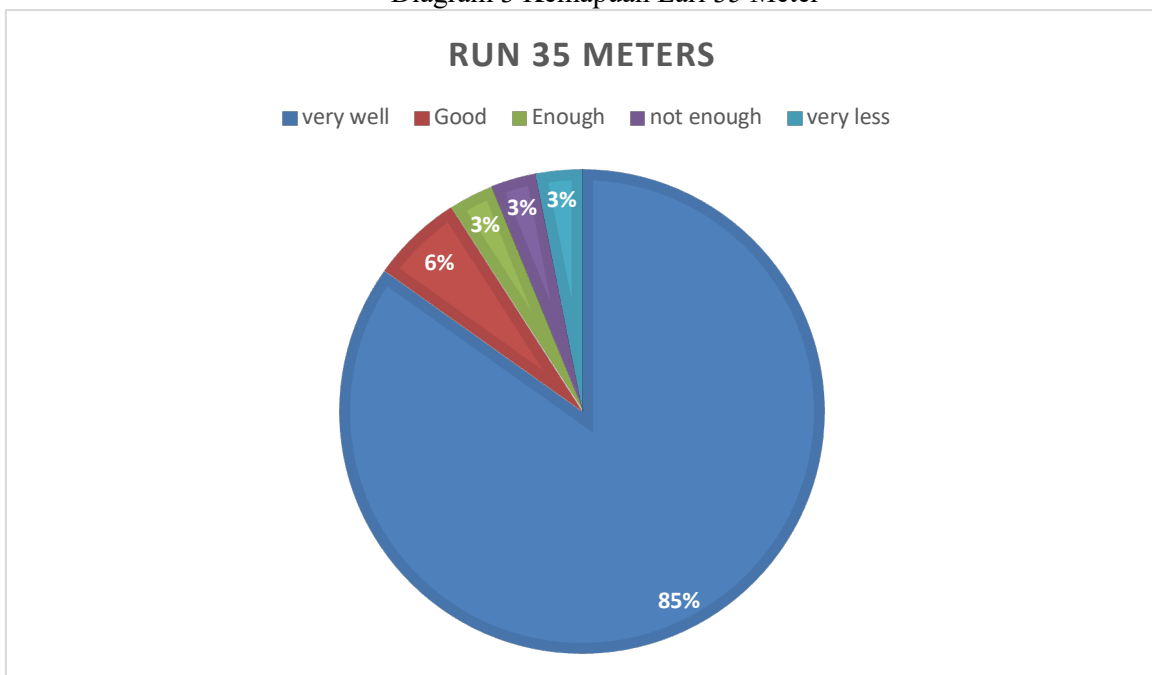
Diagram 2 Push-up Capability



In diagram 2, the push-up ability of futsal players at SMA Negeri 1 Gorontalo averaged 55% in the good category and 30%

in the good category. Overall, the strength of futsal players is good but must still be improved in the training process.

Diagram 3 Kemampuan Lari 35 Meter

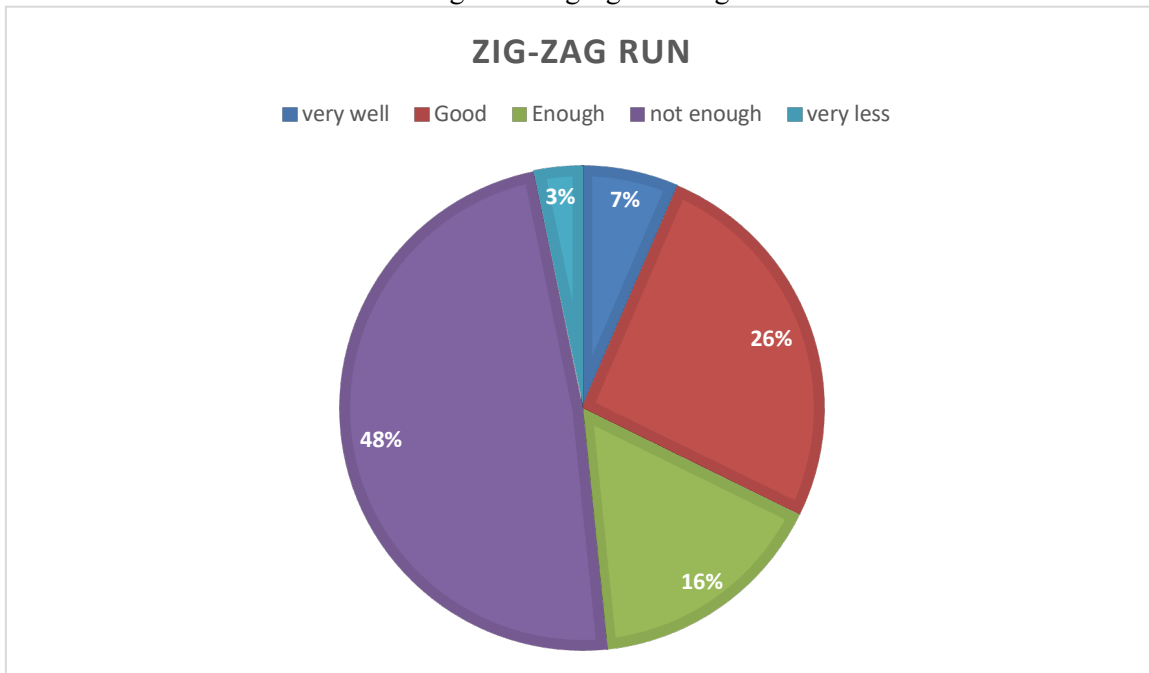


As the data above that, the average speed ability of futsal players with a 35-meter

running test has a very good category. This indicates that the basic speed ability of futsal

players is very good. Of course, this is very 38-42 meters.
useful in futsal games with a field display of

Diagram 4 Zigzag Running Skills



The data above illustrates that the reaction speed of futsal players to see the agility of futsal players still needs to be in the category of lacking. Hence, this needs attention for coaches to improve the basic ability of reaction speed.

Discussion

When viewed from the results of physical condition tests carried out at SMA Negeri 1, Gorontalo provides a detailed picture of the ability of each futsal player to the coach based on his bio motor test (Yoshida et al., 2023). The physical condition of futsal players is certainly a component that must be improved first compared to other abilities. This is because the condition of a good futsal player will be able to make good decisions and perform basic techniques to play good futsal as well. This is consistent with (Kuswari et al., 2019) the better the physical

condition of each futsal player, the better the technical and tactical abilities in a match.

In other conditions, many coaches focus on improving the technical and tactical abilities of futsal players before the physical abilities of their players, this is certainly not entirely wrong, but coaches should first pay attention to the physical component par a player (Kuswari et al., 2019).

The ability of physical condition can also be influenced by several factors that also affect the physical condition of each player, such as heredity, gender, age, the amount of fat of each player, and daily physical activity (Clemente et al., 2019). These factors can directly affect the physical condition of each player. In addition, the physical condition of futsal players during the match can also be influenced by mental factors in each player (Permadi et al., 2021); players with high-flying hours will certainly be able to

regulate their breath flow well and can also make effective and efficient movements during the match so that the amount can reduce the amount of energy to be released (Kuswari et al., 2019).

Of course, with the current physical condition, coaches must provide a portion of exercise that suits the needs to improve their physical condition abilities, such as increasing VO₂Max, reaction speed and strength. This is very important for futsal players (Nirwandi, 2017), where every futsal player is required to maximize every space to create opportunities.

The study results can be concluded based on the data analysis of the overall physical condition of the futsal team players of SMA Negeri 1 Gorontalo. Namely, the category achieved needs to be improved. This can be seen from Vo₂Max physical condition tests, push-ups, 35-meter runs, and zigzag runs that show all players. So this becomes homework for the coach to improve the physical ability of each player.

CONCLUSION

Based on the results of the data analysis that has been carried out, it can be concluded that the physical condition of futsal players at Gorontalo State High School is still in the category of lacking. Seeing these conditions, this study provides a detailed picture to the coach and his staff to find out the condition of each player, what training program suits the needs of each player and even the position of each futsal player.

With the description of the physical condition of each player, he is expected to maintain a healthy lifestyle and carry out exercises outside the training program set by the

coach to maintain his physical condition to remain prima. For further research, the author recommends conducting research or physical condition tests with more criteria for the characteristics of each sport, both in terms of test items, instruments, and types of tests.

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