

New Star Football Academy Fitness Players Aged 3 and 14 Years

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Abstract. This study aims to determine the fitness level of new star academy football players. The research method uses quantitative. The research subjects were New Star Football Academy players aged 13-14 years, totaling 26 players. The instrument used in this study was the 2.4 KM run test from Cooper. Descriptive percentage as an analytical technique used in this study. The results of the research yielded very good category information 8%, good 27%, moderate 46%, less 15% and very less 4%. The coach's advice is to pay attention to the player's fitness level because fitness level is an important factor to maintain game performance on the field by providing fitness exercises such as fartlek training, high intensity interval training and training circuits taking into account the characteristics and age of the players.

Keywords: Fitness; Soccer Players; Age 13

INTRODUCTION

Physical and spiritual health must be maintained and even improved by every individual regardless of profession, namely by activities that involve the body and are carried out regularly every day, activities referred to as sports. Exercise must be done because it can reduce the risk of a deadly disease. One of the goals of exercising is to maintain and improve physical fitness for every participant. If a person has good physical fitness, he will avoid cardiovascular disease which can cause someone to die (Lavie et al., 2019). A person who is not just an athlete are required to have good physical fitness in order to avoid the high risk of causing death, it is very obligatory for an athlete to have a good level of physical fitness, because fitness is one of the factors that every athlete must have where every athlete regardless of sport he has good physical fitness, he will be able to carry out physical activities both during training and after training will not experience problems or obstacles. specifically in soccer, fitness is the main factor to maintain performance when a player plays a match. Football is a sport that requires a good level of fitness for each player because of the relatively long playing time (Irianto, 2016).

Fitness is a component of the physical condition that a soccer player must possess in addition to leg muscle explosive power, speed and agility (Arya T Candra & Kurniawan, 2020). Fitness has another name but does not eliminate

its meaning, namely freshness which is defined as a person's ability to carry out an activity or activity that involves good strength, coordination, skill and endurance and does not experience significant fatigue (Pujianto, 2019). Fitness is the body's ability to adapt to physical loads such as daily work without experiencing excessive fatigue (Irwansyah et al., 2022). Physical condition is the main pillar for an athlete if he wants to excel and each component cannot be separated, in other words, each component must have the same portion and cannot be separated from one another (Al Kindi, 2016). Physical condition can be done with physical activity-physical activity that involves skeletal muscles so that it can increase a person's energy (Suarez-Villadat et al., 2021), which will have an impact on development in the physical and emotional formation of that person (Schmidt et al., 2020). New Star Football Academy is one of the football academies in Semarang City, Central Java Province which has the goal of being able to advance football in Central Java Province by providing a place for the people of Semarang City to channel their talents in football. From the results of interviews with coaches it is known that New Star Football Academy players do not yet have fitness data for each of their players, even though this data is very important for making a training program in carrying out routine exercises that will be carried out. When an exercise program is made according to the data owned by each athlete or player, the training program will be accurate according to the needs and be able to

improve the athlete's performance so that they achieve achievements. Based on the explanation of the problems above, the researcher wanted to conduct this research with the aim of knowing the fitness level of New Star Football Academy players aged 13 and 14 years.

METHODS

The type of research conducted was quantitative research with a survey analysis method approach and research data collection using measurement tests. The population in this study are 26 players. The sampling technique uses a total sampling technique so that the number of samples in this study is the entire population totaling 26 players. The instrument used in this study was a 2.4 KM running fitness test from Cooper. Where each sample has to run around a football field with a standard size of 110 meters long and 90 meters wide for 6 times around by taking the fastest possible time. The time taken by the sample is recorded and used as a benchmark for the status of the sample having a fitness

category according to the existing category. Furthermore, the data were analyzed using quantitative descriptive statistical techniques.

$$P = \frac{F}{N} \times 100\%$$

Information:

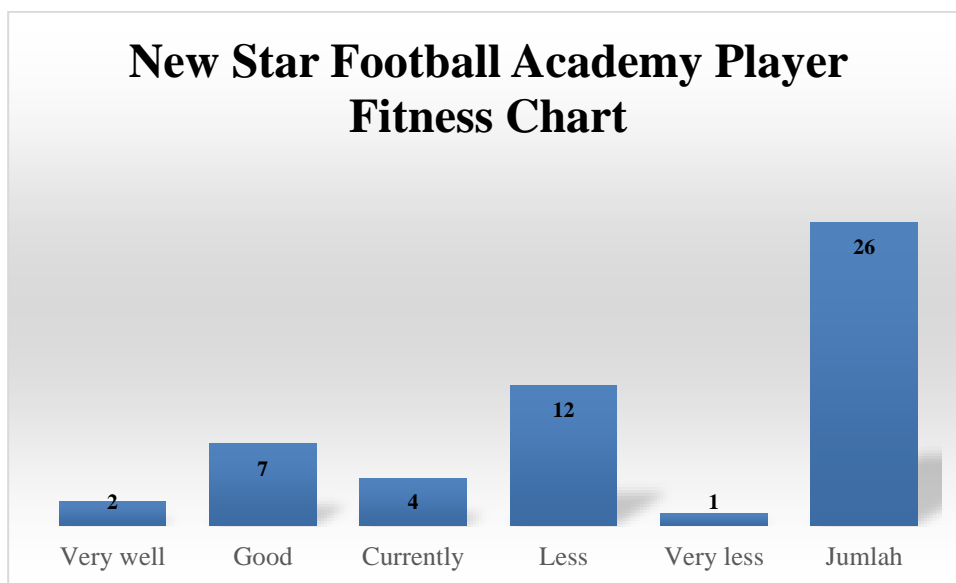
P = Percentage looking for Relative Frequency)

F = Amplifier Frequency

N = Number of Respondents

RESULTS AND DISCUSSION

The results showed that the new star soccer academy players had five levels consisting of very good, good, medium, poor and very poor. These results were obtained after a 2.4 KM running test was carried out by circling the football field 6 times and the time taken became the basis for viewing each player's category. The graph below provides information on how many players get the fitness category according to their level.



Based on the results of the study, the average new star football academy player has a moderate level of fitness. Based on the findings of researchers in the field, players have unhealthy lifestyles that are not good, such as sleeping late, eating without taking into account nutritional intake, still often eating oily foods such as fried foods. Other findings are the players' body mass index which is not yet ideal and the players' training period which is still relatively new and very little independent physical activity carried out by players outside of practice hours. Factors

that affect player fitness include age, gender, genetics, body mass index (BMI) status, and physical activity(Bryantara, 2016). One of the factors that affect a person's fitness is diet which results in a high body mass index (Alamsyah et al., 2017). Irregular sleep patterns and careless eating patterns without taking into account nutritional intake in food can also affect a person's fitness condition (Aprilianto & Fahrizqi, 2020).Implement a healthy lifestyle by paying attention to regular eating patterns, nutritional food eaten every day, regular rest, regular and

regular exercise can maintain and improve fitness (Pranata, 2017). To overcome a healthy lifestyle coaches must work with parents or guardians of each player to monitor and pay attention to each other's lifestyle players they are their parents or guardians. And to improve player fitness, the coach must create a training program to improve player fitness in training sessions according to the existing schedule. There are several exercises that can improve physical fitness such as fartlek training, high intensity interval training and circuit training. fartlek training which has activity components that maximize movement such as walking, jogging and sprinting which makes players if they do these activities their fitness will increase (Didi Yudha Pranata, 2020). An athlete who is able to apply high intensity interval training with a ratio of 1: 3 and 1: 5 can improve fitness (Taufiq Rahman, Nurkholis, 2020). Apart from these two exercises, circuit training can also improve fitness for those who do it properly and correctly (Ilara et al., 2022).

CONCLUSION

So it can be concluded that the average new star football academy player has a moderate level of fitness. This is because the players do not pay attention to a healthy lifestyle and do not do physical exercise outside of practice hours, so the coach must cooperate with parents or guardians for healthy lifestyle issues and implement fartlek training or high intensity interval training and training circuits to improve fitness. during the Practice session.

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