

Survey on Development Pattern of Women's Futsal Club in Kebumen Regency

Ibnu Prasetyo Widiyono ^{a*}, Agus Setiandi ^b, Ari Susanto ^c

^{a,b}Department of Sports Education, Faculty of Teacher and Training, Universitas Ma'arif Nahdlatul Ulama, Indonesia

^c Librarian, Library Universitas Ma'arif Nahdlatul Ulama, Indonesia

*Email corresponding author: ibnu_prasetyo@umnu.ac.id

Received: 01/12/2021

Revised: 03/06/2022

Accepted: 10/06/2022

Copyright©2022 by authors, all rights reserved. Authors agree that this article remains permanently open access under the terms of the Creative Commons Attribution License 4.0 International License

Abstract

Futsal which is played by women is currently a sport that is quite popular in Indonesia and is in great demand by the public. This study aims to determine the development problems of the women's futsal club in Kebumen Regency and provide training programs that are in accordance with the training program as the basis for futsal coaching. This research is quantitative and descriptive. The data collection technique used in this research is a survey method with research questionnaires in the form of questions related to one topic or one related topic, which must be answered by the subject. The results of the study revealed that if the development of the women's futsal club in Kebumen Regency was a good category, the facilities and infrastructure of the women's futsal club in Kebumen Regency were in a good category, and the organization of the women's futsal club in Kebumen Regency was well organized, most of the coaches of the women's futsal club in Kebumen already had certified coach and in terms of funding the futsal club in Kebumen was a good category.

Keywords: Facilities, Futsal, Infrastructure, Kebumen, Women

How to cite:

Widiyono, I. P., Setiandi, A., & Susanto, A. (2022). Women's Futsal Club Development Pattern Survey Kebumen District. *JUMORA: Jurnal Moderasi Olahraga*, 2(1), 77-88. <https://doi.org/10.53863/mor.v2i1.292>

1. INTRODUCTION

Futsal is a big ball sport that entered Indonesia at the beginning of the 21st century, and only got a place at PSSI in 2004. Futsal has attracted a lot of people because futsal games, which are similar to soccer games, are very easy to play by all groups, among children, teenagers, and adults. (Hulfian & Subakti, 2022) revealed that futsal is a sport that can be

played indoors or outdoors, so this sport is increasingly popular with Indonesian people today. Futsal has attracted a lot of people because futsal games, which are like soccer games, are very easy to play by all groups, both children, teenagers, and adults. Futsal can be played indoors or outdoors. Futsal is a sport similar to football which is played on a field that is smaller than a football field. This game is played by 10 people (5 people each) and uses balls that are smaller and heavier than those used in football games. (Irawan & Prayoto, 2021) said that the number of events and futsal clubs in the Ministry of Public Works proves that the popularity of futsal in the Ministry of Education is very advanced and in great demand.

Romdani & Prianto (2018) explained that futsal is a sport played by two teams whose games are based on balls. Futsal is a team sport game where cooperation between players is needed. Widiyono & Mudiono (2021) explains that futsal is an indoor soccer game and has a smaller field size than a football field. "indoor". Like football, futsal is a ball game played by two teams, but the difference is that futsal has five members each and has different game rules from football. So based on this, sports people, especially in the football branch, established football schools so that they can educate the younger generation, especially beginners to become reliable football players (Sibrani & Manurung, 2021). (Irawan & Limanto, 2021) said Futsal is a game of indoor football and has a smaller field size than the size of a football field. Also, every football player must be equipped in terms of physical condition, because the game of football is different from other sports (Burhaein, Ibrahim, & Pavlovic, 2020).

Futsal is a big ball sport that entered Indonesia at the beginning of the 21st century, and only got a place at PSSI in 2004. Futsal has attracted a lot of people because futsal games, which are similar to soccer games, are very easy to play by all groups, both children, teenagers or adults. Futsal can be played indoors or outdoors. Futsal is a sport similar to football which is played on a field that is smaller than a football field. This game is played by 10 people (5 people each) and uses a ball that is smaller and heavier than the one used in football.

According to Kurnaiawan (2012) the sport of futsal was created in Montevideo, Uruguay in 1930, by Juan Carlos Ceriani. The uniqueness of the sport of futsal has received attention throughout South America, especially in Brazil. The country of Brazil became the origin of the world's futsal center, and the game of futsal is currently under the banner of the Federation International de Football Association around the world. The Indonesian Ministry of Education and Culture (2020) futsal entered Indonesia around 1998 and in the 2000s futsal became known to the Indonesian people, futsal was introduced by Justin Lhaksana. In 2002, after Indonesia was appointed by the AFC (Asian Football Confederation), futsal became the host of the "Futsal Asian Championship" tournament.

Currently, the development of futsal in Indonesia is very good, especially futsal which is played by women. Ilham, Pujiyanto, & Arwin (2021) the existence of women's futsal matches is one proof that women's futsal is developing and there is more interest from the community. Dharmawan (2022) explains that women's futsal has also begun to be in great demand, judging by the large number of futsal extracurriculars, in fact, many students, including female students, have participated in this sport. Even the girls' team from this school regularly participates in several high school level championships or tournaments (Akurat & Maksum, 2021). The rapid development of futsal in Indonesia has made women's futsal a new attraction for talented athletes throughout Indonesia. Basically athletes from various branches only try to play futsal, or they switch sides to futsal because they see a great opportunity in playing futsal.

In Kebumen Regency, Futsal competitions between students and between clubs are said to be active, because almost every month the competition is held by the private sector and under the banner of PSSI. This can burn the spirit of futsal coaches to improve the achievements of their athletes in various ways. Adding training hours, fulfilling facilities, adding sparring partners, selecting athletes.

In a revolving competition between clubs there is no eternal champion, every year even each championship produces a different champion, this raises the question of how the pattern of coaching runs in each club, what factors affect the achievements of the women's futsal club in Kebumen Regency. It is from this background that the writer's curiosity about how the pattern of coaching futsal clubs in Kebumen district is, especially the pattern of coaching women's futsal clubs. So that this thesis is entitled "Survey on Development Pattern of Women's Futsal Club in Kebumen Regency". It is hoped that the results of this study will be a reference for a good coaching pattern to be applied in futsal clubs in Kebumen Regency.

2. METHOD

This research is a quantitative descriptive study with one variable without making comparisons and connecting with other variables. Descriptive research is not intended to test certain hypotheses, but only describes "what is" about a variable, symptom, or situation. The method used in this research is a survey. The survey was conducted to find out the pattern of coaching the women's futsal club in Kebumen Regency

2.1 Participants

In this study, the population was all women's futsal clubs in Kebumen Regency. The samples in this study were 6 women's futsal clubs located in Kebumen Regency of the selection. The technique used in sampling is to use the technique of the Quota Sample method. That is, sampling is based on a predetermined amount. This sampling is based on subjects who are easy to find, so that data collection is easy, and the specified number is fulfilled, so the number of samples obtained is 24 samples. Researchers calculated using Microsoft Excel and SPSS version 25 applications to make it faster and more efficient

2.2 Instruments

The instrument used in this research is to use a questionnaire. What is important in this case is that the items that we have compiled should as much as possible only talk about the factor of the formation pattern, not talk about other factors. To compile the statement items, these factors are further elaborated into statement items which are then arranged in a questionnaire grid.

Table 1.

Factors influencing coaching

FACILITIES AND INFRASTRUCTURE
Availability of futsal club facilities and infrastructure
Futsal club facilities and infrastructure
The state of the futsal club facilities and infrastructure

ORGANIZATION

Futsal club organizational structure

Futsal club organization membership

Futsal club reorganization

Source: Data Primer 2021

2.3 Procedures

Research data was collected by distributing questionnaires to respondents directly. Filling out the questionnaire was obtained by the way the researcher met the respondent directly and gave a questionnaire to be filled out by the respondent who is the subject of the study. Collecting data directly by meeting respondents is expected to be more effective in increasing the response rate of respondents in this study.

Survey with questionnaires to respondents was carried out on Friday, September 17, 2021, at the GOR SMK Negeri 1 Alian in the implementation of the Kebumen AAFI league by taking 10 respondents, on September 24 to 28, 2021 at the GOR SMA Negeri 2 Kebumen, Filfa Futsal Pejagoan and Lembu Sakti Kedung Bener Kebumen took 14 respondents.

2.4 Data Analysis

This research is descriptive, meaning that this research includes describing the attitudes of the respondents towards the object to be studied. To explain the research problem, the analysis used is:

$$Mi = \frac{\text{Ideal Maximum Score}}{2}$$

Mi

$$SDi =$$

3

Information:

Mi = Ideal mean (which should be)

SDi = ideal standard deviation (which should be)

To determine the category of high and low level of futsal sports coaching, the following standards are used in Table 2.

Table 2.

Questionnaire result criteria interval

No	Interval	Category
1.	$Mi + 1,5 SDi$ s/d $Mi + 3 SDi$	Very Bad
2.	$Mi + 0,5 SDi$ s/d $Mi + 1,5 SDi$	Bad
3.	$Mi - 0,5 SDi$ s/d $Mi + 1,5 SDi$	Medium

4.	Mi – 1,5 SDi s/d Mi - 0,5 SDi	Good
5.	Mi – 3 SDi s/d Mi – 1,5 SDi	Very Good

After the interpretation of all the data obtained, the data can be analyzed. The data analysis method used in this research is the descriptive percentage (DP) method.

3. RESULTS

The club used for this research is a futsal club located in Kebumen Regency, Central Java Province. The number of clubs that are members of the Indonesian Futsal Academy Association (AAFI) league in Kebumen Regency are 18 clubs, which are divided into the U12 division as many as 4 clubs, the U13 division as many as 6 clubs, the U14 division as many as 6 clubs, the U16 division for men as many as 8 clubs, and the U16 division for women as many as 6 clubs, the U17 division as many as 8 clubs, and the U20 division as many as 5 clubs. In this study, the women's futsal club in the U16 division was used as many as 6 clubs. The names of the 6 clubs used in this study were the Swallow Young FA club, the Syafaa Family Academy club, the Northland FA club, the Big Family Futsal Academy club, the Bintang Manis Fa club, and the Basada Fa club

The research data is presented in the data description of each variable based on the data obtained at the research location. The research data uses a sample of 24 respondents with the details of the respondents, namely: the FA Young Swallow Club with 4 respondents, the Syafaa Family Academy club with 4 respondents, the Northland FA club with 4 respondents, the Big Family Futsal Academy club with 4 respondents, and the Sweet Bintang club. The Fa is 4 respondents, and the Basada Fa club is 4 respondents.

Table 3.

Descriptive Research Data Results

PARTICIPANTS	X1	X2	X 3	X4	X5	X6	TOT AL
1	12	14	27	25	10	8	96
2	12	12	27	25	7	8	91
3	11	10	23	25	6	8	83
4	12	12	24	24	8	8	88
5	13	12	24	26	8	8	91
6	12	14	25	21	8	7	87
7	12	12	24	24	8	8	88
8	9	9	18	18	6	6	66
9	15	15	26	25	10	8	99
10	13	12	24	24	8	8	89
11	12	14	26	21	8	8	89

12	10	12	23	24	8	8	85
13	12	12	24	24	8	8	88
14	11	10	24	24	6	8	83
15	9	9	18	19	6	6	67
16	13	12	24	24	8	8	89
17	12	12	27	26	7	7	91
18	11	10	24	25	6	8	84
19	10	12	27	27	10	8	94
20	13	12	25	25	8	8	91
21	12	14	26	24	8	7	91
22	9	12	25	29	10	9	94
23	12	12	25	24	8	8	89
24	12	12	27	27	8	8	94

Source: Data Primer 2021

3.1 Futsal Construction

From the results of research on the Survey of Women's Futsal Club Development Patterns in Kebumen Regency, it is necessary to describe as a whole or each of the factors studied and from the research subjects. Supporting factors for the achievement of women's futsal club development in Kebumen Regency include: Facilities and infrastructure, Organization, Coaches, Athletes, Parents, and Funding. The following will be described in its entirety as well as a description based on each of the factors that underlie the pattern of coaching women's futsal clubs in Kebumen Regency. Overall, the research results obtained a maximum value of 99 and a minimum value of 66. The mean obtained was 87.79 and the standard deviation was 7.64. Furthermore, the data is categorized according to a predetermined formula into 5 categories, namely very bad, not good, quite good, good, and very good categories based on the ideal mean and ideal standard deviation. The table below is the calculation of the norms for the survey category for the women's futsal club coaching pattern in Kebumen Regency.

Table 4.

Survey of Women's Futsal Club Development Patterns in Kebumen Regency 2021

Score	Frequency	Percentage	Category
X < 39,6	0	0%	Very Bad
39,6 ≤ X < 57,2	0	0%	Bad
57,2 ≤ X < 74,8	2	8,33%	Medium
74,8 ≤ X < 92,4	17	70,83%	Good

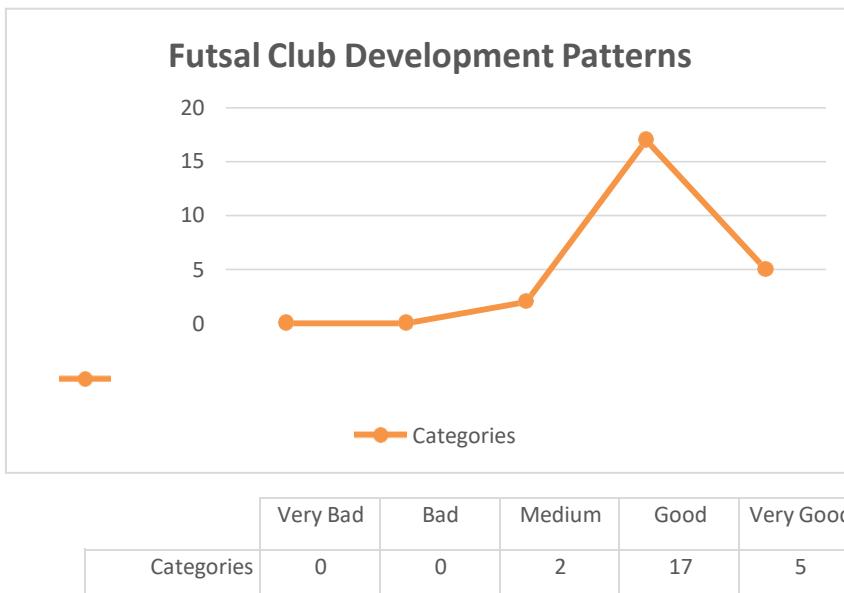
X ≥ 92,4	5	20,83 %	Very Good
Amount	24	100%	

Source: Data Primer 2021

It can be seen from the survey table that the women's futsal club coaching pattern in Kebumen Regency is 0 respondents (0%) who fall into the very bad coaching category, as many as 0 respondents (0%) in the poor coaching category, 2 respondents (8.33%) in the poor category. quite good, 17 respondents (70.83%) in good category, and 5 respondents (20.83%) in very good category. The mean value of 87.79 lies in the interval $74.8 < X < 92.4$. and the highest frequency is also at the interval $74.8 < X < 92.4$ of 70.83%, the survey on the pattern of coaching women's futsal clubs in Kebumen Regency as a whole is in the good category. To clarify the description of the data, the following is an image of the histogram in Figure 1.

Figure 1.

Histogram of the coaching pattern survey Women's Futsal Club in Kebumen



Source: Data Primer 2021

3.2 Variable Facilities and Infrastructure

Facilities and infrastructure are one of the factors that influence the development of futsal in a futsal club. In this study, the facilities were elaborated into 3 questions. Of the 3 questions, it has been declared valid and feasible to be used as a survey research instrument for the women's futsal club coaching pattern in Kebumen Regency. The results of the study obtained a maximum value of 15 and a minimum value of 9. The mean obtained was 11.63, and the standard deviation was 1.44. Furthermore, the data is categorized according to a predetermined formula into 5 categories, namely the category of not good, not good, quite good, good, and very good based on the ideal mean and ideal standard deviation. Referring to the calculated trend categorization, the frequency distribution of the survey of the women's futsal club coaching pattern in Kebumen Regency based on the responses of research subjects can be known. The following table is the frequency distribution of the women's futsal club coaching pattern survey in Kebumen Regency for facilities and infrastructure factors

Table 5.

Survey of Women's Futsal Club Development Patterns in Kebumen Regency Based on Facilities and Infrastructure Factors

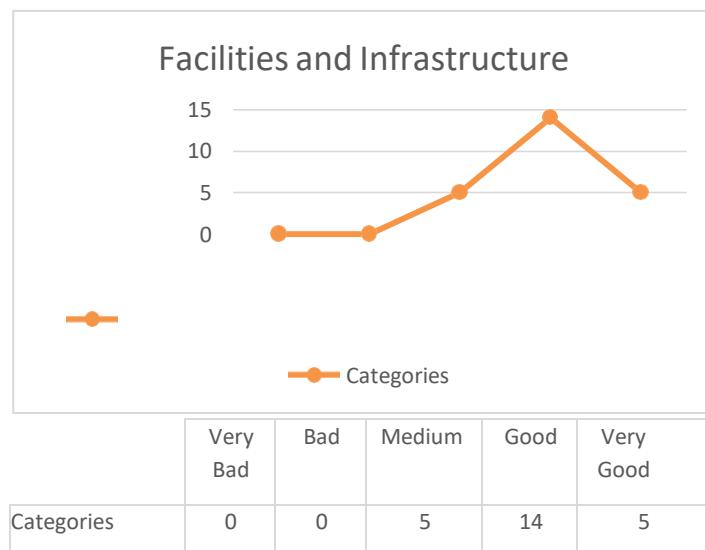
Score	Frequency	Percentage	Category
X < 5.4	0	0%	Very Bad
5.4 ≤ X < 7.8	0	0%	Bad
7.8 ≤ X < 10.2	5	20,83%	Medium
10.2 ≤ X < 12.6	14	58,33%	Good
X ≥ 12.6	5	20,83%	Very Good
Amount	24	100%	

Source: Data Primer 2021

It can be seen from the survey table that the women's futsal club coaching pattern in Kebumen Regency is based on the facilities and infrastructure factors as many as 0 respondents (0%) who fall into the very bad coaching category, as many as 0 respondents (0%) in the poor coaching category, as many as 5 respondents (20.83%) in good enough category, 14 respondents (58.33%) in good category, and 5 respondents (20.83%) in very good category. The mean value of 11.63 lies in the interval $10.2 \leq X < 12.6$. as well as the highest frequency at the interval of $10.2 \leq X < 12.6$ of 58.33%, the survey on the pattern of coaching women's futsal clubs in Kebumen Regency based on facilities and infrastructure factors is included in the good category. To clarify the description of the data, the following is an image of the histogram.

Figure 2.

Histogram of the Women's Club Coaching Pattern Survey in Kebumen Regency Facilities and Infrastructure Factors



Source: Data Primer 2021

4. DISCUSSIONS

From the results of research on the Survey of Women's Futsal Club Development Patterns in Kebumen Regency, it is necessary to describe as a whole or each of the factors studied and from the research subjects. Supporting factors for the achievement of women's futsal club development in Kebumen Regency include: Facilities and infrastructure, Organization, Coaches, Athletes, Parents, and Funding. The following will be described in its entirety as well as a description based on each of the factors that underlie the pattern of coaching women's futsal clubs in Kebumen Regency.

Overall, the research results obtained a maximum value of 99 and a minimum value of 66. The mean obtained was 87.79 and the standard deviation was 7.64. Furthermore, the data is categorized according to a predetermined formula into 5 categories, namely very bad, not good, quite good, good, and very good categories based on the ideal mean and ideal standard deviation. The table below is the calculation of the norms for the survey category for the women's futsal club coaching pattern in Kebumen Regency.

4.1 Futsal Construction

Based on the results of the analysis carried out from the research, it was revealed that the futsal construction at Kebumen Regency was in the good category. The results of this study reveal that the supporting factors for the achievement of women's futsal club development in Kebumen Regency include: Facilities and infrastructure, Organization, Coaches, Athletes, Parents, and Funding. The following will be described in its entirety as well as a description based on each of the factors that underlie the pattern of coaching women's futsal clubs in Kebumen Regency which has been very well implemented in Kebumen Regency.

The results of the study when expressed with a review of the existing literature regarding futsal construction in Indonesia have several similarities. The results of (Agara, 2022) explain that in terms of funding the Gresik Regency Futsal Association is classified as good because the source of income is guaranteed. In terms of coaching the head coach and assistant coach, the Gresik Regency Futsal Association has a coaching license for both men's and women's futsal, so it is classified as good. The coaching program that has been running has also been good, the training program and schedule are well coordinated. However, the development of achievements that have been well coordinated has not been in line with the achievements that have been achieved so it is necessary to evaluate the performance of players in order to improve achievements in the coming year. Charolin, Pujianto, Ilahi, & Sihombing (2021) said that the development of women's futsal in Indonesia has begun to be evenly distributed and organized, as evidenced by the number of tournaments and participants in each event held.

Sulistiantoro & Setyawan (2020) explain that team building futsal at SMP Negeri 4 Pakem in the context evaluation is in the sufficient category. Input evaluation in the implementation of the futsal team coaching program for the State Junior High School in Sleman Regency the Special Region of Yogyakarta is in the good category. Process evaluation in implementation the futsal team of SMP N 4 Pakem is in the sufficient category. Product evaluation on team building futsal at SMP N 4 Pakem Special Region of Yogyakarta is in the sufficient category. (Haqiqi, Yunus, & Widiawati, 2021) said that women's futsal coaching is very good for supporting success. He continued, if yes, hold on to aerobics, speed, leg muscle strength, arm muscle strength, abdominal muscle strength. The results of the physical

components in the very good category are arm muscle strength and abdominal muscle strength, the medium category is leg muscle strength, the less category is speed and the category is very less, namely aerobic endurance get top performance. Khalissyarif & Himawan (2021) good training programs, infrastructure, and coaching for female futsal athletes at SMA Negeri & Surabaya.

4.2 Facilities and Infrastructure Futsal

Based on the results of the analysis carried out from the research, it was revealed that the futsal facilities at Kebumen Regency was in the good category. The results of this study reveal that the supporting factors for the achievement of women's futsal club development in Kebumen Regency include facilities & infrastructure, organization, coaches, athletes, parents, and funding. The following will be described in its entirety as well as a description based on each of the factors that underlie the pattern of coaching women's futsal clubs in Kebumen Regency which has been very well implemented in Kebumen Regency.

Raibowo, Ilahi, Prabowo, Nopiyanto, & Defliyanto (2021) revealed that from the existence of an exercise program compiled by professional coaches and adequate infrastructure, it is hoped that later in the future it is hoped that the seeds of superior and professional athletes will emerge and can excel futsal athletes. Ilham et al. (2021) explained that the management of sports facility planning is quite good applied to ABTI Semarang City, while the planning of sports facilities in ABTI Kendal Regency, ABTI Demak Regency, and ABTI Pati Regency is still not good. Syahputra, Asmawi, & Sulaiman (2021) he process stages include the implementation of the coaching program and the effectiveness of the program implementation is considered good, with an average rating of 80.5%. The last stage, namely the product stage that is evaluated, is the achievement of targets in regional, provincial and national events.

Parmadi, Widiyono, Irawan, & Fikri (2022) that in terms of supervision, Orion Futsal Academy is better than Swallow Young Futsal Academy. This can be seen from the manager of the Orion Futsal Academy who always supervises the activities carried out such as routine training. However, from the evaluation, the Young Swallow Futsal Academy is better because the manager always provides evaluation and motivation to his staff so that activities always run well and smoothly so that the initial goals can be achieved. Rachim (2022) revealed that based on the results of the research above, the author can conclude that the cause of the BLACK STEEL team's victory against SKN KEBUMEN in the Professional Futsal League was because there was good teamwork and finishing from individual players who could take advantage of opportunities well, and from In terms of the BLACK STEEL team players have good individual skills, especially the BLACK STEEL team has players who have hard and accurate shooting so that the BLACK STEEL team can be favored because there are games that have advantages in shooting so they can take advantage of one shoot means directly to the opponent's goal. He continued, the victory was supported by more infrastructure for the winning team.

5. CONCLUSIONS

Overall the development of the women's futsal club in Kebumen Regency is in the good category. The facilities and infrastructure of the women's futsal club by the research result is in the good category and the organization in the construction that has been carried out is in the good category. For the existing coaches are included in the good category because all coaches

who win women's futsal clubs have licenses and special abilities in futsal. in terms of the coach of the women's futsal club in Kebumen, they are in good condition. The support and motivation of the parents of athletes participating in the futsal club are very good in terms of funding the futsal club in Kebumen is in the good category. The results of the study are expected to be a reference for further research on evaluation, especially in women's futsal. This study has limitations, namely the results disclosed are only limited to the Kebumen area. Further research is expected to be able to cover a wider area and the variables studied for evaluation can be added so that the results will be more maximal.

Acknowledgment

A big thank you to all those who have helped with this research. Furthermore, the author wants to thank you to the almamater, Department of Sports Education, Universitas Ma'arif Nahdlatul Ulama, Kebumen, Indonesia.

REFERENCES

- Agara, W. A. (2022). Manajemen Pembinaan Olahraga Futsal Kabupaten Gresik *Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Olahraga, Universitas Negeri Surabaya*. 58–62.
- Akurat, Y., & Maksum, A. (2021). Faktor-Faktor Penyebab Rendahnya Partisipasi Siswa Putri Dalam Ekstrakurikuler Futsal Di Sman 18 Surabaya. *Http://Ejournal.Unesa.Ac.Id/Index.Php/Jurnal-Pendidikan-Jasmani*, 09(01), 71–77.
- Burhaein, E., Ibrahim, B. K., & Pavlovic, R. (2020). The relationship of limb muscle power, balance, and coordination with instep shooting ability: A correlation study in under-18 football athletes. *International Journal of Human Movement and Sports Sciences*, 8(5), 265–270. <https://doi.org/10.13189/saj.2020.080515>
- Charolin, K., Pujianto, D., Ilahi, B. R., & Sihombing, S. (2021). Komunikasi Interpersonal antara Pelatih dengan Atlet Klub Futsal Putri se- Kabupaten Kepahiang Interpersonal Communication Between Coaches and Female Futsal Club Athletes In Kepahiang Regency PENDAHULUAN Komunikasi adalah hal yang sangat dibutuhkan didala. *Sport Gymnastics: Jurnal Ilmiah Pendidikan Jasmani*, 2(2), 167–180. <https://doi.org/10.33369/gymnastics>
- Dharmawan, R. D. (2022). Keterampilan Dasar Bermain Futsal Putri : Studi Survei di SMK Terpadu Ibaadurrahman Kota Sukabumi. *Jurnal EDUCATIO (Jurnal Pendidikan Indonesia*, 8(2), 453–457. <https://doi.org/10.31949/educatio.v8i2.1955>
- Haqiqi, I. Al, Yunus, M., & Widiawati, P. (2021). Survei kondisi fisik dominan atlet futsal kabupaten lamongan usia 15-18 tahun/IQBAL AL HAQIQI. *Sport Science and Health*, 4(4), 331–337. <https://doi.org/10.17977/um062v4i42022p331-337>
- HULFIAN, L., & SUBAKTI. (2022). Tingkat Validitas Dan Reliabilitas Instrument Tes Keterampilan Bermain Futsal. *ACADEMIA : Jurnal Inovasi Riset Akademik*, 1(69), 5–24.
- Ilham, T. R., Pujianto, D., & Arwin, A. (2021). Pengaruh Latihan Plyometrics (Hurdle Hops dan Ladder Drill) Terhadap Kecepatan Dribbling Futsal Putri Tim Jugador Bonita Rafflesia. *SPORT GYMNASTICS : Jurnal Ilmiah Pendidikan Jasmani*, 2(1), 34–45. <https://doi.org/10.33369/gymnastics.v2i1.14818>

- Irawan, Y. F., & Limanto, D. (2021). Pengaruh Kecerdasan Emosi dan Kesiapan Diri Terhadap Pertandingan Pada Pemain Walet Muda Futsal Academy Kebumen Tahun 2020. *JUMORA: Jurnal Moderasi Olahraga*, 1(01), 18–26.
<https://doi.org/10.53863/mor.v1i01.130>
- Irawan, Y. F., & Prayoto, I. (2021). Survey of Basic Technical Skill for Futsal Male Student High School. *JUMORA: Jurnal Moderasi Olahraga*, 1(02), 105–114.
<https://doi.org/10.53863/mor.v1i02.246>
- Khalissyarif, M. N., & Himawan, I. (2021). Analisis Latihan Fisik Pemain Futsal Sma Negeri 7 Surabaya Selama Pandemi Covid-19. *Jurnal Kesehatan Olahraga*, 351–360. Retrieved from <https://ejournal.unesa.ac.id/index.php/jurnal-kesehatan-olahraga/article/view/41473/36251>
- Kurnaiawan, F. (2012). *Buku Pintar Pengetahuan Olahraga*. Jakarta: Laskar Aksara.
- Parmadi, M., Widiyono, I. P., Irawan, Y. F., & Fikri, M. F. (2022). Perbandingan manajemen walet muda futsal akademi dan orion futsal akademi dalam mengikuti liga aafi kabupaten kebumen tahun 2021. *JOSEPHA Journal of Sport Science and Physical Education*, 03(1), 21–36.
- Rachim, A. (2022). Analisis Keterampilan Teknik Menendang Bola Ke Gawang (Finishing) Sebagai Faktor Penentu Kemenangan Club Black Steel Vs Skn Kebumen Fc Pada Liga Futsal Profesional Tahun 2020. *Jurnal Kesehatan Olahraga*, 10(01), 159–168.
- Raibowo, S., Ilahi, B. R., Prabowo, A., Nopiyanto, Y. E., & Defliyanto. (2021). Penguasaan Keterampilan Dasar Futsal UKM FORKIP Universitas Bengkulu. *Jurnal Pendidikan Kesehatan Rekreasi*, 7(2), 333–341. Retrieved from <https://ojs.mahadewa.ac.id/index.php/jpkr/article/view/1162>
- Romdani, S., & P, D. A. (2018). Pengaruh Latihan Latihan Tabata Circuit Training Terhadap Peningkatan Kelincahan Pada Pemain Futsal. *Jurnal Prestasi Olahraga*, 1(4), 1–5. Retrieved from <https://jurnalmahasiswa.unesa.ac.id/index.php/jurnal-prestasi-olahraga/article/view/25930>
- Sibrani, M. A., & Manurung, J. S. R. (2021). Difference in The Influence of Practice Regulating Passes and Regulating The Game Against The Accuracy of Passing in Junior Football Players. *JUMORA: Jurnal Moderasi Olahraga*, 1(02), 75–83.
<https://doi.org/10.53863/mor.v1i02.227>
- Sulistiantoro, D., & Setyawan, F. B. (2020). Evaluasi Pembinaan Tim Futsal Smp Negeri 4 Pakem Daerah Istimewa Yogyakarta. *Journal of S.P.O.R.T*, 7(2), 9–19.
- Syahputra, M. A., Asmawi, M., & Sulaiman, I. (2021). Available online at : <http://journal.unj.ac.id/unj/index.php/gjik> Permalink / DOI : <https://doi.org/10.21009/GJIK.122.09> Coaching Program Evaluation Cordova Futsal Club. *Gladi : Jurnal Ilmu Keolahragaan* 10, 12(02), 170–185.
- Widiyono, I. P., & Mudiono. (2021). Keterampilan Dasar Futsal Peserta Ekstrakurikuler di SMK Ma'arif 1 Kebumen Tahun Ajaran 2019/2020. *JUMORA: Jurnal Moderasi Olahraga*, 1(01), 10–17. <https://doi.org/10.53863/mor.v1i01.129>