

Abstract Football training, especially the goalkeeper position, will improve children's motor skills and aerobic endurance. This study aims to evaluate the technical skills and aerobic endurance of children who play as goalkeepers and participate in training for ten months. In addition, this study a

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ABSTRACT

Abstract

Football training, especially the goalkeeper position, will improve children's motor skills and aerobic endurance. This study aims to evaluate the technical skills and aerobic endurance of children who play as goalkeepers and participate in training for ten months. In addition, this study analyzes the children's anthropometric changes during the training. The participants in this study were children aged 10-14 years who played as goalkeepers. The sample consisted of the entire population trained at the Universitas Negeri Yogyakarta (UNY) football school, totaling 20 children. Data on aerobic endurance, goalkeepers' reaction speed, and anthropometric measurements were recorded. The performance was assessed with multistage tests, goalkeeper reaction skills, height, and weight measurement. The results of the study showed that there were significant improvements in aerobic endurance and the goalkeeper's reaction skills. For height and weight, there were no significant changes. These findings can be used to evaluate goalkeeper training programs and recommend effective training programs.

Kata Kunci: *goalkeeper, aerobic, reaction speed, anthropometry.*