

AEROBIC FITNESS AND SPEED CONTRIBUTION TO FOOTBALL SKILLS

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ABSTRACT

Speed, agility and aerobic fitness are inseparable parts in the world of football. The purpose of this study was to determine the contribution of speed, agility, and aerobic fitness to the football skills of UKM Yogyakarta State University. This type of research is correlational. The population in this study were all SME football players, totaling 35 players. The sampling technique used purposive sampling. The instruments in this study were 1) speed with a 30 meter run test, 2) agility with the Shuttle Run, 3) physical fitness with the Beep Test, 4) football skills using the David lee test. The data analysis technique in this study used the analysis prerequisite test (normality test, and homogeneity test), as well as hypothesis testing. The results of this study indicate that there is a correlation between the two dependent variables and the independent variable. Thus, it can be concluded that speed, agility and aerobic fitness have a big role to play in improving athletes' skills in soccer games.

Kata Kunci: Contribution, speed, agility, and soccer ability