

# MULTI STATION REBOUNDER TOOL DEVELOPMENT AS A GUIDE FOR TRAINING INSTRUMENTBASED ON INDEPENDENT FOOTBALL

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## ABSTRACT

### **Abstract**

**Objectives:** The objective of this study is development of multi station rebounder tool as a guide for training instrument based on independent football.

**Methods:** In this study, researcher used the qualitative descriptive with the secondary data for the basic principle think with the forum group discussion with the expert, stake holder and fencing athlete.

**Results:** The results of this research is a prototype of multi station rebounder tool as a guide for training instrument based on independent football.

**Conclusions:** Has been produce the prototype of multi station rebounder tool as a guide for training instrument based on independent football, 2. The prototype of training independent rebounder instrument have to guiding especially for football, and 3. The training process can do it more effective and efficient than before.

Kata Kunci: *Keywords: Development, Football, Multi Station, Rebounder*