

DESCRIPTION OF COMPONENTS OF PHYSICAL PREDOMINANT (PART OF PHYSICAL BASIS) REAL MADRID COACH SSO FIK UNY 2016

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ABSTRACT

This study aims to determine the physical component that was predominant (physical component basis) Real Madrid coach FIK UNY which includes: (1) strength, (2) muscular endurance (3) speed (4) agility (5) flexibility (6) power and (6) dayatahan basic (cardiovascular) Real Madrid coach FIK UNY. This research is expected to be useful as an input or consideration for the relevant institutions, especially Real Madrid FIK UNY management in order to create training programs and regular activities related to the physical component that was predominant (physical component basis) for the entire Real Madrid coach FIK UNY. The design used in this study is a survey research, with the testing techniques. The subjects were all over the coach of Real Madrid UNY in 2016 as many as 12 people. To determine the predominant physical condition (physical component basis) consisting of strength include the arm and shoulder muscle strength was measured using a hand dynamometer, the strength of the back muscles and legs using a leg and back dynamometer. Muscle endurance include abdominal muscular endurance was measured by the test instrument crunches, muscular endurance length and shoulders with the instrument test pushups, leg muscle endurance test instrument using a squat jump. Speed with the instrument test run 30 meters. Agility Beam test instrument side step. Flexibility using tools and rich sit dynamometer. Leg muscle power test instrument vertical jumps. General endurance (cardiovascular) Astrand (VO₂ Max) ml / kg /min.

Kata Kunci: *physical component was predominant, football coach, Real Madrid SSO FIK UNY*