

## DAFTAR PUSTAKA

Ante Krolo et all (2020) Agility Testing in Youth Football (Soccer)Players; Evaluating Reliability, Validity, and Correlates of Newly Developed Testing Protocols. Int. J. Environ. Res. Public Health 2020, 17, 294; doi:10.3390/ijerph1701029

Asian Clemente, J.A.; Requena, B.; Jukic, I.; Nayler, J.; Hernández, A.S.; Carling, C. Is physical performance a differentiating element between more or less successful football teams? Sports 2019, 7, 216.

Clemente, F.M.; Rabbani, A.; Conte, D.; Castillo, D.; Afonso, J.; Truman Clark, C.C.; Nikolaidis, P.T.; Rosemann, T.; Knechtle, B.

Training/match external load ratios in professional soccer players: A full-season study. *Int J. Environ. Res. Public Health* 2019, 16, 3057. [CrossRef]

Dugdale, J.H.; Arthur, C.A.; Sanders, D.; Hunter, A.M. Reliability and validity of field-based fitness tests in youth soccer players. *Eur. J. Sport Sci.* 2019, 19, 745–756. [CrossRef]

Ellis, L., Gatin, P., Lawrence, S., Savage, B., Buckeridge, A., Stapff, A., Tumilty, D., Quinn, A., Woolford, S., Young, W. (2000). Protocols for the physiological assessment of team sports players. In: C.J. Gore (ed.), *Physiological tests for elite athletes* (pp. 128–144). Champaign: Human Kinetics.

Faude, O.; Koch, T.; Meyer, T. Straight sprinting is the most frequent action in goal situations in professional football. *J. Sports Sci.* 2012, 30, 625–631. [CrossRef] [PubMed]

FIFA. (2004). *Training Content : Physical Preparation and physical development and training*. Federation of International de Football Association

Gabbett, T.J.; Kelly, J.N.; Sheppard, J.M. Speed, change of direction speed, and reactive agility of rugby league players. *J. Strength Cond. Res.* 2008, 22, 174–181. [CrossRef]

Harsuki. 2003. *Perkembangan Olahraga Terkini Kajian Para Pakar*. Jakarta: PT. Raja Grafindo Persada

Lockie, R.G.; Jeffriess, M.D.; McGann, T.S.; Callaghan, S.J.; Schultz, A.B. Planned and reactive agility

performance in semiprofessional and amateur  
basketball players. *Int. J. Sports Physiol.  
Perform.* 2014, 9, 766–771. [CrossRef]

Luxbacher. (2008). *Sepakbola Taktik dan Teknik  
Bermain*. Jakarta: PT. Raja Grafindo Persada.

Maksum, Ali. (2012). *Metodologi Penelitian dalam  
Olahraga*. Surabaya: Unesa. University Press

Mappaompo, M.,A. (2011). Kontribusi Koordinasi Mata-  
Kaki dan Kelincahan Terhadap Kemampuan  
Menggiring Bola Dalam Permainan Sepakbola  
Club Bilopa Kabupaten Sinjai. *Jurnal ILARA*, 2  
(1),96-10

Muhajir. (2007). *Pendidikan Jasmani Teori Dan Praktek  
Untuk SMP Kelas VII*. Jakarta: Penerbit  
Erlangga

Roxburgh, A. (2008). The technician futsal. Newsletter  
for coaches. Nyon: Uefa

Sajoto, Moh. 1988. Peningkatan Dan Pembinaan Kondisi  
Fisik Dalam Olahraga. Jakarta: Departemen  
Pendidikan Dan Kebudayaan

Sheppard J., M and Young W.B., (2007). “*Agility  
literature review: Classifications, Training and  
Testing*”. *Journal of Sports Sciences*,  
September, 24(9): 919– 932.

Sheppard, J.M.; Young, W.B. Agility literature review:  
Classifications, training and testing. *J. Sports  
Sci.* 2006, 24, 919–932. [CrossRef]

Sugiyono, 2008. *Metode Penelitian Kuantitatif,  
Kualitatif dan R & D.* Bandung: Alfabeta

Sukadiyanto., (2011). *Pengantar Teori dan Metodologi  
Melatih Fisik.* Bandung: CV. LUBUK AGUNG

Sukardi. 2003. *Metodologi Penelitian Pendidikan*.

Jogjakarta: Bumi Aksara Sukadiyanto. 2005.

*Pengantar Teori dan Metodologi Melatih Fisik*.

Jogjakarta: FIK UNY

Tabacchi, G.; Faigenbaum, A.; Jemni, M.; Thomas, E.;

Capranica, L.; Palma, A.; Breda, J.; Bianco, A.

Profiles of physical fitness risk behaviours in

school adolescents from the ASSO project: A

latent class analysis. *Int. J. Environ. Res. Public*

*Health* 2018, 15, 1933. [CrossRef] [PubMed]

Taheri et al.(2014) “The effect of 8 weeks of plyometric

and resistance training on agility, speed and

explosive power in soccer players” Pelagia

research library. *European journal of*

*experimental biology*, 2014, 4(1): 383-386.

- Trecroci, A.; Longo, S.; Perri, E.; Iaia, F.M.; Alberti, G.  
Field-based physical performance of elite and  
sub-elite middle-adolescent soccer players. *Res.  
Sports Med.* 2019, 27, 60–71. [CrossRef]
- Verstegen, M., & Marcello, B. (2001). Agility and  
coordination. In B. Foran (Ed.), *High  
performance sports conditioning*. Champaign,  
IL: Human Kinetics. (pp. 139-165).
- Widiastuti. (2011). *Tes dan Pengukuran Olahraga*.  
Jakarta : PT Bumi Timur Jaya