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Application of model development of soccer physical tests

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Abstract. Application is a measuringtool of physical test to facilitate the trainer. This study aimed to produce a valid, physical, practical, and effective soccer test application product. The method used in this research was research and development in order of 1) analyzing the needs, 2) designing the initial draft product, 3) validating by media experts and physical trainers of soccer branch, 4) improving the draft design, 5) conducting trials on small groups of athletes of futsal national student sport week, 6) revising the product of physical test application, 7) conducting large group trials, athletes of Local Student Training Center (Sekayufotball), 8) revising on large group test results, and 9) analyzing the final product. The study result on the small group trial showed that 62.4% of the data covered aspects of soccer practice and physical test soccer application. The study result on the trials in large groups was 64.4% of the data. The findings of the study showed that the physical test applications were easy to use by a coach. The implication is that the product of physical test application can be used to find out the result of soccer training program for the Local Student Training Center and School of Football in South Sumatra.


1. Introduction



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