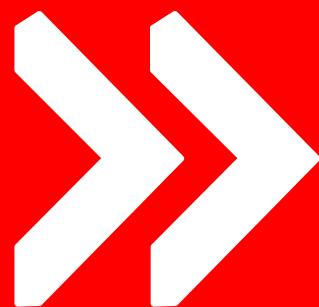




The Effect of Optimum Performance Training Model on the Improvement of Power Endurance in Female Futsal Players

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Background of the Problem

To achieve optimal sports performance, structured, measurable, and regular training is needed, covering physical, technical, tactical, and mental aspects that interact with each other. According to Sidik (2019) and Harsono (1988), these four aspects must be trained continuously. Especially in futsal, which requires excellent physical conditions such as agility, speed, and endurance, the power endurance training method is very important (Barasakti & Faruk, 2019; Waskito, 2021). Optimal physical condition supports players' technical and tactical performances. The development of physical abilities depends on the methods, models, and forms of training that are appropriate to the athlete's time and abilities. The Optimum Performance Training (OPT) exercise model, developed by NASM, offers a systematic and progressive approach through five phases: Stabilization Endurance, Strength Endurance, Muscular Development, Maximum Strength, and Power, to achieve maximum strength and physical ability (Clark & San Juan, 2006).

Problem Formulation

Is there a significant effect of significant effect of optimum performance training model on increasing power endurance in female futsal players?

Research Objectives

examines the significant effect of training model Optimum Performance Training model on increasing power endurance in female futsal players.

Research Methods Experiment

Research Design Pre-Test Post-Test

**Population and Research 34 UPI
Women's Athletes Purposive Sampling**

**Research Instruments Multistage
Hurdle Jump**

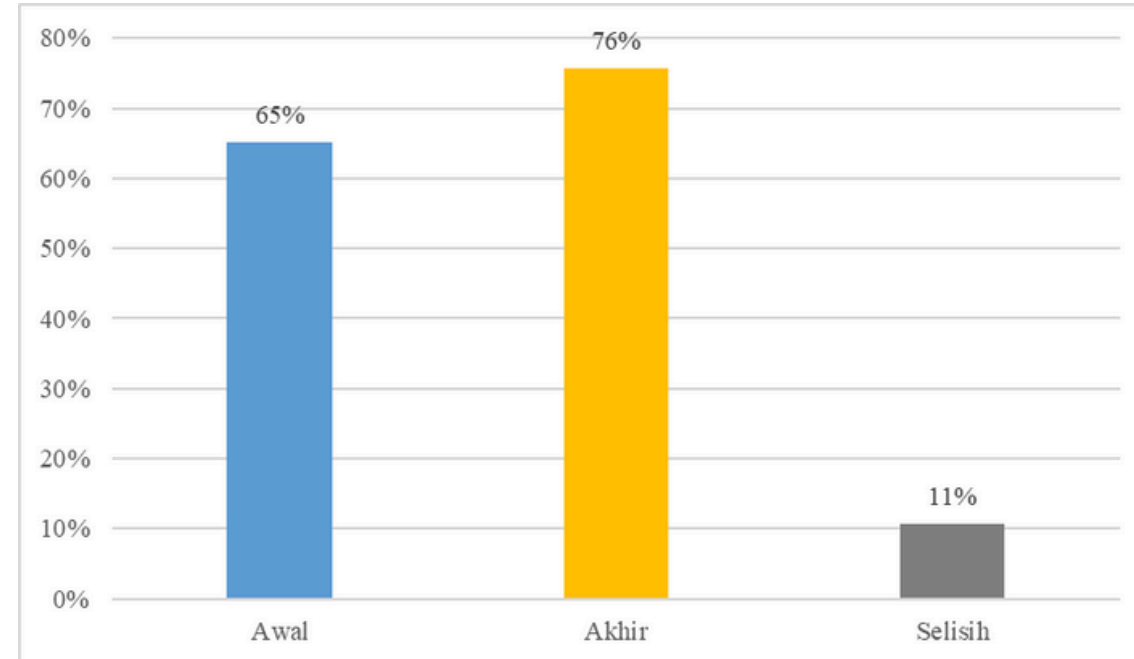
**Research Procedure Pretest-
Treatment-Posttest**

Research Methodology

**Data Analysis
Data Decryption
Normality Test
Hypothesis test
Percentage of Results**

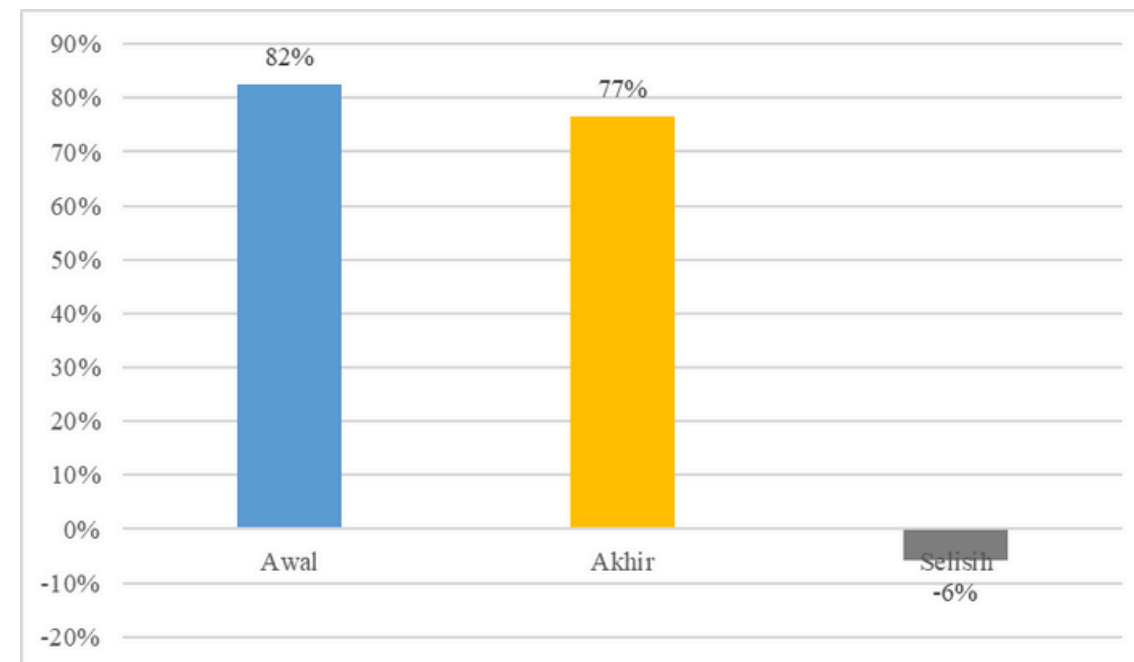
Results and Discussion

Experiment



It can be seen that in the initial test obtained percentage of results of 65%, while in the final test obtained a percentage of results of 76%. In the experimental group, there is a difference of 11%, which means that female futsal players experience an increase in power ability. means that female futsal players experience an increase in power endurance ability of endurance ability by 11% from before and after being given the OPT model training OPT.

Control



It can be seen that the initial test obtained a percentage of results of 82%, while in the final test obtained a percentage of results of 77%. In the control group, there is a difference of 5%, which means that female futsal players experience a decrease in power endurance ability by 5% from before and after being given conventional training.

Discussion

This study shows that the Optimum Performance Training (OPT) model training can have a significant effect on increasing power endurance in female futsal players, the author sees that this is because the OPT model training is the latest training model to improve physical strength components effectively. Power endurance combines muscle strength with endurance, allowing players to shoot repeatedly during the match. OPT consists of five phases (Stabilization Endurance, Strength Endurance, Muscular Development, Maximum Strength, and Power), which provide a systematic approach to improving strength, endurance, and flexibility. It not only improves physical aspects such as speed, agility, and strength, but also provides psychological benefits such as increased confidence and motivation. In addition, consistent and progressive training helps players adapt and improve performance gradually. Nonetheless, this study has limitations on sample size and training duration. The findings suggest that coaches can adopt OPT to improve the overall performance of futsal players, and follow-up studies with larger samples and longer durations are expected to provide deeper insights into the effectiveness of OPT.

Conclusion

Based on the results of research that has been conducted, there is a significant effect of Optimum performance training model training on increasing power endurance in female futsal players. power endurance in female futsal players, then the author can conclude that the optimum performance training model is one of the training models that is proven to increase power endurance in female futsal players. one of the training models proven to increase power endurance in female futsal players.

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