

DAFTAR PUSTAKA

- Ali, A. (2011). Measuring soccer skill performance: A review. *Scandinavian Journal of Medicine and Science in Sports*. DOI: 10.1111/j.1600-0838.2010.01256.x · Source: PubMed.
- Anam, M.S, Sugiarto, T, & (2017). Pengembangan variasi latihan teknik dasar renang gaya bebas dan gaya dada melalui video *compact disk* pada kegiatan ekstrakurikuler renang di SMP Negeri 8 Malang. *Gelanggang Pendidikan Jasmani Indonesia*, Volume 1, No. 1.
- Arnason, A, Sigurdsson, S, & Bhar, R. (2014). Physical fitness, injuries, and team performance in soccer. *American College of Sports Medicine*, 5(4).
- Arikunto, S. (2010). *Prosedur penelitian; suatu pendekatan praktik. (Edisi revisi)* Jakarta: Rineka Cipta.
- Avry, Y. (2015). *Grassroots*. Zurich: FIFA Education and Technical Development Departement.
- Avsar, P.A & Soyulu, A.R. (2010). Consistency in acceleration patterns of football players with different skill levels. *Journal of Sports Science and Medicine*, 9, 382-387.
- Bompa, O.T. (2015). *Theory and methodology of training*. Toronto: Kendall/Hunt Publishing Company.
- Bompa, O.T & Haff. G.G. (2009). *Periodization: theory and methodology of training*. Champaign: Human Kinetics.
- Bozkurt, S & Kucuk, V. (2018). Comparing of technical skills of young football players according to preferred foot. *International Journal of Human Movement and Sports Sciences*, 6(1): 19-22.
- Bridle, B. (2011). *Essential soccer skills*. Published in the United States: DK Publishing.
- Budiwanto, S. (2012). *Metodologi latihan olahraga*. Malang: Penerbit Universitas Negeri Malang (UM PRESS).
- Burcak, K. (2015). The effects on soccer passing skills when warming up with two different sized soccer balls. *Educational Research and Reviews*. Vol. 10(22), pp. 2860-2868.

- Burgess, D.J., & Gabbett, T.J. (2013). *Physiological test for elite athletes (6th ed.)*. Lower Mitcham South Australia: Human Kinetics.
- Burgomaster, K, A., Heigenhauser, G, J, F., & Gibala, M, J. (2006). Effect of short-term sprint interval training on human skeletal muscle carbohydrate metabolism during exercise and time-trial performance. *Journal Appl Physiology*, 100, 2041–2047.
- Cerrah, A.O, Bayram, I, Yıldız, G, Uğurlu, O, Şimşek, D, Ertan, H. (2016). Effects of functional balance training on static and dynamic balance performance of adolescent soccer players. *International Journal of Sports, Exercise and Training Science*, Volume 2, Number 2, 73-81.
- Curneen, G. (2013). *The modern soccer coach: pre-season training*. Toronto: Human Kinetics.
- Danurwinda, P.G., Siddik, B., & Prahara, J.L. (2017). *Kurikulum Pembinaan Sepakbola Indonesia*. Jakarta: High Performance Unit PSSI.
- Dinata, M. (2007). *Dasar-dasar mengajar sepak bola*. Jakarta : Cerdas Jaya.
- Edward, W.H. (2011). *Motor learning and control: from theory to practice*. Sacramento: California State University.
- Engin, G.A., Aysegul, Y. (2018). The Effects Of Different Training Methods On Shooting Performance In Soccer Players. *European Journal of Physical Education and Sport Science*. Volume 4, Issue 12, 58-70.
- Faude, O, Koch, T & Meyer, T. (2012). Straight sprinting is the most frequent action in goal situations in professional football. *Journal of Sports Sciences*. 30(7): 625–631
- Ferro, A, Villacieros, J, Floría, P, & Graupera, J.L. (2014). Analysis of speed performance in soccer by a playing position and a sports level using a laser system. *Journal of Human Kinetics*, Volume 44/2014, 143-153.
- FIFA. (2015). *Education & technical development departement. Small sided games and integrating physical preparation*. Zurich Switzerland: FIFA. RVA Druck und Medien Alstatten.
- Gioldasis, A, Souglis, A, & Christofilakis, O. (2017). Technical skills according to playing position of male and female soccer players. *International Journal of Science Culture and Sport*, 5(4).

- Halil, T, Kaya, M, Koçak, M, Erkmen, N, Baştürk, D. (2011). The evaluation of body-ball coordination for professional soccer players. *Ovidius University Annals, Series Physical Education and Sport*. Vol. 11, ISSUE 1.
- Harre. (2012). *Principle of sport training*. Berlin: Sportverlag.
- Harsono. (2015). *Kepelatihan olahraga. (teori dan metodologi)*. Bandung: Remaja Rosdakarya.
- Honga, S, Chung, C, Sakamotoa, C, & Asai, T. (2011). Analysis of the swing motion on knuckling shot in soccer. *Procedia Engineering*, 13, 176–181.
- Hunter, A.H, Murphy, S.C, Angilletta, M.C, & Wilson, R.S. (2016). Anticipating the direction of soccer penalty shots depends on the speed and technique of the kick. *Sports*, 6, 73.
- IAAF. (2009). *Introduction to coaching*. The International Association of Athletics Federations.
- I Putu Eri Kresnayadi. (2016). Pengaruh pelatihan ladder drill 8 repetisi 3 set terhadap peningkatan kecepatan lari. *Jurnal Pendidikan Kesehatan Rekreasi*, Volume 2: 103 –107.
- I Putu Eri Kresnayadi & Arisanthi Dewi. (2017). Pengaruh pelatihan plyometric depth jump 10 repetisi 3 set terhadap peningkatan daya ledak otot tungkai. *Jurnal Pendidikan Kesehatan Rekreasi*, Vol. 3, No.1, Hal. 33 –38.
- Irianto, D.P. (2002). *Dasar kepelatihan*. Yogyakarta: UNY Pres.
- Ismail, A.R, Mansor, M.R.A, Jafar, S, & Johar. M.S.N. (2010). Biomechanics Analysis for Right Leg Instep Kick. *Journal of Applied Sciences, Volume*, 10(13): 1286-1292.
- Kale, M., Alper A., & Bayrak, C. (2009). Relationships among jumping performances and sprint parameters during maximum speed phase in sprinters. *Journal of Strength and Conditioning Research*, 23, 2272–2279.
- Kapidžić, Huremović, T, & Biberovic, A. (2014). Kinematic analysis of the instep kick in youth soccer players. *Journal of Human Kinetics*, Volume 42/2014, 81-90.
- Koger, R. (2009). *The baffled parent's guide to fix – it drills for youth soccer*. New York: Mc Graw Hill.
- KONI. (2003). *Panduan kepelatihan*. Jakarta. KONI.

- Krzysztof, M & Mero, A. (2013). A kinematics analysis of three best 100 m performances ever. *Journal of Human Kinetics*. Volume 36, pp. 149-160.
- Kumar, R. (2012). *Scientific methods of coaching and training*. Delhi: Jain Media Graphics.
- Kurniawan, D, Nurrochmah, & Paulina, H. (2016). Hubungan antara kecepatan lari dengan kemampuan menggiring bola sepak pada siswa usia 13-14 tahun SSB Unibraw 82 Malang. *Pendidikan Jasmani*, Volume 26, Nomor 02, Halaman 381-397.
- Laitano, O. (2014). Hydration science and strategies in football. *Sports Science Exchange*, Vol. 27, No. 128, 1-7.
- Langga, Z.A & Supriyadi. (2016). Pengaruh model latihan menggunakan metode praktik distribusi terhadap keterampilan dribble anggota ekstrakurikuler bolabasket SMPN 18 Malang. *Jurnal Kepelatihan Olahraga*, Vol 1 No 1.
- LA84 Foundation. (2008). *LA84 foundation soccer coaching manual*. Los Angeles: LA84 Foundation.
- Liu, H, Miguel-Angel Gómez, Gonçalves, B, & Sampaio, J. (2016). Technical performance and match-to-match variation in elite football teams. *Journal of Sports Sciences*, VOL. 34, NO. 6, 509–518.
- Magill, A.R. (2011). *Motor learning and control: concepts and applications*. California: McGraw-Hill Companies, Inc.
- Mahmuddin & Tarmizi. (2017). Perbedaan pengaruh metode latihan *shooting after dribble* dengan latihan shooting after centering pass terhadap hasil shooting pada pemain sepakbola Sejati Pratama. *Jurnal Prestasi*, Vol. 1 No. 1, 17-22.
- Mielke, D. (2007). *Dasar-dasar sepakbola*. Bandung: PT. Intan Sejati Pakar Raya.
- Milenković, D. (2012). Speed as an important component of football game. *Acta Kinesiologica*, 5 (1): 57-61.
- Milenković, D. & Stanojević, I. (2013). Accuracy in football: scoring a goal as the ultimate objective of football game. *International Journal of Cognitive Research In Science, Engineering and Education*, Vol. 1, No.2.
- Morgans, R, Orme, P, Anderson, L, & Drust, B. (2014). Principles and practices of training for soccer. *Journal of Sport and Health Science*, Volume 3, Issue 4, Pages 251-257

- Nala, N. (2011). *Prinsip pelatihan fisik olahraga*. Denpasar: Komite Olahraga Nasional Indonesia Daerah Bali.
- Nicholls, A & Sintonen, K. (2018). *Developing a football training product*. Spring: University of Applied Sciences.
- Nusri, et.al. (2018). Developing instruments to measure long passing and shooting skills of the football school students of Medan City. *The Journal of Educational Development*. Volume 6(3), 280-290.
- Opavsky, P. (2011). An investigation of linear and angular kinematics of the leg during two types of soccer kick. In *Science and Football: Proceedings of the First World Congress of Science and Football Liverpool*, 13-17th April 2011. Routledge.
- Praca, G.M, Soares, V.V, Matias, da Costa, I.T, & Greco, P.J. (2015). Relationship between tactical and technical performance in youth soccer players. *Rev Bras Cineantropom Desempenho Hum*, 17(2), hlm. 136-144.
- Prawira, R.R.Z & Tribinuka, T. (2016). Pembinaan pemain muda melalui akademi sepak bola. *Jurnal Sains dan Seni ITS*, Vol. 5, No.2, 2337-3520.
- Rajidun. (2014). Model latihan shooting ke gawang pada mahasiswa UKM sepak bola IKIP-PGRI Pontianak. *Jurnal Pendidikan Olahraga*, Vol. 3, No. 2.
- Rathke, A. (2016). An examination of expected goals and shot efficiency in soccer. *Journal of Human Sport & Exercise*, Volume 12.
- Reilly, T. (2007). *The science of training soccer*. USA & Canada: Routledge.
- Rully, Y & Poppy. (2014). *Metodologi penelitian*. Bandung: PT. REFIKA ADITAMA.
- Rumpf, M.C., Cronin, J.B., Pinder, S.D., Oliver, J., & Hughes, M. (2012). Effect of different training methods on running sprint times in male youth. *Journal Pediatric Exercise Science*. Volume 24. pp. 170-186.
- Sarumpaet, A. (1992). *Permainan besar*. Jakarta: Depdikbud.
- Scheunemann, T. (2014). *Futsal for winners taktik dan variasi latihan futsal*. Malang: Dioma.
- Schmidt, R.A & Lee, T.D. (2008). *Motor learning and performance (5th ed)*. Champaign: Human Kinetics.

- Schreiner, P., & Elgert, N. (2013). *Attacking soccer mastering the modern game*. Maidenhead: Meyer & Meyer Sport (UK) Ltd.
- Singh, A.B. (2012). *Sport training*. Delhi: Chawla Offset Printers.
- Sucipto. (2000). *Sepakbola*. Jakarta: Departemen Pendidikan Nasional.
- Sugiyono. (2007). *Metode penelitian pendidikan: pendekatan kuantitatif, kualitatif, dan R & D*. Bandung: Alfabeta.
- Suharjana. (2013). *Kebugaran jasmani*. Yogyakarta. Jogja Global Media.
- Suharsaputra, U. (2012). *Metode penelitian kuantitatif, kualitatif dan tindakan*, Bandung : PT. Refika Aditama.
- Sukadiyanto. (2011). *Pengantar teori dan metodologi melatih fisik*. Bandung: CV Lubuk Agung.
- Sukatamsi. (2001). *Teknik dasar bermain sepakbola*. Surabaya: Tiga Serangkai.
- Sutikno, S. (2009). *Belajar dan pembelajaran*. Bandung: Prospect.
- Tangkudung J. (2006). *Kepelatihan olahraga pembinaan prestasi olahraga*. Jakarta: Cerdas Jaya.
- Tomáš, M, František, Z, Lucia, M, & Jaroslav, T. (2014). Profile, correlation and structure of speed in youth elite soccer players. *Journal of Human Kinetics*, Volume 40/2014, 149-159.
- Wood, G & Wilson. (2010). Gaze behaviour and shooting strategies in football penalty kicks: Implications of a 'keeper-dependent approach. *International Journal Of Sport Psychology*. 41: 293-312.
- Yu-Cheng Ou, & Kuangyou B. Cheng. (2016). Effect of approach speed on soccer shooting performance. *International Conference on Biomechanics ins Sports*. Volume 1, 906-908.