



Differences in the Level of Physical Condition of Football Students Aged 14-15 at HW Jatijajar and Kebumen Football School

Nabilla Aura Najma¹, Pungki Indarto², Nur Subekti³

¹²³Faculty of Teacher Training and Education, Muhammadiyah University Surakarta, Indonesia.

E-mail: a810220084@student.ums.ac.id¹

Abstract

This study aims to determine the differences in the physical fitness levels of students at the HW Jatijajar and Kebumen Football Schools, covering muscular endurance, speed, agility, flexibility, power, and cardiorespiratory endurance. This is a quantitative study with data collected via a survey. The sample consisted of 15 students from HW Jatijajar and 15 students from Kebumen Football School, selected using purposive sampling. The instruments used included sit-up and push-up tests for muscular endurance, a 30-metre sprint test for speed, a shuttle run test for agility, a sit-and-reach test for flexibility, a vertical jump test for power, and a 15-minute run test for cardiorespiratory endurance. The results of the study showed differences in physical fitness levels between the HW Jatijajar and Kebumen Football School youth teams, specifically in the sit-up, shuttle run, sit and reach, and vertical jump components, whilst the push-up, 30-metre run, and 15-minute run components showed almost identical results. The final physical fitness results showed that HW Jatijajar performed better, with 86.7% of participants falling into the 'very good' category, whilst Kebumen Football School was dominated by the 'good' category at 53.3%.

Keywords: Physical Fitness, Football Academy, Football.

INTRODUCTION

Football is widely recognised by the public thanks to highly prestigious competitions such as the World Cup. As a result, football has become a hugely popular sport enjoyed by people from all walks of life, from children to the elderly, men and women alike, and people in both rural and urban areas (Kismono et al., 2021; Naza Putra & Gazali, 2017). The large number of football clubs and football schools (SSB), each with their own objectives and backgrounds, demonstrates that football is a hugely popular and widely enjoyed sport amongst our people.

Essentially, football is a sport played by kicking a ball. The philosophy behind the game has remained unchanged over the years: to score as many goals as possible and prevent the opposition from scoring in order to secure victory (Indarto, 2019). To score goals, footballers must possess technical, tactical, mental and emotional skills and abilities (Festiawan et al., 2019). In addition, footballers need to pay attention to their physical condition.

Physical fitness is essential for athletes in any sport. It is a key factor in improving an individual's performance and results. Physical fitness is also a crucial element in designing training programmes and can serve as a benchmark for measuring an individual's physical progress (Weda, 2021). The quality of physical training and sporting activities depends on a variety of factors in achieving fitness and sporting performance. Therefore, physical conditioning is a fundamental component, alongside technical, tactical and mental preparation, all of which are interrelated (Pieter Pelamonia & Putra Hutapea, 2020; Soniawan et al., 2021).

Good physical condition is one of the key factors underpinning an athlete's performance, particularly for young players enrolled in football academies. A stable and consistent training programme must be put in place to support the successful improvement of the athletes' physical condition (Jariono et al., 2020). These components include strength, endurance, speed, power and flexibility.



The HW Jatijajar Football Academy (SSB) is one of the football academies in Kebumen Regency, specifically in the village of Jatijajar, Ayah District. This SSB was established in 2023 and holds training sessions every Monday and Thursday, as well as on Sundays, which are dedicated to preparation for competitions. HW Jatijajar SSB trains pupils aged 7–15 and has a total of 70 pupils, 8 coaches and 2 officials. Meanwhile, Kebumen Football School is a youth football academy based in Kuwarasan Sub-district, Kebumen Regency, which has been in operation since 2023. Training sessions at this academy take place on Mondays, Thursdays and Saturdays. The academy trains 60 pupils aged 7–15 and has 4 coaches.

HW Jatijajar and Kebumen Football Schools have different backgrounds in terms of both coaches and facilities, and employ distinct training methods to prepare their students to become professional footballers. Furthermore, coaches from both schools stated that no research had previously been conducted on their students, including studies on physical fitness assessment, meaning neither school was aware of their students' physical fitness profiles. Furthermore, this study is the first of its kind at both SSBs, not only providing data on physical condition but also comparing it, and offering an initial contribution in the form of physical condition profiles that can subsequently be used by coaches as a basis for planning more targeted and structured training programmes.

Therefore, this study will examine the differences in the physical fitness levels of 14- to 15-year-old students at SSB HW Jatijajar and Kebumen Football School.

METHOD

This is a quantitative study using a survey as the data collection method, aimed at identifying the general characteristics of a sample population that forms the subject of this research. The primary focus of this study is the physical condition of 14–15-year-old students at SSB HW Jatijajar and Kebumen Football School. This study was conducted at two locations: for HW Jatijajar at Nusawaru Field, Jatijajar Village, Ayah Sub-district, Kebumen Regency on 29 January 2026, and at SMP Negeri 1 Kuwarasan on 7 February 2026.

The population for this study consisted of 51 students aged 14–15 from SSB HW Jatijajar and Kebumen Football School. The sample comprised 15 students from SSB HW Jatijajar and 15 students from Kebumen Football School, all aged 14–15. The sampling technique employed was purposive sampling, whereby the selection of the sample was determined by specific criteria. These criteria were that the students were active members registered at both SSBs, formed part of the core team in the 14–15 age group, and were in good physical condition. Using this technique, a total of 30 students were selected as the sample.

The variables used in this study are independent and dependent variables. The variables in this study are the physical fitness levels of students at SSB HW Jatijajar and Kebumen Football School, with physical fitness levels serving as the dependent variable and SSB HW Jatijajar and Kebumen Football School as the independent variables.

Data collection was carried out through direct measurements at each SSB, namely muscle endurance (sit-up and push-up tests), speed (30-metre sprint), agility (shuttle run), flexibility (sit-and-reach test), power (vertical jump test), and cardiorespiratory endurance (15-minute run test) (Fenanlampir & Faruq, 2014).

The power analysis technique used is a quantitative descriptive statistical technique involving percentages. Once the differences in the physical condition of the students at SSB HW Jatijajar and Kebumen Football School—which fall into the categories of 'very good', 'good', 'fair', 'poor' and 'very poor'—have been identified, the respective percentages can be determined using the following formula:

$$\text{Percentage result (\%)}P = f / n \times 100\%$$



P = percentage

F = frequency

N = number of respondents (Sukardi, 2021)

Based on the following classification/categories:

Table 1. Components and Classification of Physical Abilities in Football

Component	Measurement Technique	Classification				
		Very Poor	Poor	Fair	Good	Very Good
Muscle Endurance						
Abdominal Muscles	Sit-Ups	20-29 (ml)	30-49 (ml)	50-69 (ml)	70-89 (ml)	>90 (ml)
Arm & Shoulder Muscles	Push-Ups	4-11 (ml)	12-19 (ml)	20-28 (ml)	29-37 (ml)	>38 (ml)
Speed						
	30 Metre Run	5,12-5,50 (second)	4,73-5,11 (second)	4,35-4,74 (second)	3,92-4,34 (second)	3,58-3,91 (second)
Agility						
	Shuttle Run	17,7-17,2	17,1-16,7	16,6-16,1	16-15,6	<15,5
Flexibility						
	Sit and Reach	1-5 (cm)	6-11 (cm)	12-17 (cm)	18-23 (cm)	>24 (cm)
Power						
Lower Limb Muscles	Vertical Jump	38-45 (cm)	46-52 (cm)	53-61 (cm)	62-69 (cm)	>70 (cm)
Cardiovascular Endurance						
	15 Minute Run	<49 (ml/kg)	50-55 (ml/kg)	53-55 (ml/kg)	56-58 (ml/kg)	>59 (ml/kg)



As for the preliminary tests required to test the hypothesis, this study will conduct tests for normality and homogeneity. The test for data normality will use the Saphiro-Wilk test, as the sample size is less than 50, with the following criteria:

If the significance value (Sig.) > 0.05, the data are normally distributed.

If the significance value (Sig.) < 0.05, the data are not normally distributed.

A test for homogeneity of variances was conducted using Levene's test, with the following decision criteria:

If the significance level (Sig.) > 0.05, the variances of the data are homogeneous.

If the significance level (Sig.) < 0.05, the variances of the data are not homogeneous.

The hypothesis test was conducted using an independent samples t-test, as the data were drawn from two distinct groups and were not paired. The independent samples t-test is used when the data are normally distributed and have homogeneous variances. The results of the hypothesis test are divided into two categories, namely:

If $p < 0.05$ (the p-value is less than the significance level): H_0 is rejected, meaning there is a significant difference in the physical condition of the two SSBs.

If $p > 0.05$ (the p-value is greater than or equal to the significance level): H_0 is not rejected, meaning there is no significant difference in the physical condition of the two SSBs.

RESULTS AND DISCUSSION

Research Results

The results of the study on the physical fitness levels of 14–15-year-old football school pupils at HW Jatijajar and Kebumen Football School are described as follows:

Table 2. Results of the Physical Condition Data for SSB HW Jatijajar and Kebumen Football School, Disaggregated by Number of Students

Group	Component	Category				
		Very Poor	Poor	Fair	Good	Very Good
HW Jatijajar	Sit-Ups		10	5		
	Push-Ups				5	10
	30 Metre Run	10	5			
	Shuttle Run				1	14
	Sit and Reach		4	6	4	1
	Vertical Jump	6	7	2		
	15 Minute Run	5	7	3		
Kebumen Football School	Sit-Ups		15			
	Push-Ups				1	14
	30 Metre Run	12	3			
	Shuttle Run		1	6	4	4
	Sit and Reach	7	2	6		
	Vertical Jump	13	1	1		
	15 Minute Run	8	3	4		



The data from the table above has been converted into percentages and presented in the table below.

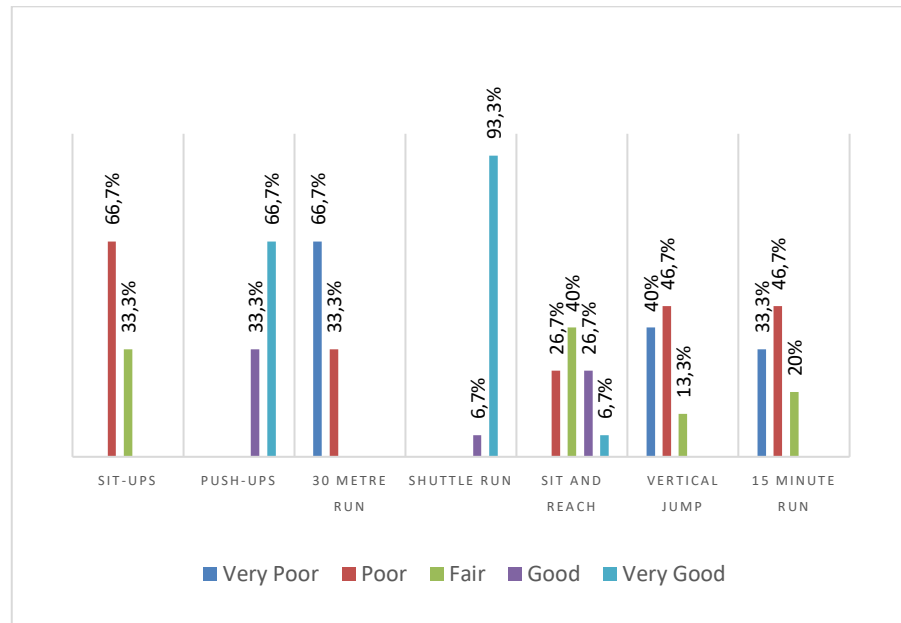


Figure 1. Percentage Results for the HW Jatijajar Group

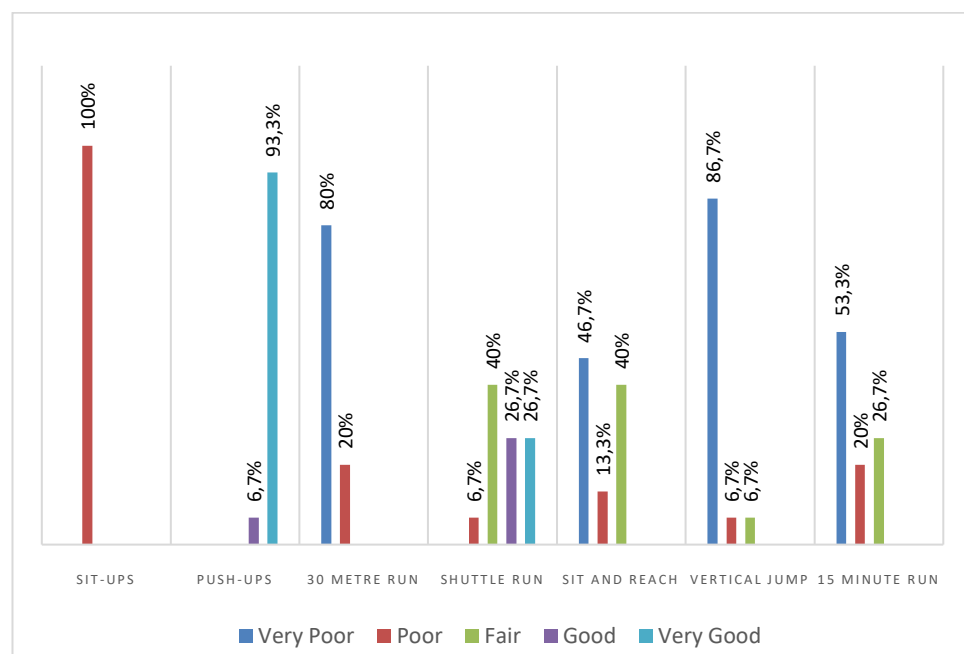


Figure 2. Percentage Results for the Kebumen Football School Group

Based on the table of categories and percentages above, the results of the descriptive analysis of the sit-up variable show that in the HW Jatijajar group, 10 pupils (66.7%) were in the 'poor' category and 5 pupils (33.3%) were in the 'adequate' category. Meanwhile, in the Kebumen Football School group, all 15 pupils (100%) were in the 'poor' category. The results of the descriptive analysis of the push-up variable show that in the HW Jatijajar group, 5



students (33.3%) were in the ‘good’ category and 10 students (66.7%) were in the ‘very good’ category. Meanwhile, in the Kebumen Football School group, 1 student (6.7%) was in the ‘good’ category and 14 students (93.3%) were in the ‘very good’ category. The results of the descriptive analysis of the 30-metre sprint variable show that in the HW Jatijajar group, 10 students (66.7%) were in the very poor category and 5 students (33.3%) were in the poor category. Meanwhile, in the Kebumen Football School group, 12 students (80%) were in the very poor category and 3 students (20%) were in the poor category.

Furthermore, the results of the descriptive analysis of the shuttle run variable showed that in the HW Jatijajar group, there was 1 pupil (6.7%) in the ‘good’ category and 14 pupils (93.3%) in the ‘very good’ category. Meanwhile, in the Kebumen Football School group, there was 1 pupil (6.7%) in the ‘poor’ category, 6 pupils (40%) in the ‘adequate’ category, 4 pupils (26.7%) in the ‘good’ category, and 4 pupils (26.7%) in the ‘very good’ category. The results of the descriptive analysis of the sit and reach variable show that in the HW Jatijajar group, there were 4 pupils (26.7%) in the poor category, 6 pupils (40%) in the fair category, 4 pupils (26.7%) in the good category, and 1 pupil (6.7%) in the very good category. Meanwhile, in the Kebumen Football School group, 7 pupils (46.7%) were in the very poor category, 2 pupils (13.3%) in the poor category, and 6 pupils (40%) in the adequate category. The results of the descriptive analysis of the vertical jump variable showed that in the HW Jatijajar group, 6 students (40%) were in the very poor category, 7 students (46.7%) were in the poor category, and 2 students (13.3%) were in the adequate category. Meanwhile, in the Kebumen Football School group, 13 pupils (86.7%) were in the ‘very poor’ category, 1 pupil (6.7%) was in the ‘poor’ category, and 1 pupil (6.7%) was in the ‘adequate’ category. The results of the descriptive analysis of the 15-minute run variable showed that in the HW Jatijajar group, there were 5 pupils (33.3%) in the very poor category, 7 pupils (46.7%) in the poor category, and 3 pupils (20%) in the adequate category. Meanwhile, in the Kebumen Football School group, there were 8 pupils (53.3%) in the ‘very poor’ category, 3 pupils (20%) in the ‘poor’ category, and 4 pupils (26.7%) in the ‘adequate’ category.

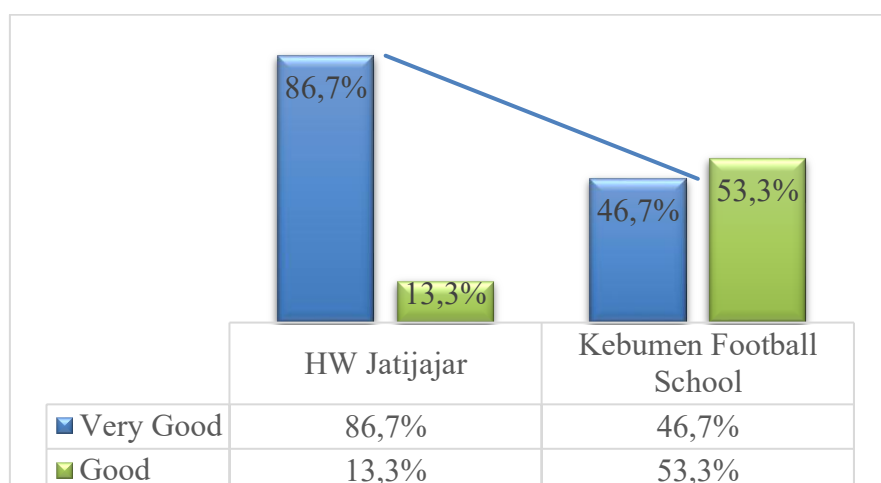


Figure 3. Differences in Overall Physical Condition

Based on the bar chart above, the results of the descriptive analysis of percentages show that the 14–15-year-old cohort at SSB HW Jatijajar is dominated by the ‘very good’ category, comprising 13 pupils (86.7%), whilst the remaining 2 pupils (13.3%) fall into the ‘good’ category. Meanwhile, Kebumen Football School has a more even distribution between the ‘very good’ category, comprising 7 students (46.7%), and the ‘good’ category, comprising 8 students (53.3%).



Consequently, this indicates that SSB HW Jatijajar has a higher percentage of players in the ‘very good’ category than Kebumen Football School.

Table 3. Results of the Normality Test

Variabel	Group	Saphiro-Wilk (Sig.)	Notes
Sit-Ups	HW Jatijajar	0,316	Normal
	Kebumen <i>Football School</i>	0,058	Normal
Push-Ups	HW Jatijajar	0,760	Normal
	Kebumen <i>Football School</i>	0,213	Normal
30 Metre Run	HW Jatijajar	0,323	Normal
	Kebumen <i>Football School</i>	0,790	Normal
Shuttle Run	HW Jatijajar	0,834	Normal
	Kebumen <i>Football School</i>	0,649	Normal
Sit and Reach	HW Jatijajar	0,537	Normal
	Kebumen <i>Football School</i>	0,181	Normal
Vertiacal Jump	HW Jatijajar	0,546	Normal
	Kebumen <i>Football School</i>	0,628	Normal
15 Minute Run	HW Jatijajar	0,155	Normal
	Kebumen <i>Football School</i>	0,060	Normal

Based on the table above, the results of the normality test using the Shapiro-Wilk method show that all variables in both the SSB HW Jatijajar and Kebumen Football School groups have a significance level (Sig.) > 0.05, which means the data are normally distributed.

Table 4. Results of the Homogeneity Test

Variable	Levene Statistic	df1	df2	Sig.	Notes
Sit-Ups	2.898	1	28	0,100	Homogeneous
Push-Ups	3.296	1	28	0,080	Homogeneous
30 Metre Run	1.741	1	28	0,198	Homogeneous
Shuttle Run	0,144	1	28	0,707	Homogeneous
Sit and Reach	0,877	1	28	0,357	Homogeneous
Vertical Jump	0,007	1	28	0,934	Homogeneous
15 Minute Run	1.951	1	28	0,173	Homogeneous

Based on the table above, the results of the homogeneity test using Levene’s Test indicate that all variables in the SSB HW Jatijajar and Kebumen Football School groups have a significance level (Sig.) > 0.05, meaning it can be concluded that the variance of the data in both SSB groups is equal or homogeneous.



Table 5. Results of the Hypothesis Test

Variable	t	df	Sig. (2-tailed)	Notes
Sit-Ups	4,355	28	0,000	Signifikan
Push-Ups	-0,867	28	0,393	Not Signifikan
30 Metre Run	-0,580	28	0,567	Not Signifikan
Shuttle Run	-5,387	28	0,000	Signifikan
Sit and Reach	3,639	28	0,001	Signifikan
Vertical Jump	2,650	28	0,013	Signifikan
15 Minute Run	0,954	28	0,348	Not Signifikan

Based on the table above, the results of the hypothesis testing using the Independent Samples t-test indicate that there are significant differences in several variables. Of the seven variables tested, four had significance values of less than 0.05, namely sit-ups, shuttle run, sit and reach, and vertical jump, meaning that these variables showed significant differences between HW Jatijajar and Kebumen Football School. Meanwhile, the other three variables had significance levels greater than 0.05, namely the push-up, 30-metre run, and 15-minute run variables, which means that these variables did not show significant differences between HW Jatijajar and Kebumen Football School.

Discussion

This study aims to determine the differences in the physical fitness levels of 14–15-year-old SSB students at HW Jatijajar and Kebumen Football School. Based on the research results presented, a clear correlation was found between the descriptive percentage data and the results of the hypothesis testing using the Independent Samples t-test. Overall, of the seven components tested on the students or respondents, four components showed significant differences, whilst the other three showed relatively similar results.

Sit-up. For the sit-up variable, the hypothesis test revealed a significant difference ($p = 0.000$). Referring to the descriptive data on percentages, this difference is evident from the distribution of the students' categories. At HW Jatijajar, although the majority were in the 'poor' category (66.7%), 33.3% of students were able to achieve the 'adequate' category. Meanwhile, at Kebumen Football School, all students (100%) were in the 'poor' category. This indicates that SSB HW Jatijajar achieved a more varied or slightly higher score compared to Kebumen Football School in this component.

Push-up. For the push-up variable, the hypothesis test showed no significant difference ($p = 0.393$). This was validated by the descriptive percentage data, which indicated that both groups had similar profiles, with the majority of pupils already achieving the 'very good' category. At HW Jatijajar, the 'very good' category accounted for 66.7% and the 'good' category for 33.3% of pupils. Meanwhile, at Kebumen Football School, the 'very good' category accounted for 93.3% and the 'good' category for 6.7% of students. Although there was a difference in the percentage figures, statistically this difference was not strong enough to be declared a significant difference; therefore, these two SSBs can be said to have equivalent upper-body muscle strength.

30-metre sprint. For the 30-metre sprint variable, the results of the hypothesis test also showed no significant difference ($p = 0.567$). Descriptive data support this finding, showing that both SSBs exhibited the same trend, namely that the majority of pupils fell into the 'very poor' and 'poor' categories. At HW Jatijajar, 66.7% of students fell into the 'very poor' category and 33.3% into the 'poor' category, whilst at Kebumen Football School, 80% of students were in the 'very poor' category and 20% in the 'poor' category. Therefore, statistically, no significant difference was found between the two SSBs in terms of speed.

Shuttle run. For the shuttle run variable, the t-test results indicate a significant difference ($p = 0.000$). This refers to the percentage data showing the distribution of student categories. At HW



Jatijajar, there were only (6.7%) students in the 'good' category and (93.3%) in the 'very good' category, whereas at Kebumen Football School there were (6.7%) students in the 'poor' category, (40%) in the 'adequate' category, (26.7%) in the 'good' category, and (26.7%) in the 'very good' category. This indicates that HW Jatijajar is superior to Kebumen Football School.

Sit and reach. For the sit-and-reach variable, the t-test results also indicated a significant difference ($p = 0.001$). Descriptive data revealed differences in the distribution of student categories. At HW Jatijajar, 26.7% were in the 'poor' category, 40% in the 'adequate' category, 26.7% in the 'good' category, and 6.7% in the 'very good' category. Conversely, at Kebumen Football School, 46.7% were in the very poor category, 13.3% in the poor category, and 40% in the adequate category. Therefore, HW Jatijajar outperformed Kebumen Football School.

Vertical jump. For the vertical jump variable, the results of the hypothesis test indicate a significant difference ($p = 0.013$). Descriptive data on percentages show that among students at the SSB HW Jatijajar, 40% fell into the 'very poor' category, 46.7% into the 'poor' category, and 13.3% into the 'adequate' category. At Kebumen Football School, 87% of pupils were in the 'very poor' category, 6.7% in the 'poor' category, and 6.7% in the 'adequate' category. Although the distribution of categories was the same, the percentage figures differed significantly. This is what makes HW Jatijajar superior to Kebumen Football School.

15-minute run. Finally, for the 15-minute run variable, the results of the hypothesis test showed no significant difference ($p = 0.348$). This is reflected in the descriptive data, where the percentages at both SSBs were almost identical, both in terms of the distribution of categories and their respective percentages. At HW Jatijajar, 33.3% fell into the 'very poor' category, 46.7% into the 'poor' category, and 20% into the 'adequate' category. Meanwhile, at Kebumen Football School, 53.3% fell into the 'very poor' category, 20% into the 'poor' category, and 26.7% into the 'adequate' category. Consequently, no statistically significant difference was found between the two SSBs.

Based on the differences in overall physical condition, as shown in the bar chart. The data indicates that students at HW Jatijajar generally have a superior physical condition profile compared to those at Kebumen Football School. This is evidenced by the percentage of students in the 'very good' category at HW Jatijajar, which reached 86.7% (13 students), significantly higher than at Kebumen Football School, where only 46.7% (7 students) fell into this category. This is because at Kebumen Football School the majority of students are in the 'good' category (53.3%), whereas at HW Jatijajar only 13.3% of students are in that category.

The 'very good' rating at HW Jatijajar is the result of significant advantages observed in several variables, such as sit-ups, shuttle runs, sit-and-reach, and vertical jumps. These significant advantages in the variables indicate that the training programme at HW Jatijajar provides specific exercises designed to support the functional requirements of football. In addition to the training programme, internal factors within each student also play a role, such as body posture and muscle fibre type (Irawan et al., 2025). Overall, although all students at both SSBs (100%) were already in the 'good' category, HW Jatijajar succeeded in optimising its students' physical potential to reach the highest level with a greater proportion. This confirms that there is a difference in physical condition profiles between students at HW Jatijajar and Kebumen Football School.

CONCLUSION

Based on the results of the study, it can be concluded that there are differences in the physical fitness levels of 14–15-year-old students at SSB HW Jatijajar and Kebumen Football School. Of the seven components tested—muscular endurance (sit-up and push-up), speed (30-meter sprint), agility (shuttle run), flexibility (sit and reach), power (vertical jump), and cardiorespiratory endurance (15-minute run)—four components showed statistically significant differences: sit-up, shuttle run, sit and reach, and vertical jump. The remaining three components (push-up, 30-meter sprint, and 15-minute run) showed no significant differences between the two groups.



Overall, SSB HW Jatijajar demonstrated a superior physical fitness profile compared to Kebumen Football School, as evidenced by the higher percentage of students in the "very good" category (86.7% vs. 46.7%). These findings indicate that despite both schools having been established in the same year (2023) and training students in similar age ranges (7–15 years), differences in coaching backgrounds, facilities, and training methods may contribute to the observed disparities in physical fitness outcomes.

REFERENCE

- Fenanlampir, A., & Faruq, M. M. (2014). *Tes dan Pengukuran dalam Olahraga*. CV. Andi Offset.
- Festiawan, R., Nurcahyo, P. J., & Pamungkas, H. J. (2019). Pengaruh Latihan Small Sided Games Terhadap Kemampuan Long Pass pada Peserta Ekstrakurikuler Sepakbola. *Media Ilmu Keolahragaan Indonesia*, 9.
- Indarto, P. (2019). *Pandai Bermain Sepak Bola*. Muhammadiyah University Press.
- Jariono, G., Subekti, N., Indarto, P., Hendarto, S., Nugroho, H., & Fachrezzy, F. (2020). Analisis kondisi fisik menggunakan software Kinovea pada atlet taekwondo Dojang Mahameru Surakarta. *Transformasi: Jurnal Pengabdian Masyarakat*, 16(2), 133–144. <https://doi.org/10.20414/transformasi.v16i2.2635>
- Kismono, A., Dewi, R., Medan, U. N., Utara, S., Olahraga, J., & Indonesia, K. (2021). *Jurnal Olahraga & Kesehatan Indonesia*. 1, 90–95.
- Naza Putra, A., & Gazali, V. (2017). Kontribusi Kelentukan Pinggang dan Kelincahan Terhadap Kemampuan Dribbling Atlet Sepakbola PSTS Tabing Padang. *Multilateral: Jurnal Pendidikan Jasmani Dan Olahraga*, 16(2), 101–120.
- Pieter Pelamonia, S., & Putra Hutapea, A. (2020). Pengaruh Latihan Passing 5, 10, 15 Meter Terhadap Ketepatan Passing Sepakbola. *Jurnal Porkes*, 3(2), 103–109. <https://doi.org/10.29408/porkes.v3i2.2962>
- Soniawan, V., Setiawan, Y., & Edmizal, E. (2021). *An Analysis of the Soccer Passing Technique Skills*. 35(Icssht 2019), 20–23.
- Weda. (2021). Peran Kondisi Fisik dalam Sepakbola. *Jurnal Pendidikan Kesehatan Rekreasi*. [http://repository.unpkediri.ac.id/2935/4/jurnal bali bali lengkap.pdf](http://repository.unpkediri.ac.id/2935/4/jurnal%20bali%20bali%20lengkap.pdf)

ACKNOWLEDGMENT

The researcher offers praise and thanks to Allah SWT for the abundance of mercy, guidance and strength bestowed, enabling this research to be successfully completed. The researcher acknowledges that the success in compiling this work would not have been possible without the support, assistance and guidance of various parties. The researcher would like to express gratitude to the supervising lecturer who has devoted time, effort, and thought to providing invaluable guidance, advice, and motivation throughout the process from inception to completion. The researcher would also like to thank the coaches and the students of SSB HW Jatijajar and Kebumen Football School for their permission, cooperation, and assistance during the data collection process. Last but not least, the researcher would like to thank family and colleagues who have consistently provided moral support and prayers. May all the good deeds performed by everyone be richly rewarded by Allah SWT. The researcher hopes this research will contribute to the advancement of knowledge, particularly in the field of sport.