


LAMPIRAN

Lampiran 2

Hasil Tes Awal dan Tes Akhir

HASIL TES FISIK PUSAKA ANGEL'S WOMEN PRO FUTSAL LEAGUE 2020



FLEXIBILITY		ANAEROBIC												AEROBIC											
		ALACTACID						LACTACID						AEROBIC CAPACITY				BLEEP TEST							
SIT&REACH		SPEED		AGILITY		AGILITY		POWER		ENDURANCE		AEROBIC CAPACITY				BLEEP TEST									
		20 m		10''		10''		Multi Stage		Hurdle Jump															
I	II			I		II		I		II		II				I									
cm	%	cm	%	detik	%	Rep	%					LEVEL	SHUTTLE	(ml/kg/min)	%	LEVEL	SHUTTLE	(ml/kg/min)	%						
23	115%	0	0%	3,59	86%	20	80%	0	0%	34	62	80	67%	0	0	0	0%	8	4	41,1	82%	0	0	0	0%
23	115%	0	0%	3,43	90%	22	88%	0	0%	37	66	82	68%	0	0	0	0%	8	7	42,0	84%	0	0	0	0%
27	135%	26	130%	3,43	90%	21	84%	0	0%	38	66	82	68%	0	0	0	0%	10	6	48,7	97%	0	0	0	0%
27	135%	28	140%	3,42	91%	21	84%	25	100%	38	60	77	64%	44	77	113	94%	7	2	37,1	74%	7	5	38,2	76%
22	110%	15	75%	3,67	84%	23	92%	21	84%	39	70	88	73%	45	87	114	95%	7	8	39,2	78%	8	1	40,2	80%
18	90%	19	95%	3,59	86%	21	84%	23	92%	43	75	94	78%	48	85	109	91%	7	6	38,5	77%	8	3	40,8	82%
22	110%	23	115%	3,66	85%	21	84%	22	88%	40	75	100	83%	43	81	118	98%	8	5	41,5	83%	8	3	40,8	82%
13	65%	9	45%	3,40	91%	22	88%	24	96%	36	70	95	79%	42	80	117	98%	8	3	40,8	82%	8	7	42,0	84%
25	125%	28	140%	3,61	86%	22	88%	22	88%	36	61	78	65%	42	72	113	94%	8	3	40,8	82%	9	1	43,6	87%
0	0%	21	105%	4,43	70%	22	88%	0	#REF!	39	67	83	69%	0	0	0	0%	11	7	49,7	99%	9	1	43,6	87%
21	105%	22	110%	3,48	89%	22	88%	18	72%	44	67	84	70%	39	68	88	73%	8	7	42,0	84%	9	3	44,2	88%
18	90%	20	100%	3,45	90%	23	92%	18	72%	35	68	81	68%	34	63	76	63%	9	3	44,2	88%	9	4	44,5	89%
20	100%	21	105%	3,44	90%	24	96%	25	100%	41	79	104	87%	47	91	132	110%	9	4	44,5	89%	9	6	45,2	90%
6	30%	5	25%	3,56	87%	23	92%	24	96%	40	77	102	85%	45	83	115	96%	9	2	43,9	88%	10	1	47,1	94%
26	130%	23	115%	3,28	95%	22	88%	21	84%	36	66	84	70%	39	70	89	74%	9	4	44,5	89%	10	2	47,4	95%
20	100%	23	115%	3,26	95%	24	96%	23	92%	40	70	90	75%	45	86	121	101%	10	2	47,4	95%	10	4	48,0	96%
25	125%	23	115%	3,44	90%	22	88%	23	92%	40	68	88	73%	44	80	110	92%	9	7	45,5	91%	11	3	51,1	102%

Lampiran 3
Dokumentasi Kegiatan Penelitian



Foto 1
Tes Multi Stage Hurdle Jump



Foto 2
Tes Multi Stage Hurdle Jump



Foto 3

Ttreatment

Foto 4

Ttreatment

Foto 5

Ttreatment

Foto 5
Treatment



Foto 6
Treatment



Foto 7
Treatment



Foto 8
Weighted vest
Lampiran 4

CV

NAMA : Ayi Mohamadd Yusuf
 ALAMAT : Komplek Bukit Permata Cimahi Blok F4 No. 9
 TTL : Garut, 12 Februari 1969
 HP : 081320315676 (WA)
 EMAIL : ayufutsal02@gmail.com
 CABOR : Futsal
 PEKERJAAN : PNS
 ALAMAT KANTOR : Dishub Kota Bandung
 ORGANISASI : Asosiasi Futsal Provinsi Jawa Barat



Riwayat Pendidikan

SD : SD Negeri 7 Garut (1982)
 SMP : SMP Negri Cikajang Garut (1985)
 SMA : SMK Negeri Cikajang Garut (1988)
 Universitas : STIE Gema Widya Bangsa (2017)

Ayi Mohamad Yusup, 2020
PENGARUH PENERAPAN METODE INTERVAL DENGAN MENGGUNAKAN ROMPI BEBAN (WEIGHTED VEST) TERHADAP KEMAMPUAN POWER ENDURANCE PEMAIN FUTSAL PUSAKA Studi Ex-Post Facto pada Pemain Futsal Pusaka Women Pro futsal Liga Indonesia 2019
 Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

Pasca Sarjana : UPI – Pendidikan Olahraga, Sedang mengikuti
(2018 sd sekarang) Konsentrasi Kepelatihan

SERTIFIKAT PELATIHAN PELATIH YANG DIMILIKI :

N O	NAMA PEROLEHAN SERTIFIKAT	KETERANGAN
1	D Nasional	PSSI
2	C Nasional	PSSI
3	B Nasional	PSSI
4	Goal Keeper Nasional	PSSI
5	KNVB Football Course	KNVB
6	Nasional Level 1	PSSI
7	AFC Futsal Level 1	AFC
8	AFC Goal Keeper	AFC
9	KNVB World Futsal Course	KNVB
10	Match Comisioner Futsal Nasional	PSSI

RIWAYAT KEPELATIHAN

N O	NAMA KLUB/PELATD A/PELATNAS DLL	TAHUN MELATIH	KETERANGAN
1	Persin U 15	2001	
2	Persikad Depok	2002 - 2004	
3	Pelita KS	2005	
4	Timnas Putri U 17	2005	AFC Championship Korea Selatan
5	Persipasi Bekasi	2006	
6	Pelita Jaya U 21	2007	
7	Persib U18	2008	
8	Persib U18	2009	
9	Persikasi Bekasi	2014	

10	Sepak Bola Kota Cimahi	2018	Piala DPRD Jabar
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