

DAFTAR PUSTAKA

- Arief, Muhammad. 2008. Sprain. diakses tanggal 23 November 2016; available at <http://ariefbboy.multiply.com/links/item/6/SPRAIN>
- Bompa, T. O. 2000. Total Training For Young Champions. Campaign: Human Kinetics
- Carl G. Mattacola; Maureen K. Dwyer. 2002. Rehabilitation of the Ankle After AcuteSprain or Chronic Instability
- Daniel L. Miranda. 2016. Sensory enhancing insoles improve athletic performance during a hexagonal agility task.
- Daniel Tik-Pui Fong. 2007. A Systematic Review on Ankle Injuryand Ankle Sprain in Sports.
- Eric Giza dkk. 2003. Mechanisms of Foot and Ankle Injuries in Soccer.
- Faruq, M., Muhyi. 2009. Meningkatkan Kebugaran Jasmani Melalui Permainan dan Olahraga. Surabaya: PT. Gramedia Widiasarana Indonesia
- Gatz, Greg. 2009. Complete Conditioning For Soccer united states : human kinetics
- Goran Sporiš, 2010. The Effect Of Agility TrainingOn Athletic Power Performance
- Goran Sporis. 2010. Reliability And Factorial Validity Of Agility Tests For Soccer Players.
- Harsono. 1988. Coaching dan aspek-aspek psikologis dalam coaching, Jakarta : C.V. Tambak kusuma.
- Hopin Lee dkk. 2011. The Use of The Dual-task Paradigm in Detecting Gait Performance deficits following a soprt-related Concussion: A Systematic Review and Meta Analysis. Journal of Science and Medicine in Sport
- Ilham Efendi Nasution, et al. 2015. Pengembangan Model Latihan Futsal Berbasis Kelincahan Dengan Pendekatan Bermain
- Irfan, Muhammad. 2010. Keseimbangan (Balance). Diakses tanggal 13 April 2017. available at: <http://dhaenkpedro.wordpress.com /keseimbangan-balance>
- J. M. Sheppard & W. B. Young. 2006. Agility literature review: Classifications, training and testing

- Jacob E. Resch, PhD, ATC dkk. 2011. Balance Performance With a Cognitive Task: A Continuation of the Dual-Task Testing Paradigm
- Jay Hertel, PhD, ATC. 2008. Sensorimotor Deficits with Ankle Sprains and Chronic Ankle Instability.
- Jay Hertel. 2002. Functional Anatomy, Pathomechanics, and Pathophysiology of Lateral Ankle Instability.
- Jaya, Asmar. 2008. Perturan dan Tips-Tips Permainan, Yogyakarta : Pustaka Timur.
- Jowir, Rico. 2009. Sprain Ankle. diakses tanggal 26 Januari 2017; available at: <http://seripayku.blogspot.com/2009/03/sprain-ankle-oleh-jowir-fisioterapis.html>
- Kamran Shamaei. 2011. On the Mechanics of the Ankle in the Stance Phase of the Gait
- Khoiruzzaman Assya'banidan Drs. Achmad Widodo, M.Kes. 2016. Pengaruh Latihan *Ladder Drills icky Shuffle* Terhadap Kelincahan.
- Kisner Carolyn, and Lynn Allen Colby. 2007 Therapeutic Exercise 5th Edition, (Philadelphia : F. A. DAVIS COMPANY)
- Lakhsana, Justinus. 2011. Taktik dan Strategi Futsal Modern
- Lakhsana, Justinus. dan H. Pardosi, I. 2006. Inspirasi dan Spirit Futsal. Jakarta: Raih Asa Sukses
- Leopoldo Angrisani. 2015. Frequency agility in cognitive radios: A new measurement algorithm for optimal operative frequency selection
- Liudmila Liutsko. 2014. The Effects of dual task (fine motor precision + cognitive charge) on proprioception.
- Manuel Montero-Odasso. 2012. Dual-Task Complexity Affects Gait in People With MildCognitive Impairment: The Interplay Between Gait Variability, Dual Tasking, and Risk of Falls.
- Mario Jovanovic dkk. 2011. Effects Of Speed, Agility, Quickness Training Method On Power Performance In Elite Soccer Players.

- Miller. 2010. Study The Effect Of Organizational Factor To Implementing The Agility Strategy In Isfahan Municipality. International Journal Of Academic Research In Business And Social Sciences
- Mosby's Medical Dictionary, 2009. Exercise Definition. Diakses 23 November 2016.
Available at : <http://medical-dictionary.thedictionary.com/exercise>
- Mulyono. 2014. Buku Pintar Panduan Futsal. Jakarta: Laskar Aksara
- Mutohir, Toho Cholik, Maksum, Ali. 2007. Sport Development Index (CDI). Konsep Metodologi dan Aplikasi. Jakarta. PT Indeks.
- O'Sullivan, Susan B, dkk, 2004. Physical Rehabilitation Evaluation & Treatment Procedures, F.A Davis Company, Philadelphia.
- Paul J. Read. 2016. Neuromuscular Risk Factors for Knee and Ankle Ligament Injuries in Male Youth Soccer Players
- Prudence Plummer and Gail Eskes. 2015. Measuring treatment effects on dual-task performance a framework for research and clinical practice.
- Rainer Beurskens dkk. 2016. Neural Correlates of Dual-Task Walking: Effects of Cognitive versus Motor Interference in Young Adults.
- Rainer Beurskens, et al. 2016. Neural Correlates of Dual-Task Walking: Effects of Cognitive versus Motor Interference in Young Adults. Hindawi Publishing Corporation
- Sajoto, M. 1995. Peningkatan dan Pembinaan Kekuatan Kondisi Fisik Dalam Olahraga. Semarang : Dahara Priza
- Satriya., Sidik, S., Imanudin, I. 2007. Metodologi Kepelatihan Olahraga. Bandung: Fakultas Pendidikan Olahraga dan Kesehatan UPI. p. 51-58
- Shah, S. 2012. Plyometric exercise. International Journal of Health Sciences & Research, Vol 2; Issue: 1; April 2012.
- Syarulniza Abdul Jamil dkk. 2015. Effects Of Ladder Drills Training On Agility Performance. International Journal of Health, Physical Education and Computer Science in Sports
- Tassiana Mendel dkk. 2014. Dual task training as a therapeutic strategy in neurologic physical therapy: a literature review

- Tenang, D, John. 2008. Mahir Bermain Futsal, Jakarta: Dar Mizan
- Terry L. Nicola, MD, MS. 2012. The Anatomy and Biomechanics of Running
- Thomas R. 2008. Essentials of Strength Training and Conditioning the third edition.
- Wahjoedi. 2000. Landasan Pendidikan Jasmani. Jakarta : PT. Raja Grafindo Persada.
- Wiarto, Giri. 2013. Fisiologi dan Olahraga. Yogyakarta: Graha Ilmu.
- Willmore, Jack H. dan David L. 2004, Physiology of sport and exercise. Canada : Human Kinetics Publisher
- Yusuf Rismawan Hariyoko. 2015. Pengaruh Latihan *Ladder Drills* Dibanding Latihan *Small Sided Game* Terhadap Prestasi Keterampilan Menggiring Bola Pemain Sepak bola.
- Zoran Milanović dkk. 2011. Differences In Agility Performance Between Futsal And Soccer Players