

DAFTAR PUSTAKA

Akuthota V, Ferreiro A, Moore T, Fredericson M, " *Core Stability Exercise Principles*", 2008, Department of Physical Medicine and Rehabilitation, Stanford University School of Medicine, Stanford, CA, available at http://journals.lww.com/acsm-csmr/Abstract/2008/01000/Core_Stability_Exercise_Principles.14.aspx

Biomechanical Aspect of Soccer Performances, available at http://www.coachesinfo.com/index.php?option=com_content&view=article&id=364:biomechanical-article&catid=101:general-articles&Itemid=188

Chabut, Lareine, *Core Strength For Dummies*, (Canada : Wiley Publishing, Inc., Indianapolis, Indiana., 2009).

Definisi Fisiologi Kerja, available at <http://www.scribd.com/doc/44015610/Definisi-Fisiologi-Kerja>

Faiz, Omar, and David Moffat, *Anatomi at Glence*, (Erlangga, Medical Series)

Ganong. W.F, *Fisiologi Kedokteran* ed.20, (Jakarta : EGC, 2003).

Harsono, Moeslim, dan Gandring Sugiantoro (Eds.), *Latihan Kondisi Fisik*, (Jakarta: KONI PUSAT, 1993).

How to Kick a Soccer Ball available at <http://www.ultimatesoccercoaching.com/soccer-kick/soccer-kick.html>

Ikatan Fisioterapi Indonesia, *the Indonesia Physiotherapy Association*, Kumpulan Peraturan dan Keputusan Profesi Fisioterapi Indonesia.

Irfan, Muhammad. *Keseimbangan (Balance)*, available at <http://dhaenkpedro.wordpress.com/keseimbangan>

Kisner, Carolyn, and Lynn Allen Colby, *Therapeutic Exercise 5th Edition*, (Philadelphia : F. A. DAVIS COMPANY, 2007).

Kisner, Carolyn and lynn allen coiby, hlm 14

Matakupan, 2007. *Fisiologi dan Fisiologi Olahraga*, (Jakarta: FIK-UNJ, 2007).

- Michigan. *Soccer Position*, available at
<http://www.michiganfitness.org/publications/documents/Soccerpositionpaper.pdf>
- Movement Analysis of Heading in Soccer*, available at
<http://www.lotsofessays.com/viewpaper/1694522.html>
- Mills, Jonathan. D, Jack E. Taunton, William A. Mills. *The effect of a 10-week training regimen on lumbo-pelvic stability and athletic performance in female athletes: A randomized-controlled trial**. 2005. Faculty of Medicine, Dalhousie University, Room C-132, CRC Building, 5849 University Avenue, Halifax, NS, Canada B3H 4H7, available at
<http://www.google.co.id/search?client=firefox-a&rls=org.mozilla%3AenUS%3Aofficial&channel=s&hl=id&source=hp&biw=1024&bih=548&q=The+effect+Stability+exercise+on+the+agility+&btnG=Penelusuran+Google>
- Reilly, Thomas. *Science and Soccer*. 1996, available at
<http://www.scribd.com/doc/36865462/Science-and-Soccer-Thomas-Reilly>
- Rubenstein (Ed), *Exercise Ideas for Core Strengthening* (Tachoma, Washington, 2005)
- Rubenstein (Ed), *Exercise Ideas for Lower Body Strengthening* (Tachoma, Washington, 2005)
- Shuttle Run Picture*, available at
http://4.bp.blogspot.com/_yqTBKaBpRvA/Svjn8NZR0EI/AAAAAAAAAYA/m_2ZJsf_eY/s400/Futsal+Shuttle+Run.bmp
- Supriyanto, Catur. Perbandingan Efek Latihan *Agility Ladder* ke depan, Latihan *Shuttle Run*, dan *Weave in Weave Out* Terhadap Pemendekan Waktu Reaksi, Pemendekan Waktu Kelincahan (*Agility*), dan Peningkatan Kekuatan Otot Tungkai. (Surabaya, 2010), available at
<http://adln.lib.unair.ac.id/files/disk1/384/gdlhub-gdl-s2-2011-supriyanto-19161-tko121-k.pdf>
- Tenang, D. Jhon, *Mahir Bermain Futsal* (Bandung: DAR! Mizan, 2008).
- Widjaja, Surja, *KINESIOLOGI (The Anatomy of Motion = Anatomi Alat Gerak)*, (Jakarta: FKUI, 1998).