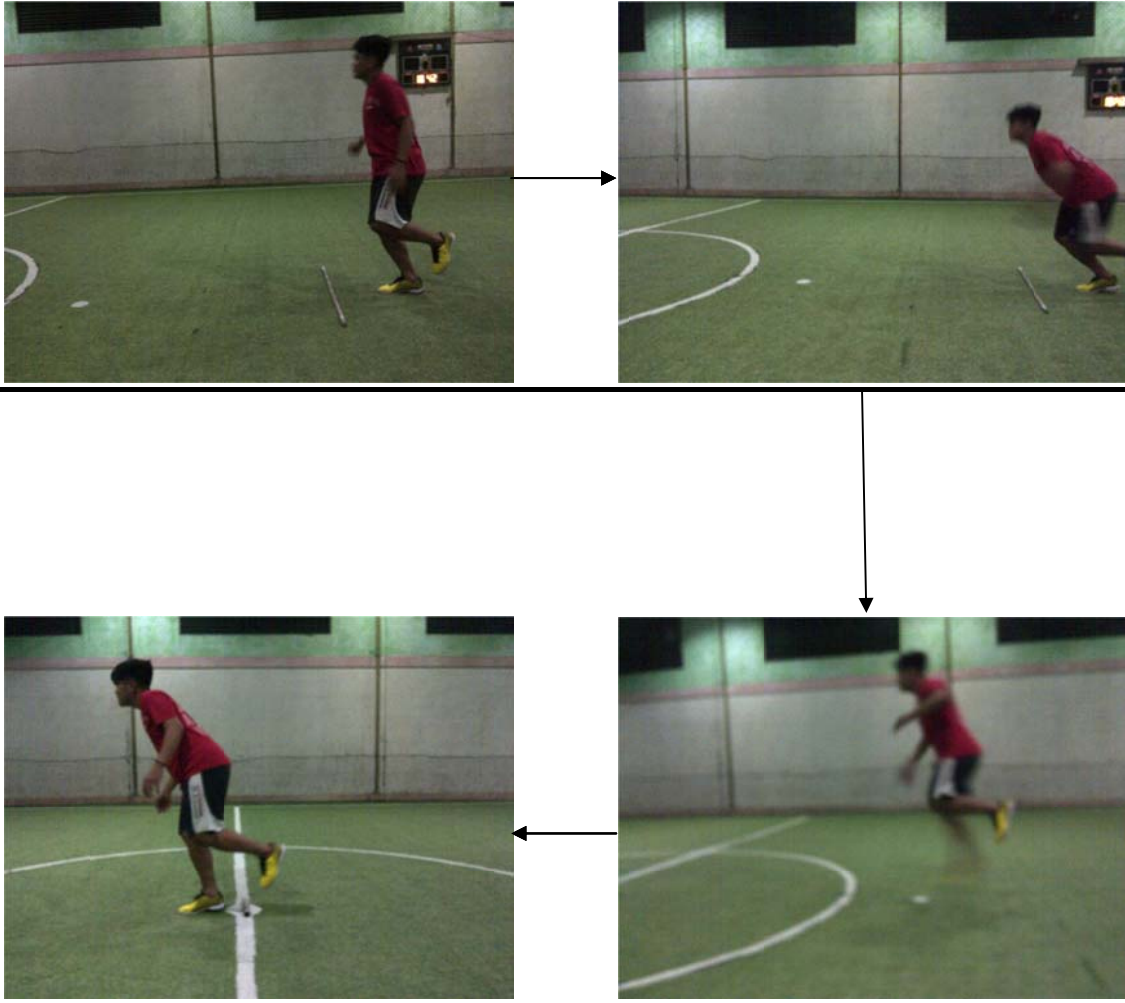


Single Leg Six Meter Hop Test



Latihan Standart Futsal

A. Latihan Berlari (*Running*)



B. Latihan Menyundul (*Heading*)



C. Latihan Menendang (*Kicking*)



D. Latihan Menggiring bola (*Dribble*)



E. Latihan Menahan Bola (*Trapping*)



Body Balance Exercise

A. Rocking Balance



B. Upright Balance



C. Full Body Balance

