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PROGRAM BETTER THAN FIFA 11+ EXERCISE AND CORE STABILITY REDUCE THE RISK OF INJURY TO THE SOCCER PLAYERS IN JAKARTA

Consisting of Chapter VI, 123 pages, an image list 51, register scheme 4, the list of 20 tables, a list of chart 7, annex 7 pages

Objective: Know the difference between the FIFA 11+ program and Core Stability and Plyometric exercise in reducing the risk of injury to a soccer player.

Method: Quasi Experiments where prevention of risk of injury to soccer players. Sampling technique with purposive sampling. The groups were divided based on randomization into treatment group I with FIFA 11+ Program and treatment group II with Core Stability Exercise and Plyometric exercise.

Result: Normality test using Shapiro Wilk Test with group 1 treatment result before intervention $12,33 \pm 0,913$ after interency $17,88 \pm 1,15$ p value before intervention 0,339 after intervention 0,612. Treatment group 2 before intervention $12,25 \pm 0,892$ and value after intervention $16,63 \pm 1,8110$ p value before intervention 0,079 after intervention 0,111. Obtained $p > \alpha$ (0,05) normal distributed data. Homogeneity test using Levene's Test with p value = 0.887 > 0.05 homogeneous data. Hypothesis I test using Paired Sample T Test obtained p value = 0.000. Hypothesis test II using Paired Sample t Test obtained p value = 0.000. Hypothesis Test III using t-Test Independent Sample obtained p value = 0.012.

Conclusion: The FIFA 11+ program with Core stability and Pliometrics can reduce the risk of soccer injuries. The existence of FIFA 11+ Program Differences with Core Stability and Pliometrics in reducing the risk of injury to soccer players.

Keywords: FIFA 11+ program, Core stability, plyometric exercise, the risk of injury, football players.