

DAFTAR PUSTAKA

- Arikunto, S. (1992). *Prosedur Penelitian Suatu Pendekatan Praktek*. Jakarta: Rineka Cipta.
- Arikunto, S. (1993). *Prosedur Penelitian Suatu Pendekatan Praktek*. Jakarta: Rineka Cipta.
- Arikunto, S. (1998). *Prosedur Penelitian Suatu Pendekatan Praktek*. Jakarta: Rineka Cipta.
- Bompa, T. O., & Buzzichelli, C. (2020). *Periodization: Theory and Methodology of Training* (6th ed.). Champaign, IL: Human Kinetics.
- Creswell, J. W., & Creswell, J. D. (2021). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (6th ed.). Thousand Oaks, CA: SAGE Publications.
- FIFA Training Centre. (2021). *Analysis of Goal Scoring Trends and Match Performance in Modern Football*. Zurich: FIFA Technical Department.
- FIFA Training Centre. (2023). *Tactical and Technical Frameworks in Football Development*. Zurich: FIFA Technical Department.
- Field, A. (2022). *Discovering Statistics Using IBM SPSS Statistics* (6th ed.). London: SAGE Publications.
- Ford, P. R., & Williams, A. M. (2022). *Skill Acquisition in Sport: Research, Theory and Practice* (3rd ed.). London: Routledge.
- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2022). *How to Design and Evaluate Research in Education* (11th ed.). New York: McGraw-Hill Education.
- García-Rubio, J., Ibáñez, S. J., & Feu, S. (2022). Small-sided games vs. analytical training in youth soccer: Effects on technical and tactical skill acquisition. *Journal of Sports Sciences*, 40(2), 134-142.
- Ghozali, I. (2021). *Aplikasi Analisis Multivariate Dengan Program IBM SPSS 26* (Edisi 10). Semarang: Badan Penerbit Universitas Diponegoro.
- Giulianotti, R. (2021). *Football: A Sociology of the Global Game* (2nd ed.). Cambridge: Polity Press.
- Haugen, T., Shalfawi, S., & Tønnessen, E. (2021). Biomechanical and neuromuscular demands of linear acceleration vs. lateral change of direction in athletes. *International Journal of Sports Physiology and Performance*, 16(1), 73-81.

- Hidayat, R., Nurdin, A., & Saputra, E. (2022). Pengaruh variasi latihan dribbling terhadap keterampilan bermain sepak bola pada peserta ekstrakurikuler. *Journal of Physical Education, Sport, Health and Recreation*, 11(1), 50-56.
- Hill-Haas, S. V., Dawson, B., Impellizzeri, F. M., & Coutts, A. J. (2020). Physiology of small-sided games training in football: A systematic review. *Sports Medicine*, 50(2), 211-225.
- Nurhasan. (2000). Tes dan Pengukuran dalam Pendidikan Jasmani: Prinsip-Prinsip dan Penerapannya. Jakarta: Direktorat Jenderal Olahraga, Departemen Pendidikan Nasional.
- Owen, A. L., Wong, d. P., Dunlop, G., & Dellal, A. (2021). High-intensity training variable route manipulation and motor control focus in elite football. *Journal of Strength and Conditioning Research*, 35(1), 88-97.
- Pratama, A., & Nugroho, S. (2023). Pembinaan olahraga prestasi dan partisipasi masyarakat dalam sepak bola modern. *Jurnal Ilmu Keolahragaan*, 15(1), 42-50.
- Pratama, A., Nugroho, S., & Suryadi, D. (2021). Pengaruh latihan dribbling menggunakan cone terhadap keterampilan menggiring bola pada siswa sekolah menengah pertama. *Jurnal Pendidikan Jasmani dan Olahraga*, 6(1), 52-60.
- Pratama, R., Hidayat, T., & Kurniawan, F. (2022). Efektivitas latihan dribbling linear dalam meningkatkan kecepatan kontrol bola pemain usia sekolah. *Jurnal Kepelatihan Olahraga*, 14(1), 53-61.
- Putra, R. A. (2022). *Dasar-Dasar Teknik dan Taktik Sepak Bola Modern*. Bandung: Alfabeta.
- Rebelo, A. N., Silva, P., Rabelo, F., & Barreira, D. (2022). The impact of cone-based agility and change of direction drills on ball control and balance in young football players. *Human Movement Science*, 81, 59-68.
- Roca, A., & Ford, P. R. (2025). Spatial variability in obstacle design for enhancing motor creativity and technical adaptation in soccer players. *Physical Education and Sport Pedagogy*, 30(1), 110-120.
- Sarmiento, H., Clemente, F. M., Araújo, D., Davids, K., & Marques, A. (2023). Technical skill acquisition and game performance integration in youth football: A comprehensive review. *Sports Medicine*, 53(1), 104-122.
- Schmidt, R. A., & Lee, T. D. (2020). *Motor Learning and Performance: From Principles to Application* (6th ed.). Champaign, IL: Human Kinetics.
- Silva, M., Duarte, R., Sampaio, J., & Garganta, J. (2023). Integrating technical drills with small-sided games: Effects on ball control and dribbling success in youth soccer. *Journal of Sports Science & Medicine*, 22(1), 75-84.

- Stølen, T., Chamari, K., Castagna, C., & Wisløff, U. (2025). Physiology of soccer: An update on motor adaptation and training load mechanics. *Sports Medicine*, 55(2), 200-215.
- Sucipto. (2000). *Sepak Bola*. Jakarta: Departemen Pendidikan dan Kebudayaan.
- Sucipto, dkk. (2000). *Sepak Bola*. Jakarta: Departemen Pendidikan dan Kebudayaan.
- Sudjana. (1989). *Metoda Statistik (Edisi ke-5)*. Bandung: Tarsito.
- Suherman, A. (2003). *Pembelajaran Keterampilan Dasar Sepak Bola*. Bandung: FPOK UPI.
- Suryadi, D., & Kurniawan, A. (2020). Perbandingan pengaruh latihan dribbling zig-zag dan dribbling lurus terhadap kemampuan dribbling pemain sepak bola usia sekolah. *Jurnal Keolahragaan*, 8(2), 85-93.
- Suryadi, D., & Kurniawan, A. (2021). Perubahan arah berbasis cone dalam meningkatkan kelincahan dan kontrol bola pada pemain muda. *Jurnal Keolahragaan*, 9(1), 86-94.
- Taylor, J. B., Wright, M. D., & Dischiavi, S. L. (2021). Holistic integration of technical, physical, tactical, and psychological capacities in modern soccer performance. *Journal of Human Kinetics*, 78(1), 55-65.
- Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2022). *Research Methods in Physical Activity (8th ed.)*. Champaign, IL: Human Kinetics.
- Turner, A. N., & Comfort, P. (2024). *Advanced Strength and Conditioning: An Evidence-Based Approach (2nd ed.)*. London: Routledge.
- Williams, A. M., & Hodges, N. J. (2021). *Skill Acquisition in Sport: Developing Elite Performers (3rd ed.)*. London: Routledge.