

DAFTAR PUSTAKA

- Al-Khanjari, Z., Al-Kindi, K., Al-Zidi, A., & Baghdadi, Y. (2014). M-Learning: The new horizon of learning at SQU. *The Journal of Engineering Research [TJER]*, 11(2), 15–26. <https://doi.org/doi.org/10.24200/tjer>
- Ali, S., Champagne, D. L., Alia, A., & Richardson, M. K. (2011). Large-scale analysis of acute ethanol exposure in zebrafish development: a critical time window and resilience. *PloS One*, 6(5), e20037. <https://doi.org/10.1371/journal.pone.0020037>
- Alrasheedi, M., Capretz, L. F., & Raza, A. (2015). A systematic review of the critical factors for success of mobile learning in higher education (university students' perspective). *Journal of Educational Computing Research*, 52(2), 257–276.
- Anderson, L. W., & Krathwohl, D. R. (2021). *A taxonomy for learning, teaching, and assessing: A revision of Bloom's taxonomy of educational objectives*. Longman.
- Anmarkrud, Ø., Andresen, A., & Bråten, I. (2019). Cognitive Load and Working Memory in Multimedia Learning: Conceptual and Measurement Issues. *Educational Psychologist*, 54(2), 61–83. <https://doi.org/doi.org/10.1080/00461520.2018.1554484>
- Ardiyanto, H., & Fajaruddin, S. (2019). Tinjauan atas artikel penelitian dan pengembangan pendidikan di Jurnal Keolahragaan. *Jurnal Keolahragaan*, 7(1), 83–93.
- Batty, E. C. (2005). Latihan sepakbola metode baru. Bandung: Pionir Jaya.
- Bompa, T. O., & Haff, G. G. (2009). Periodization theory and methodology of training. In *United State of America: Human Kinetics* (5th ed.).
- Borg, W. R., & Gall, D. (1971). *Educational Research An Introduction*. David M Kay Company.
- Borg, W. R., & Gall, M. D. (1984). Educational research: An introduction. *British Journal of Educational Studies*, 32(3).
- Cairncross, S., & Mannion, M. (2001). Interactive multimedia and learning: Realizing the benefits. *Innovations in Education and Teaching International*, 38(2), 156–164. <https://doi.org/doi.org/10.1080/14703290110035428>
- Callery, S. (1991). Soccer: technique, tactics, training. (*No Title*).
- Campos-Vazquez, M. A., Mendez-Villanueva, A., Gonzalez-Jurado, J. A., León-Prados, J. A., Santalla, A., & Suarez-Arpones, L. (2015). Relationships between rating-of-perceived-exertion-and heart-rate-derived internal training load in professional soccer players: a comparison of on-field integrated

- training sessions. *International Journal of Sports Physiology and Performance*, 10(5), 587–592.
- Clemente, F. M., Figueiredo, A. J., Martins, F. M. L., Mendes, R. S., & Wong, D. P. (2016). Physical and technical performances are not associated with tactical prominence in U14 soccer matches. *Research in Sports Medicine*, 24(4), 352–362. <https://doi.org/doi.org/10.1080/15438627.2016.1222277>
- Cloak, R., Nevill, A., Smith, J., & Wyon, M. (2014). The acute effects of vibration stimulus following FIFA 11+ on agility and reactive strength in collegiate soccer players. *Journal of Sport and Health Science*, 3(4), 293–298. <https://doi.org/10.1016/j.jshs.2014.03.014>
- Coker, C. A. (2021). *Motor learning and control for practitioners*. Routledge.
- Colasante, M., & Lang, J. (2012). Can a media annotation tool enhance online engagement with learning? A multi-case work-in-progress report. *Proceedings of the CSEDU'2012-4th International Conference on Computer Supported Education*, 455–464.
- Danurwindo, D., Putera, G., Sidik, B., & Prahara, J. L. (2017). Kurikulum pembinaan sepakbola Indonesia. In *Persatuan Sepak Bola Indonesia*.
- Din, C., & Paskevich, D. (2013). An integrated research model of Olympic podium performance. *International Journal of Sports Science & Coaching*, 8(2), 431–444.
- Duvendack, M., Palmer-Jones, R., Copestake, J. G., Hooper, L., Loke, Y., & Rao, N. (2011). *What is the evidence of the impact of microfinance on the well-being of poor people?* EPPI-Centre, Social Science Research Unit, Institute of Education~....
- Erika, Y. (2015). Pengembangan Model Permainan Lompat Kodok dalam Latihan Penjasorkes pada Atlet Kelompok IV SDN 3 Tumpangkrasak Kecamatan Jati Kabupaten Kudus tahun 2013. *Journal of Physical Education , Sport , Health and Recreations*, 4(7), 1957–1962.
- Ermral, E. (2017). *Pengantar Teori dan Metodologi Pelatihan Fisik*. Kencana.
- Evangelos, B., Georgios, K., Konstantinos, A., Gissis, I., Papadopoulos, C., & Aristomenis, S. (2012). Proprioception and balance training can improve amateur soccer players' technical skills. *Journal of Physical Education and Sport*, 12(1), 81–89.
- Ferraz, R., van den Tillar, R., & Marques, M. C. (2017). The influence of different exercise intensities on kicking accuracy and velocity in soccer players. *Journal of Sport and Health Science*, 6(4), 462–467.
- Forsman, H., Blomqvist, M., Davids, K., Liukkonen, J., & Konttinen, N. (2016). Identifying technical, physiological, tactical and psychological characteristics

- that contribute to career progression in soccer. *International Journal of Sports Science and Coaching*, 11(4), 505–513. <https://doi.org/10.1177/1747954116655051>
- Frank, G. (2009). *Soccer Training Programs*. Meyer & Meyer Verlag.
- Gagne, R. M., Wager, W. W., Golas, K. C., Keller, J. M., & Russell, J. D. (2005). *Principles of instructional design*. Wiley Online Library.
- Goran, M. I., & Reynolds, K. (2005). Interactive multimedia for promoting physical activity (IMPACT) in children. *Obesity Research*, 13(4), 762–771. <https://doi.org/10.1038/oby.2005.86>
- Grossmann, B., & Lames, M. (2015). From talent to professional football--youthism in German football. *International Journal of Sports Science & Coaching*, 10(6), 1103–1113.
- Hakman, A., Vaskan, I., Kljus, O., Liasota, T., Palichuk, Y., & Yachniuk, M. (2018). Analysis of the acquisition of expertise and mastery of physical skills for performing techniques by young footballers. *Journal of Physical Education and Sport*, 18, 1237–1242. <https://doi.org/10.7752/jpes.2018.s2184>
- Hostrup, M., & Bangsbo, J. (2017). Limitations in intense exercise performance of athletes--effect of speed endurance training on ion handling and fatigue development. *The Journal of Physiology*, 595(9), 2897–2913.
- Husdarta, J. S., & Saputra, Y. M. (2013). Belajar dan latihan. Bandung: Alfabeta.
- Ioannis, G. (2013). Comparison of physical capacities strength and speed of different competition level football players. *Journal of Physical Education and Sport*, 13(2), 255. <https://doi.org/10.7752/jpes.2013.02042>
- Ipang & Heri. (2014). *Pengembangan Permainan Tradisional Gobak Sodor Bola dalam Latihan Penjas pada Atlet SD*. 4(1), 1–7. <https://doi.org/doi.org/10.15294/miki.v4i1.4395>
- Izovska, J., Maly, T., & Zahalka, F. (2016). Revealing the decision-making of dribbling in the sport of futsal. *Journal of Sports Sciences*, 34(24), 2321–2328. <https://doi.org/10.1080/02640414.2016.1232488>
- Izovska, Jana, Maly, T., & Zahalka, F. (2016). Relationship between speed and accuracy of instep soccer kick. *Journal of Physical Education and Sport*, 16(2), 459–464. <https://doi.org/10.7752/jpes.2016.02070>
- Komalasari, K., & Rahmat, R. (2019). Living Values Based Interactive Multimedia in Civic Education Learning. *International Journal of Instruction*, 12(1), 113–126. <https://doi.org/10.29333/iji.2019.1218a>
- Koumi, J. (2006). *Designing video and multimedia for open and flexible learning*. Routledge.

- Lloyd, R. S., & Oliver, J. L. (2019). *Strength and conditioning for young athletes: science and application*. Routledge.
- Lubis, J. (2016). *PANDUAN PRAKTIS PENYUSUNAN PROGRAM LATIHAN* (J. Lubis (ed.). PT. Raja Grafindo Persada.
- Luxbacher, J. A. (2011). Sepakbola (Edisi Kedua). In Jakarta: PT Rajagrafindo Persada. Rajagrafindo Persada.
- Macpherson, T. W., & Weston, M. (2015). The effect of low-volume sprint interval training on the development and subsequent maintenance of aerobic fitness in soccer players. *International Journal of Sports Physiology and Performance*, 10(3), 332–338.
- Magill, R. A., & Anderson, D. I. (2016). *Motor Learning and Control: Concepts and Applications* (Eleventh E). Mc Graw Hill Education. <https://lccn.loc.gov/2016014094>.
- Mazzantini, M., & Bombardieri, S. (2013). *Full Season Academy Training Program U13-15: 48 Sessions (240 Practices) from Italian Serie'a'Coaches* (Vol. 2). SoccerTutor. com.
- Memmel, C., Krutsch, W., Lukaszenko, A., & Loose, O. (2022). Epidemiology of Injuries in Sport. In *Youth Football* (pp. 69–74). Springer Link. https://doi.org/10.1007/978-3-662-64532-1_11
- Menegassi, V. M., Rechenchosky, L., Borges, P. H., Nazario, P. F., Carneiro, A. F. F., Fiorese, L., & Rinaldi, W. (2018). Impact of motivation on anxiety and tactical knowledge of young soccer players. *Journal of Physical Education and Sport*, 18(1), 170–174. <https://doi.org/10.7752/jpes.2018.01022>
- Mielke, D. (2003). *Seri Dasar-dasar Olahraga: Dasar-dasar Sepakbola*. Pakar Raya.
- Mohammed, Z., & Kohl, K. (2016). Which orthoptic visual approach evaluates shooting skill accuracy in soccer players? *Journal of Physical Education and Sport*, 16(2), 471–475. <https://doi.org/10.7752/jpes.2016.02072>
- Mutlu-Bayraktar, D., Cosgun, V., & Altan, T. (2019). Cognitive load in multimedia learning environments: A systematic review. *Computers & Education*, 141, 103618. <https://doi.org/doi.org/10.1016/j.compedu.2019.103618>
- Norris, S. R. (2010). Long-Term Athlete Development Canada. In *Current Sports Medicine Reports* (Vol. 9, Issue 6). <https://doi.org/10.1249/jsr.0b013e3181fe3c44>
- Nusir, S., Alsmadi, I., Al-Kabi, M., & Sharadgah, F. (2012). Studying the Impact of Using Multimedia Interactive Programs at Children Ability to Learn Basic Math Skills. *Acta Didactica Napocensia*, 5(2), 17–32. <https://doi.org/doi.org/10.2304/elea.2013.10.3.305>

- Nusri, D. (2018). The Journal of Educational Development Developing Instruments to Measure Long Passing and Shooting Skills of the Football School Students of Medan City The preliminary study gives the result that the Football School (SSB) trainers in Medan City do not yet. *The Journal of Educational Development*, 6(3), 280–290.
- Oppici, L., Panchuk, D., Serpiello, F. R., & Farrow, D. (2018). Futsal task constraints promote transfer of passing skill to soccer task constraints. *European Journal of Sport Science*, 18(7), 947–954.
- Payne, V. G. (2017). Human Motor Development. In *Human Motor Development*. <https://doi.org/10.4324/9781315213040>
- Qomara, D. (2016). *PENGEMBANGAN PERMAINAN TIBOY UNTUK LATIHAN PENDIDIKAN JASMANI OLAHRAGA DAN KESEHATAN* Dwi Qomara. 3, 51–59.
- Ramirez-Campillo, R., Henriquez-Olguin, C., Burgos, C., Andrade, D. C., Zapata, D., Martínez, C., Alvarez, C., Baez, E. I., Castro-Sepúlveda, M., Peñailillo, L., & others. (2015). Effect of progressive volume-based overload during plyometric training on explosive and endurance performance in young soccer players. *The Journal of Strength & Conditioning Research*, 29(7), 1884–1893.
- Reilly, T., Williams, A. M., & Richardson, D. (2003). Identifying talented players. In *Science and soccer* (pp. 315–334). Routledge.
- Serpiello, F. R., Cox, A., Oppici, L., Hopkins, W. G., & Varley, M. C. (2017). The Loughborough Soccer Passing Test has impractical criterion validity in elite youth football. *Science and Medicine in Football*, 1(1), 60–64. <https://doi.org/10.1080/02640414.2016.1254810>
- Setyo, A. A., Fathurahman, M., Anwar, Z., PdI, S., & others. (2020). *Strategi Latihan Problem Based Learning* (Vol. 1). Yayasan Barcode.
- Sidik, D. Z., Pesurnay, P. L., & Afari, L. (2019). Pelatihan kondisi fisik. Bandung: PT. Remaja Rosdakarya.
- Siskos, A., Antoniou, P., Papaioannou, A., & Laparidis, K. (2005). Effects of Multimedia Computer-Assisted Instruction (MCAI) on Academic Achievement in Physical Education of Greek Primary Students. *Interactive Educational Multimedia: IEM*, 10, 61–77.
- Soo-Phing, B., & NEO, T.-K. (2007). Interactive Multimedia Learning: Students' Attitudes and Learning Impact in an Animation Course. *The Turkish Online Journal of Educational Technology (TOJET)*, 6(4), 28–37.
- Sugiyono. (2010a). *Metode Penelitian Pendidikan: Pendekatan Kuantitatif, Kualitatif, dan R&D*. Alfabeta.

- Sugiyono, D. (2010b). *Memahami penelitian kualitatif*.
- Sukadiyanto \& Muluk, D. (2011). Pengantar teori dan metodologi melatih fisik. *Bandung: Lubuk Agung*.
- Sutanta, N. (2019). *Anatom Fisiologi Manusia*. Yogyakarta: Thema Publishing.
- Tangkudung, J., & Puspitorini, W. (2012). Kepelatihan Olahraga Pembinaan Prestasi Olahraga. In *cerdas jaya*.
- Toperesu, B., Van Belle, J.-P., & others. (2018). Mobile Learning Considerations in Higher Education: Potential Benefits and Challenges for Students and Institutions. In *International Association for Development of the Information Society* (pp. 1–8). ERIC.
- Umar, S. (2019). *Moh. Miftachul Choiri*.
- Valente-dos-Santos, J., Coelho-e-Silva, M. J., Simões, F., Figueiredo, A. J., Leite, N., Elferink-Gemser, M. T., Malina, R. M., & Sherar, L. (2012). Modeling developmental changes in functional capacities and soccer-specific skills in male players aged 11-17 years. *Pediatric Exercise Science*, 24(4), 603–621.
- Widiastuti, N. I. (2018). Deep Learning--Now and Next in Text Mining and Natural Language Processing. *IOP Conference Series: Materials Science and Engineering*, 407(1), 12114.
- Wiguna, I. B. (2017). Teori dan aplikasi latihan kondisi fisik. *Rajawali Pres*. Jakarta.
- Winarni, A. & S. (2016). *Model Latihan Integratif Penjasorkes Materi Atletik Dengan Pendidikan Ipa Materi Biologi Untuk Atlet SMP*. 4(September), 175–185.