

DAFTAR GAMBAR

	Halaman
Gambar 2. 1. Lapangan Sepakbola.....	11
Gambar 2. 2. Bola Sepakbola.....	11
Gambar 3. 1 Desain Penelitian <i>One Shot Method Model</i>	26
Gambar 3. 2 Pelaksanaan <i>Push Up</i>	28
Gambar 3. 3 Pelaksanaan <i>Sit Up</i>	29
Gambar 3. 4 Pelaksanaan <i>Sprint 30 Meter</i>	30
Gambar 3. 5 Pelaksaasn <i>Shuttle Run Test</i>	31
Gambar 3. 6 Pelaksanaan <i>Standing Long Jump</i>	33
Gambar 3. 7 Pelaksanaan <i>Yo-Yo Intermittent Test Level 2</i>	34
Gambar 3. 8. Pelaksanaan Tes <i>Stork Stand</i>	36
Gambar 4. 1 Persentase (%) Profil Kondisi Fisik secara Keseluruhan.....	46
Gambar 4. 2 Persentase (%) Tes <i>Push Up</i>	47
Gambar 4. 3 Persentase (%) Tes <i>Sit Up</i>	48
Gambar 4. 4 Persentase (%) Tes <i>Shuttle Run</i>	50
Gambar 4. 5 Persentase (%) Tes <i>Sprint 30 m</i>	51
Gambar 4. 6 Persentase (%) <i>Standing Long Jump</i>	52
Gambar 4. 7 Persentase (%) Tes <i>Stork Stand</i>	53
Gambar 4. 8 Persentase (%) Tes <i>Yoyo Intermittent Test Level 2</i>	54

