



**SURAT PERJANJIAN PENUGASAN
PELAKSANAAN PENELITIAN KERJASAMA LUAR NEGERI
TAHUN ANGGARAN 2020
Nomor : 38.4.5/UN37/PPK.4.6/2020**

Pada hari ini **Senin** tanggal **Empat** bulan **Mei** tahun **Dua** ribu dua puluh, kami yang bertandatangan di bawah ini:

1. Prof. Dr. Tandiy Rahayu, M.Pd. : **Pejabat Pembuat Komitmen** Fakultas Ilmu Keolahragaan Universitas Negeri Semarang yang berkedudukan di Semarang, berdasarkan Keputusan Rektor Universitas Negeri Semarang Nomor : B/1/UN37/ HK/2020 tanggal, 2 Januari 2020, dalam hal ini bertindak untuk dan atas nama KPA Universitas Negeri Semarang, untuk selanjutnya disebut **PIHAK PERTAMA**;
2. Sri Sumartiningsih, S.Si. M.Kes., Ph.D., AIFO. : **Dosen Fakultas Ilmu Keolahragaan Universitas Negeri Semarang**, dalam hal ini bertindak sebagai Pengusul dan Ketua Pelaksana Penelitian tahun anggaran 2020 untuk selanjutnya disebut **PIHAK KEDUA**

PIHAK PERTAMA dan **PIHAL KEDUA** secara bersama-sama bersepakat mengikatkan diri dalam suatu Perjanjian Penugasan Pelaksanaan Penelitian dengan ketentuan dan syarat-syarat yang diatur dalam pasal-pasal berikut.

**PASAL 1
Dasar Hukum**

1. Keputusan Rektor Universitas Negeri Semarang Nomor : B/651/UN37/HK.02/2019 tanggal 15 Juli 2019 tentang Pemberhentian dan Pengangkatan Dekan di Lingkungan Universitas Negeri Semarang Periode 2019-2023
2. Keputusan Rektor Universitas Negeri Semarang Nomor : B/1/UN37/HK/2020 tanggal, 2 Januari 2020 tentang Pengangkatan Pejabat Perbendaharaan/ Pengelola Keuangan Tahun Anggaran 2020 Universitas Negeri Semarang
3. Keputusan Dekan 4509/UN37.1.6/PG/2020 tanggal 28 April 2020 tentang Penetapan Penerimaan Penelitian Fakultas Ilmu Keolahragaan Universitas Negeri Semarang Tahun 2020
4. Daftar Isian Pelaksanaan Anggaran (DIPA) Universitas Negeri Semarang (UNNES) Nomor DIPA 023.17.2.677507/2020, tanggal 27 Desember 2019

**PASAL 2
Ruang Lingkup Perjanjian**

- (1) **PIHAK PERTAMA** memberi tugas kepada **PIHAK KEDUA**, dan **PIHAK KEDUA** menerima tugas tersebut untuk melaksanakan Penelitian Kerjasama Luar Negeri tahun 2020 dengan judul "Effect of FIFA 11+ on physiological responses, physical and skill attributes of 9-10 years old soccer players

- (2) **PIHAK KEDUA** bertanggungjawab penuh atas pelaksanaan, administrasi dan keuangan atas pekerjaan/kegiatan sebagaimana dimaksud pada ayat (1) dan berkewajiban menyerahkan semua bukti-bukti pengeluaran serta dokumen pelaksanaan lainnya kepada **PIHAK PERTAMA**.

PASAL 3
Dana Penelitian

- (1) Besarnya dana untuk melaksanakan penelitian dengan judul sebagaimana dimaksud pada Pasal 2 adalah sebesar Rp. 45.000.000,- (Empat Puluh Lima Juta Rupiah) sudah termasuk pajak.
- (2) Dana Penelitian sebagaimana dimaksud pada ayat (1) dibebankan pada Daftar Isian Pelaksanaan Anggaran (DIPA) Universitas Negeri Semarang (UNNES) Nomor DIPA 023.17.2.677507/2020, tanggal 27 Desember 2019.

PASAL 4
Tata Cara Pembayaran Dana Penelitian

- (1) **PIHAK PERTAMA** akan membayarkan Dana Penelitian kepada **PIHAK KEDUA** secara bertahap dengan ketentuan sebagai berikut:
- a. Pembayaran Tahap Pertama sebesar 70% dari total dana penelitian yaitu $70\% \times \text{Rp } 45.000.000 = \text{Rp } 31.500.000$ (Tiga Puluh Satu Juta Lima Ratus Ribu Rupiah) dibayarkan oleh **PIHAK PERTAMA** kepada **PIHAK KEDUA** setelah :
- (1) Mengunggah hasil revisi proposal dan disahkan oleh Pejabat yang berwenang, RAB, dan instrumen penelitian ke SIPP.
 - (2) Menyerahkan hardcopy asli revisi proposal dan disahkan oleh Pejabat yang berwenang, RAB, instrumen penelitian, dan nota persetujuan hasil evaluasi instrumen penelitian masing-masing dua eksemplar kepada **PIHAK PERTAMA**.
- b. Pembayaran Tahap Kedua sebesar 30% dari total dana penelitian yaitu $30\% \times \text{Rp } 45.000.000 = \text{Rp } 13.500.000$,- (Tiga Belas Juta Lima Ratus Ribu Rupiah) bayarkan oleh **PIHAK PERTAMA** kepada **PIHAK KEDUA** setelah :
- 1) Mengunggah ke SIPP :
 - Catatan harian 70%, laporan penggunaan anggaran 70% dan laporan kemajuan, selambat-lambatnya 4 Agustus 2020
 - Draf Laporan Akhir selambat-lambatnya 8 Oktober 2020
 - Catatan harian 100%, laporan akhir yang telah disetujui Evaluator dan disahkan oleh Pejabat yang berwenang, laporan keuangan 100%, artikel ilmiah dan luaran penelitian yang dicapai, selambat-lambatnya 4 November 2020
 - 2) Menyerahkan hardcopy masing-masing dua eksemplar kepada **PIHAK PERTAMA** :
 - Catatan harian 70%, laporan penggunaan anggaran 70% dan laporan kemajuan, selambat-lambatnya 4 Agustus 2020
 - Catatan harian 100%, laporan akhir yang telah disetujui Evaluator dan disahkan oleh Pejabat yang berwenang, laporan keuangan 100%, artikel ilmiah dan luaran penelitian yang dicapai selambat-lambatnya 4 November 2020
- (2) Dana Penelitian sebagaimana dimaksud pada ayat (1) disalurkan oleh **PIHAK PERTAMA** kepada **PIHAK KEDUA** melalui rekening BNI atas nama Sri Sumartiningsih, S.Si. M.Kes., Ph.D., AIFO. dengan nomor rekening 0246685427

PASAL 5
Jangka Waktu

Jangka waktu pelaksanaan penelitian yang dimaksud dalam Pasal 2 sampai 100% adalah terhitung sejak tanggal 4 Mei 2020 dan berakhir pada tanggal 4 November 2020.

PASAL 6
Janji Luaran

- (1) **PIHAK KEDUA** berkewajiban memenuhi janji luaran wajib yaitu berupa 2 artikel jurnal terindeks Scopus (accepted), 1 artikel ISPHE 2020 (published) selambat-lambatnya **31 Oktober 2021**.
- (2) Apabila janji luaran wajib sebagaimana dimaksud dalam ayat (1) tidak dipenuhi dalam batas waktu tersebut, maka secara administratif **PIHAK KEDUA** tidak dapat mengajukan proposal penelitian pada tahun berikutnya.
- (3) **PIHAK KEDUA** berkewajiban melaporkan perkembangan pencapaian janji luaran sebagaimana dimaksud pada ayat (1) kepada **PIHAK PERTAMA**

PASAL 7
Hak dan Kewajiban Para Pihak

- (1) **Hak dan Kewajiban PIHAK PERTAMA**
 - a. **PIHAK PERTAMA** berhak untuk mendapatkan luaran wajib penelitian dari **PIHAK KEDUA** sebagaimana dimaksud dalam pasal 6.
 - b. **PIHAK PERTAMA** berkewajiban untuk memberikan dana penelitian kepada **PIHAK KEDUA** dengan jumlah sebagaimana dimaksud dalam Pasal 3 dan dengan tata cara pembayaran sebagaimana dimaksud dalam Pasal 4.
- (2) **Hak dan Kewajiban PIHAK KEDUA**
 - a. **PIHAK KEDUA** berhak menerima dana penelitian dari **PIHAK PERTAMA** dengan jumlah sebagaimana dimaksud dalam Pasal 3 dan dengan tata cara pembayaran sebagaimana dimaksud dalam Pasal 4
 - b. **PIHAK KEDUA** berkewajiban menyerahkan luaran wajib penelitian kepada **PIHAK PERTAMA** sebagaimana dimaksud dalam pasal 6.

PASAL 8
Laporan Pelaksanaan Penelitian

- (1) **PIHAK KEDUA** berkewajiban untuk menyampaikan kepada **PIHAK PERTAMA** berupa laporan kemajuan dan laporan akhir mengenai luaran penelitian dan rekapitulasi penggunaan anggaran sesuai dengan jumlah dana yang diberikan oleh **PIHAK PERTAMA** yang tersusun secara sistematis sesuai pedoman yang ditentukan oleh **PIHAK PERTAMA**.
- (2) **PIHAK KEDUA** berkewajiban mengunggah catatan harian 70%, laporan penggunaan anggaran 70% dan laporan kemajuan, paling lambat **4 Agustus 2020**
- (3) **PIHAK KEDUA** berkewajiban menyerahkan hardcopy catatan harian 70%, laporan penggunaan anggaran 70% dan laporan kemajuan masing-masing dua eksemplar kepada **PIHAK PERTAMA** paling lambat **4 Agustus 2020**
- (4) **PIHAK KEDUA** berkewajiban mengunggah laporan akhir, laporan keuangan 100%, artikel ilmiah dan tambahan luaran penelitian, selambat-lambatnya **4 November 2020**
- (5) **PIHAK KEDUA** berkewajiban menyerahkan masing-masing dua eksemplar catatan harian 100%, laporan akhir yang telah disetujui Evaluator dan disahkan oleh Pejabat yang berwenang, nota persetujuan laporan akhir dari evaluator, laporan keuangan 100%, artikel ilmiah, profil penelitian, Poster dan luaran wajib yang telah dicapai selambat-lambatnya **4 November 2020**
- (6) Laporan hasil penelitian sebagaimana tersebut pada ayat (4) harus memenuhi ketentuan sebagai berikut:
 - a. Format font Times New Romans, ukuran 12 spasi 1,5
 - b. Bentuk/ukuran kertas A4
 - c. Warna cover Hijau Tua
 - d. Di bawah bagian sampul cover ditulis:

Dibiayai oleh :

Daftar Isian Pelaksanaan Anggaran (DIPA) Universitas Negeri Semarang
Nomor DIPA 023.17.2.677507/2020, tanggal 27 Desember 2019 sesuai dengan Surat Perjanjian
Pelaksanaan Penelitian Dana DIPA UNNES Tahun 2020
Nomor: 38.4.5/UN37/PPK.4.6/2020, tanggal 4 Mei 2020

PASAL 9
Monitoring dan Evaluasi

Dalam rangka pengawasan, **PIHAK PERTAMA** akan melakukan Monitoring dan Evaluasi internal terhadap kemajuan pelaksanaan Penelitian Tahun Anggaran 2020

PASAL 10
Penilaian Luaran

Penilaian luaran penelitian dilakukan oleh Komite Penilai/ *Reviewer* Luaran sesuai dengan ketentuan yang berlaku.

PASAL 11
Pergantian Ketua Pelaksana

- (1) Apabila **PIHAK KEDUA** selaku ketua pelaksana tidak dapat melaksanakan penelitian, maka **PIHAK KEDUA** wajib mengusulkan pengganti ketua pelaksana yang merupakan salah satu anggota tim kepada **PIHAK PERTAMA**.
- (2) Perubahan terhadap susunan tim pelaksana dan substansi pelaksanaan penelitian ini dapat dibenarkan apabila telah mendapatkan persetujuan tertulis dari **PIHAK PERTAMA**.
- (3) Apabila **PIHAK KEDUA** tidak dapat melaksanakan tugas dan tidak ada pengganti ketua sebagaimana dimaksud pada ayat (1), maka **PIHAK KEDUA** harus mengembalikan dana penelitian kepada **PIHAK PERTAMA** yang selanjutnya disetorkan ke Kas Negara.
- (4) Bukti setor sebagaimana dimaksud pada ayat (3) disimpan oleh **PIHAK PERTAMA**.

PASAL 12
Sanksi

- (1) Apabila sampai dengan batas waktu yang telah ditetapkan untuk pelaksanaan Kontrak Penelitian telah berakhir, pihak kedua belum menyelesaikan tugasnya dan atau terlambat mengirimkan dan mengunggah laporan kemajuan, catatan harian, Surat Pernyataan Tanggungjawab Belanja (SPTB) dan laporan akhir, maka **PIHAK KEDUA** dikenakan sanksi denda sebesar 1‰ (satu permil) untuk setiap hari keterlambatan sampai dengan setinggi-tingginya 5% (lima persen) dihitung dari tanggal jatuh tempo dan denda administratif (tidak dapat mengajukan proposal penelitian dalam kurun waktu dua tahun berturut-turut).
- (2) Peneliti/pelaksana yang tidak hadir dalam kegiatan monitoring dan evaluasi tanpa pemberitahuan sebelumnya pada pihak pertama maka pelaksana penelitian tidak berhak menerima dana tahap kedua sebesar 30%.

PASAL 13
Pembatalan Perjanjian

- (1) Apabila dikemudian hari terbukti bahwa judul Penelitian sebagaimana dimaksud dalam Pasal 2 dijumpai adanya indikasi duplikasi dengan Penelitian lain dan/atau diperoleh indikasi ketidakjujuran/itikad kurang baik yang tidak sesuai dengan kaidah ilmiah, maka kegiatan Penelitian tersebut dinyatakan batal, dan **PIHAK KEDUA** wajib mengembalikan dana Penelitian yang telah diterima dari **PIHAK PERTAMA** yang selanjutnya akan disetor ke Kas Negara.
- (2) Bukti setor sebagaimana dimaksud pada ayat (1) disimpan oleh **PIHAK PERTAMA**

PASAL 14

Pajak-Pajak

- (1) **PIHAK KEDUA** berkewajiban memungut dan menyetor pajak ke kantor pelayanan pajak setempat yang berkenaan dengan kewajiban pajak berupa:
 - a. pembelian barang dan jasa dikenai PPN sebesar 10%, PPh 22 sebesar 1,5% dan PPh 23 sebesar 2%;
 - b. dan pajak-pajak lain sesuai ketentuan yang berlaku.
- (2) **PIHAK PERTAMA** berkewajiban memungut dan menyetor pajak belanja ke kantor pelayanan pajak setempat yang berkenaan dengan kewajiban pajak berupa honorarium dikenai PPh Pasal 21 dengan ketentuan 5% bagi yang memiliki NPWP untuk golongan III, serta 6% bagi yang tidak memiliki NPWP; untuk golongan IV sebesar 15%;

PASAL 15

Peralatan dan/ Alat Hasil Penelitian

- (1) Hak Kekayaan Intelektual yang dihasilkan dari pelaksanaan Penelitian tersebut diatur dan dikelola sesuai dengan peraturan dan perundang-undangan.
- (2) Setiap publikasi, makalah dan/ atau ekspos dalam bentuk apapun yang berkaitan dengan hasil penelitian ini wajib mencantumkan **PIHAK PERTAMA** sebagai pemberi dana
- (3) Hasil Penelitian berupa peralatan dan/atau alat yang dibeli dari kegiatan ini adalah milik negara yang dapat dihibahkan kepada institusi/lembaga/masyarakat melalui Berita Acara Serah Terima (BAST).

PASAL 16

Keadaan Memaksa (*Force Majeure*)

- (1) **PARA PIHAK** dibebaskan dari tanggungjawab atas keterlambatan atau kegagalan dalam memenuhi kewajiban yang dimaksud dalam Perjanjian Penugasan Pelaksanaan Penelitian disebabkan atau diakibatkan oleh kejadian di luar kekuasaan para pihak yang dapat digolongkan sebagai keadaan memaksa (*force majeure*).
- (2) Peristiwa atau kejadian yang dapat digolongkan keadaan memaksa (*force majeure*) dalam Perjanjian Penugasan Pelaksanaan penelitian ini adalah bencana alam, wabah penyakit, kebakaran, perang, blockade, peledakan, sabotase, revolusi, pemberontakan, hru-hara, serta adanya tindakan pemerintah dalam bidang ekonomi dan moneter yang secara nyata berpengaruh terhadap Perjanjian Penugasan Pelaksanaan penelitian.
- (3) Apabila terjadi keadaan memaksa (*force majeure*) maka pihak yang mengalami wajib memberitahukan kepada pihak lainnya secara tertulis, selambat-lambatnya dalam waktu 7 (tujuh) hari kerja sejak terjadinya keadaan memaksa (*force majeure*), disertai dengan bukti-bukti yang sah dari pihak berwajib dan **PARA PIHAK** dengan etiket baik akan segera membicarakan penyelesaiannya.

PASAL 17

Penyelesaian Sengketa

Apabila terjadi perselisihan antara **PIHAK PERTAMA** dan **PIHAK KEDUA** dalam pelaksanaan perjanjian ini akan dilakukan penyelesaian secara musyawarah dan mufakat, dan apabila tidak tercapai penyelesaian secara musyawarah dan mufakat maka penyelesaian dilakukan melalui proses hukum yang berlaku dengan memilih domisili Hukum di Pengadilan Tinggi Semarang.

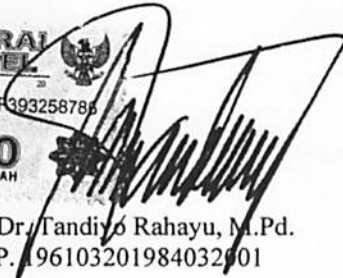
PASAL 18
Lain-Lain

- (1) **PIHAK KEDUA** menjamin bahwa penelitian dengan judul tersebut di atas belum pernah dibiayai dan/ atau diikutsertakan pada Pendanaan Penelitian lainnya, baik yang diselenggarakan oleh instansi, lembaga, perusahaan atau yayasan, baik di dalam negeri maupun luar negeri.
- (2) Segala sesuatu yang belum cukup diatur dalam Perjanjian ini dan dipandang perlu diatur lebih lanjut dan dilakukan perubahan oleh **PARA PIHAK**, maka perubahan-perubahannya akan diatur dalam perjanjian tambahan atau perubahan yang merupakan satu kesatuan dan bagian yang tidak terpisahkan dari Perjanjian ini.


PASAL 19
Penutup

Perjanjian ini dibuat dan ditandatangani **PARA PIHAK** pada hari dan tanggal tersebut di atas, dibuat dalam rangkap 3 (tiga) dan bermaterai cukup sesuai dengan ketentuan yang berlaku, yang masing-masing mempunyai kekuatan hukum yang sama.

PIHAK PERTAMA


Prof. Dr. Fandiyó Rahayu, M.Pd.
NIP. 196103201984032901

PIHAK KEDUA


Sri Sumartiningsih, S.Si. M.Kes., Ph.D., AIFO.
NIP 198309182005012003

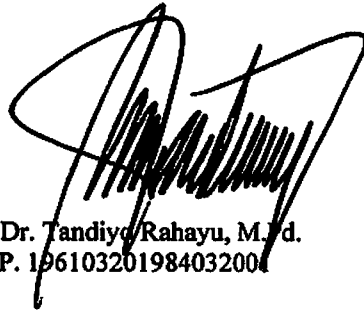
PASAL 18
Lain-Lain

- (1) **PIHAK KEDUA** menjamin bahwa penelitian dengan judul tersebut di atas belum pernah dibiayai dan/ atau diikutsertakan pada Pendanaan Penelitian lainnya, baik yang diselenggarakan oleh instansi, lembaga, perusahaan atau yayasan, baik di dalam negeri maupun luar negeri.
- (2) Segala sesuatu yang belum cukup diatur dalam Perjanjian ini dan dipandang perlu diatur lebih lanjut dan dilakukan perubahan oleh **PARA PIHAK**, maka perubahan-perubahannya akan diatur dalam perjanjian tambahan atau perubahan yang merupakan satu kesatuan dan bagian yang tidak terpisahkan dari Perjanjian ini.

PASAL 19
Penutup

Perjanjian ini dibuat dan ditandatangani **PARA PIHAK** pada hari dan tanggal tersebut di atas, dibuat dalam rangkap 3 (tiga) dan bermaterai cukup sesuai dengan ketentuan yang berlaku, yang masing-masing mempunyai kekuatan hukum yang sama.

PIHAK PERTAMA



Prof. Dr. Tandiy Rahayu, M.d.
NIP. 196103201984032001

PIHAK KEDUA



Sri Sumartiningsih, S.Si. M.Kes., Ph.D., AIFO.
NIP 198309182005012003



SURAT PERNYATAAN

Yang bertanda tangan di bawah ini:

Nama : Sri Sumartiningsih, S.Si. M.Kes., Ph.D., AIFO.
NIP : 198309182005012003
Unit Kerja : Fakultas Ilmu Keolahragaan
Universitas Negeri Semarang

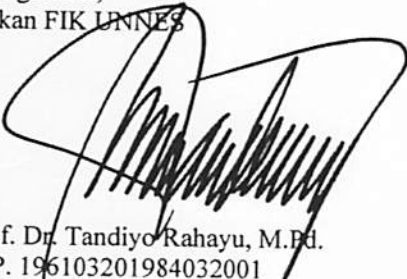
Dengan ini menyatakan bahwa penelitian saya yang berjudul : "Effect of FIFA 11+ on physiological responses, physical and skill attributes of 9-10 years old soccer players " yang dibiayai oleh DIPA (Daftar Isian Pelaksanaan Anggaran) Universitas Negeri Semarang Nomor: 023.17.2.677507/2020, tanggal 27 Desember 2019 dengan Surat Perjanjian Penugasan Pelaksanaan Penelitian Dana DIPA UNNES Tahun 2020 Nomor: **38.4.5/UN37/PPK.3.1/2020, tanggal 4 Mei 2020, bersifat original dan belum pernah dibiayai oleh lembaga/sumber dana lain.**

Bilamana di kemudian hari ditemukan ketidaksesuaian dengan pernyataan ini, maka saya bersedia dituntut dan diproses sesuai dengan ketentuan yang berlaku dan mengembalikan seluruh biaya penelitian yang sudah diterima ke kas Negara.

Demikian pernyataan ini dibuat dengan sesungguhnya dan sebenar-benarnya.


Semarang, 4 Mei 2020

Mengetahui,
Dekan FIK UNNES


Prof. Dr. Tandiy Rahayu, M.Ed.
NIP. 196103201984032001

Yang menyatakan
Ketua Pelaksana




Sri Sumartiningsih, S.Si. M.Kes., Ph.D., AIFO.
NIP. 198309182005012003



**SURAT PERJANJIAN PENUGASAN
PELAKSANAAN PENGABDIAN MASYARAKAT BAGI DOSEN
TAHUN ANGGARAN 2020
Nomor : 86.4.5/UN37/PPK.4.6/2020**

Pada hari ini Senin tanggal Empat bulan Mei tahun Dua ribu dua puluh, kami yang bertandatangan di bawah ini:

1. Prof. Dr. Tandiyu Rahayu, M.Pd. : Pejabat Pembuat Komitmen Fakultas Ilmu Keolahragaan Universitas Negeri Semarang yang berkedudukan di Semarang, berdasarkan Keputusan Rektor Universitas Negeri Semarang Nomor : B/1/UN37/ HK/2020 tanggal, 2 Januari 2020, dalam hal ini bertindak untuk dan atas nama KPA Universitas Negeri Semarang, untuk selanjutnya disebut **PIHAK PERTAMA**;
2. Sri Sumartiningsih S.Si. M.Kes., Ph.D., AIFO. : Dosen Fakultas Ilmu Keolahragaan Universitas Negeri Semarang, dalam hal ini bertindak sebagai Pengusul dan Ketua Pelaksana Pengabdian tahun anggaran 2020 untuk selanjutnya disebut **PIHAK KEDUA**

PIHAK PERTAMA dan **PIHAL KEDUA** secara bersama-sama bersepakat mengikatkan diri dalam suatu Perjanjian Penugasan Pelaksanaan Pengabdian Kepada Masyarakat dengan ketentuan dan syarat-syarat yang diatur dalam pasal-pasal berikut.

**PASAL 1
Dasar Hukum**

1. Keputusan Rektor Universitas Negeri Semarang Nomor : B/651/UN37/HK.02/2019 tanggal 15 Juli 2019 tentang Pemberhentian dan Pengangkatan Dekan di Lingkungan Universitas Negeri Semarang Periode 2019-2023
2. Keputusan Rektor Universitas Negeri Semarang Nomor : B/1/UN37/HK/2020 tanggal, 2 Januari 2020 tentang Pengangkatan Pejabat Perbendaharaan/ Pengelola Keuangan Tahun Anggaran 2020 Universitas Negeri Semarang
3. Keputusan Dekan No: 4510/UN37.1.6/AM/2020 tanggal 28 April 2020 tentang Penetapan Penerimaan Pengabdian Kepada Masyarakat Fakultas Ilmu Keolahragaan Universitas Negeri Semarang Tahun 2020
4. Daftar Isian Pelaksanaan Anggaran (DIPA) Universitas Negeri Semarang (UNNES) Nomor DIPA 023.17.2.677507/2020, tanggal 27 Desember 2019

**PASAL 2
Ruang Lingkup Perjanjian**

- (1) **PIHAK PERTAMA** memberi tugas kepada **PIHAK KEDUA**, dan **PIHAK KEDUA** menerima tugas tersebut untuk melaksanakan Pengabdian Masyarakat bagi Dosen tahun 2020 dengan judul "Spesifik program latihan untuk meningkatkan kebugaran dan pencegahan cedera pada pemain sepak bola selama pandemic Covid-19".

- (2) **PIHAK KEDUA** bertanggungjawab penuh atas pelaksanaan, administrasi dan keuangan atas pekerjaan/kegiatan sebagaimana dimaksud pada ayat (1) dan berkewajiban menyerahkan semua bukti-bukti pengeluaran serta dokumen pelaksanaan lainnya kepada **PIHAK PERTAMA**.

PASAL 3

Dana Pengabdian kepada Masyarakat

- (1) Besarnya dana untuk melaksanakan pengabdian dengan judul sebagaimana dimaksud pada Pasal 2 adalah sebesar Rp. 8.000.000 (Delapan Juta Rupiah) sudah termasuk pajak.
- (2) Dana Pengabdian sebagaimana dimaksud pada ayat (1) dibebankan pada Daftar Isian Pelaksanaan Anggaran (DIPA) Universitas Negeri Semarang (UNNES) Nomor DIPA 023.17.2.677507/2020, tanggal 27 Desember 2019.

PASAL 4

Tata Cara Pembayaran Dana Pengabdian kepada Masyarakat

- (1) **PIHAK PERTAMA** akan membayarkan Dana Pengabdian kepada **PIHAK KEDUA** secara bertahap dengan ketentuan sebagai berikut:
- a. Pembayaran Tahap Pertama sebesar 70% dari total dana pengabdian yaitu $70\% \times 8.000.000 = 5.600.000$ (Lima Juta Enam Ratus Ribu Rupiah) dibayarkan oleh **PIHAK PERTAMA** kepada **PIHAK KEDUA** setelah :
- (1) Mengunggah hasil revisi proposal dan disahkan oleh Pejabat yang berwenang, RAB ke SIPP.
- (2) Menyerahkan hardcopy asli revisi proposal dan disahkan oleh Pejabat yang berwenang dan RAB masing-masing dua eksemplar kepada **PIHAK PERTAMA**.
- b. Pembayaran Tahap Kedua sebesar 30% dari total dana pengabdian yaitu $30\% \times \text{Rp } 8.000.000 = 2.400.000$ (Dua Juta Empat Ratus Ribu Rupiah) dibayarkan oleh **PIHAK PERTAMA** kepada **PIHAK KEDUA** setelah :
- 1) Mengunggah ke SIPP :
- Catatan harian 70%, laporan penggunaan anggaran 70% dan laporan kemajuan, selambat-lambatnya 4 Agustus 2020
 - Catatan harian 100%, laporan akhir yang disahkan oleh Pejabat yang berwenang, laporan keuangan 100%, artikel ilmiah dan luaran pengabdian yang dicapai, selambat-lambatnya 4 November 2020
- 2) Menyerahkan hardcopy masing-masing dua eksemplar kepada **PIHAK PERTAMA** :
- Catatan harian 70%, laporan penggunaan anggaran 70% dan laporan kemajuan, selambat-lambatnya 4 Agustus 2020
 - Catatan harian 100%, laporan akhir yang disahkan oleh Pejabat yang berwenang, laporan keuangan 100%, artikel ilmiah dan luaran pengabdian yang dicapai selambat-lambatnya 4 November 2020
- (2) Dana Pengabdian sebagaimana dimaksud pada ayat (1) disalurkan oleh **PIHAK PERTAMA** kepada **PIHAK KEDUA** melalui rekening BNI atas nama Sri Sumartiningsih S.Si. M.Kes., Ph.D., AIFO. dengan nomor rekening 0246685427

PASAL 5

Jangka Waktu

Jangka waktu pelaksanaan pengabdian yang dimaksud dalam Pasal 2 sampai 100% adalah terhitung sejak tanggal 4 Mei 2020 dan berakhir pada tanggal 4 November 2020.

PASAL 6
Janji Luaran

- (1) **PIHAK KEDUA** berkewajiban memenuhi janji luaran wajib yaitu berupa 1 artikel jurnal nasional (sinta 1-5) accepted selambat-lambatnya 31 Oktober 2021.
- (2) Apabila janji luaran wajib sebagaimana dimaksud dalam ayat (1) tidak dipenuhi dalam batas waktu tersebut, maka secara administratif **PIHAK KEDUA** tidak dapat mengajukan proposal pengabdian pada tahun berikutnya.
- (3) **PIHAK KEDUA** berkewajiban melaporkan perkembangan pencapaian janji luaran sebagaimana dimaksud pada ayat (1) kepada **PIHAK PERTAMA**

PASAL 7
Hak dan Kewajiban Para Pihak

- (1) Hak dan Kewajiban **PIHAK PERTAMA**
 - a. **PIHAK PERTAMA** berhak untuk mendapatkan luaran wajib pengabdian dari **PIHAK KEDUA** sebagaimana dimaksud dalam pasal 6.
 - b. **PIHAK PERTAMA** berkewajiban untuk memberikan dana pengabdian kepada **PIHAK KEDUA** dengan jumlah sebagaimana dimaksud dalam Pasal 3 dan dengan tata cara pembayaran sebagaimana dimaksud dalam Pasal 4.
- (2) Hak dan Kewajiban **PIHAK KEDUA**
 - a. **PIHAK KEDUA** berhak menerima dana pengabdian dari **PIHAK PERTAMA** dengan jumlah sebagaimana dimaksud dalam Pasal 3 dan dengan tata cara pembayaran sebagaimana dimaksud dalam Pasal 4
 - b. **PIHAK KEDUA** berkewajiban menyerahkan luaran wajib pengabdian kepada **PIHAK PERTAMA** sebagaimana dimaksud dalam pasal 6.

PASAL 8
Laporan Pelaksanaan Pengabdian kepada Masyarakat

- (1) **PIHAK KEDUA** berkewajiban untuk menyampaikan kepada **PIHAK PERTAMA** berupa laporan kemajuan dan laporan akhir mengenai luaran pengabdian dan rekapitulasi penggunaan anggaran sesuai dengan jumlah dana yang diberikan oleh **PIHAK PERTAMA** yang tersusun secara sistematis sesuai pedoman yang ditentukan oleh **PIHAK PERTAMA**.
- (2) **PIHAK KEDUA** berkewajiban mengunggah catatan harian 70%, laporan penggunaan anggaran 70% dan laporan kemajuan, paling lambat 4 Agustus 2020
- (3) **PIHAK KEDUA** berkewajiban menyerahkan hardcopy catatan harian 70%, laporan penggunaan anggaran 70% dan laporan kemajuan masing-masing dua eksemplar kepada **PIHAK PERTAMA** paling lambat 4 Agustus 2020
- (4) **PIHAK KEDUA** berkewajiban mengunggah laporan akhir, laporan keuangan 100%, artikel ilmiah dan tambahan luaran pengabdian, selambat-lambatnya 4 November 2020
- (5) **PIHAK KEDUA** berkewajiban menyerahkan masing-masing dua eksemplar catatan harian 100%, laporan akhir yang disahkan oleh Pejabat yang berwenang, laporan keuangan 100%, artikel ilmiah, profil pengabdian, Poster dan luaran wajib yang telah dicapai selambat-lambatnya 4 November 2020
- (6) Laporan hasil Pengabdian kepada Masyarakat sebagaimana tersebut pada ayat (4) harus memenuhi ketentuan sebagai berikut:
 - a. Format font Times New Romans, ukuran 12 spasi 1,5
 - b. Bentuk/ukuran kertas A4
 - c. Warna cover putih
 - d. Di bawah bagian sampul cover ditulis:

Dibiayai oleh :

Daftar Isian Pelaksanaan Anggaran (DIPA) Universitas Negeri Semarang
Nomor DIPA 023.17.2.677507/2020, tanggal 27 Desember 2019 sesuai dengan Surat Perjanjian
Pelaksanaan Pengabdian kepada Masyarakat Dana DIPA UNNES Tahun 2020
Nomor : 86.4.5/UN37/PPK.4.6/2020 tanggal 4 Mei 2020

PASAL 9
Monitoring dan Evaluasi

Dalam rangka pengawasan, **PIHAK PERTAMA** akan melakukan Monitoring dan Evaluasi internal terhadap kemajuan pelaksanaan Pengabdian Tahun Anggaran 2020

PASAL 10
Penilaian Luaran

Penilaian luaran pengabdian dilakukan oleh Komite Penilai/ *Reviewer* Luaran sesuai dengan ketentuan yang berlaku.

PASAL 11
Pergantian Ketua Pelaksana

- (1) Apabila **PIHAK KEDUA** selaku ketua pelaksana tidak dapat melaksanakan pengabdian, maka **PIHAK KEDUA** wajib mengusulkan pengganti ketua pelaksana yang merupakan salah satu anggota tim kepada **PIHAK PERTAMA**.
- (2) Perubahan terhadap susunan tim pelaksana dan substansi pelaksanaan pengabdian ini dapat dibenarkan apabila telah mendapatkan persetujuan tertulis dari **PIHAK PERTAMA**.
- (3) Apabila **PIHAK KEDUA** tidak dapat melaksanakan tugas dan tidak ada pengganti ketua sebagaimana dimaksud pada ayat (1), maka **PIHAK KEDUA** harus mengembalikan dana pengabdian kepada **PIHAK PERTAMA** yang selanjutnya disetorkan ke Kas Negara.
- (4) Bukti setor sebagaimana dimaksud pada ayat (3) disimpan oleh **PIHAK PERTAMA**.

PASAL 12
Sanksi

- (1) Apabila sampai dengan batas waktu yang telah ditetapkan untuk pelaksanaan Kontrak Pengabdian kepada Masyarakat telah berakhir, pihak kedua belum menyelesaikan tugasnya dan atau terlambat mengirimkan dan mengunggah laporan kemajuan, catatan harian, Surat Pernyataan Tanggungjawab Belanja (SPTB) dan laporan akhir, maka **PIHAK KEDUA** dikenakan sanksi denda sebesar 1% (satu permil) untuk setiap hari keterlambatan sampai dengan setinggi-tingginya 5% (lima persen) terhitung dari tanggal jatuh tempo dan denda administratif (tidak dapat mengajukan proposal pengabdian dalam kurun waktu dua tahun berturut-turut).
- (2) Pengabdian/pelaksana yang tidak hadir dalam kegiatan monitoring dan evaluasi tanpa pemberitahuan sebelumnya pada pihak pertama maka pelaksana pengabdian tidak berhak menerima dana tahap kedua sebesar 30%.

PASAL 13
Pembatalan Perjanjian

- (1) Apabila dikemudian hari terbukti bahwa judul Pengabdian kepada Masyarakat sebagaimana dimaksud dalam Pasal 2 dijumpai adanya indikasi duplikasi dengan Pengabdian kepada Masyarakat lain dan/atau diperoleh indikasi ketidak jujuran/itikad kurang baik yang tidak sesuai dengan kaidah ilmiah, maka kegiatan Pengabdian tersebut dinyatakan batal, dan **PIHAK KEDUA** wajib mengembalikan dana Pengabdian yang telah diterima dari **PIHAK PERTAMA** yang selanjutnya akan disetor ke Kas Negara.
- (2) Bukti setor sebagaimana dimaksud pada ayat (1) disimpan oleh **PIHAK PERTAMA**

PASAL 14
Pajak-Pajak

- (1) **PIHAK KEDUA** berkewajiban memungut dan menyetor pajak ke kantor pelayanan pajak setempat yang berkenaan dengan kewajiban pajak berupa:
 - a. pembelian barang dan jasa dikenai PPN sebesar 10%, PPh 22 sebesar 1,5% dan PPh 23 sebesar 2%;
 - b. pajak-pajak lain sesuai ketentuan yang berlaku.
- (2) **PIHAK PERTAMA** berkewajiban memungut dan menyetor pajak belanja ke kantor pelayanan pajak setempat yang berkenaan dengan kewajiban pajak berupa honorarium dikenai PPh Pasal 21 dengan ketentuan 5% bagi yang memiliki NPWP untuk golongan III, serta 6% bagi yang tidak memiliki NPWP; untuk golongan IV sebesar 15%;

PASAL 15
Peralatan dan/ Alat Hasil Pengabdian kepada Masyarakat

- (1) Hak Kekayaan Intelektual yang dihasilkan dari pelaksanaan Pengabdian kepada Masyarakat tersebut diatur dan dikelola sesuai dengan peraturan dan perundang-undangan.
- (2) Setiap publikasi, makalah dan/ atau ekspos dalam bentuk apapun yang berkaitan dengan hasil pengabdian ini wajib mencantumkan **PIHAK PERTAMA** sebagai pemberi dana
- (3) Hasil Pengabdian kepada Masyarakat berupa peralatan dan/atau alat yang dibeli dari kegiatan ini adalah milik negara yang dapat dihibahkan kepada institusi/lembaga/masyarakat melalui Berita Acara Serah Terima (BAST).

PASAL 16
Keadaan Memaksa (*Force Majeure*)

- (1) **PARA PIHAK** dibebaskan dari tanggungjawab atas keterlambatan atau kegagalan dalam memenuhi kewajiban yang dimaksud dalam Perjanjian Penugasan Pelaksanaan Pengabdian kepada Masyarakat disebabkan atau diakibatkan oleh kejadian di luar kekuasaan para pihak yang dapat digolongkan sebagai keadaan memaksa (*force majeure*).
- (2) Peristiwa atau kejadian yang dapat digolongkan keadaan memaksa (*force majeure*) dalam Perjanjian Penugasan Pelaksanaan Pengabdian kepada Masyarakat ini adalah bencana alam, wabah penyakit, kebakaran, perang, blockade, peledakan, sabotase, revolusi, pemberontakan, hru-hara, serta adanya tindakan pemerintah dalam bidang ekonomi dan moneter yang secara nyata berpengaruh terhadap Perjanjian Penugasan Pelaksanaan Pengabdian kepada Masyarakat.
- (3) Apabila terjadi keadaan memaksa (*force majeure*) maka pihak yang mengalami wajib memberitahukan kepada pihak lainnya secara tertulis, selambat-lambatnya dalam waktu 7 (tujuh) hari kerja sejak terjadinya keadaan memaksa (*force majeure*), disertai dengan bukti-bukti yang sah dari pihak berwajib dan **PARA PIHAK** dengan etiket baik akan segera membicarakan penyelesaiannya.

PASAL 17
Penyelesaian Sengketa

Apabila terjadi perselisihan antara **PIHAK PERTAMA** dan **PIHAK KEDUA** dalam pelaksanaan perjanjian ini akan dilakukan penyelesaian secara musyawarah dan mufakat, dan apabila tidak tercapai penyelesaian secara musyawarah dan mufakat maka penyelesaian dilakukan melalui proses hukum yang berlaku dengan memilih domisili Hukum di Pengadilan Tinggi Semarang.

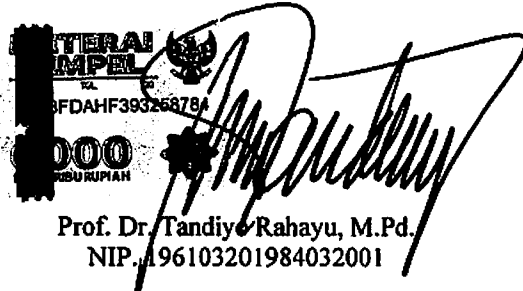
PASAL 18
Lain-Lain

- (1) **PIHAK KEDUA** menjamin bahwa Pengabdian kepada Masyarakat dengan judul tersebut di atas belum pernah dibiayai dan/ atau diikutsertakan pada Pendanaan Pengabdian kepada Masyarakat lainnya, baik yang diselenggarakan oleh instansi, lembaga, perusahaan atau yayasan, baik di dalam negeri maupun luar negeri.
- (2) Segala sesuatu yang belum cukup diatur dalam Perjanjian ini dan dipandang perlu diatur lebih lanjut dan dilakukan perubahan oleh **PARA PIHAK**, maka perubahan-perubahannya akan diatur dalam perjanjian tambahan atau perubahan yang merupakan satu kesatuan dan bagian yang tidak terpisahkan dari Perjanjian ini.


PASAL 19
Penutup

Perjanjian ini dibuat dan ditandatangani **PARA PIHAK** pada hari dan tanggal tersebut di atas, dibuat dalam rangkap 3 (tiga) dan bermaterai cukup sesuai dengan ketentuan yang berlaku, yang masing-masing mempunyai kekuatan hukum yang sama.

PIHAK PERTAMA


Prof. Dr. Tandiyo Rahayu, M.Pd.
NIP. 196103201984032001

PIHAK KEDUA


Sri Sumartiningsih S.Si. M.Kes., Ph.D., AIFO.
NIP. 198309182005012003

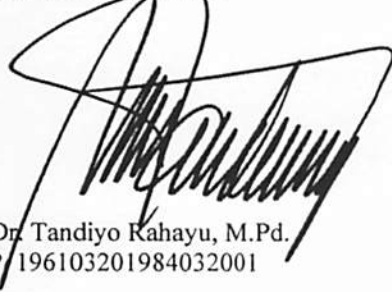
PASAL 18
Lain-Lain

- (1) **PIHAK KEDUA** menjamin bahwa Pengabdian kepada Masyarakat dengan judul tersebut di atas belum pernah dibiayai dan/ atau diikutsertakan pada Pendanaan Pengabdian kepada Masyarakat lainnya, baik yang diselenggarakan oleh instansi, lembaga, perusahaan atau yayasan, baik di dalam negeri maupun luar negeri.
- (2) Segala sesuatu yang belum cukup diatur dalam Perjanjian ini dan dipandang perlu diatur lebih lanjut dan dilakukan perubahan oleh **PARA PIHAK**, maka perubahan-perubahannya akan diatur dalam perjanjian tambahan atau perubahan yang merupakan satu kesatuan dan bagian yang tidak terpisahkan dari Perjanjian ini.

PASAL 19
Penutup

Perjanjian ini dibuat dan ditandatangani **PARA PIHAK** pada hari dan tanggal tersebut di atas, dibuat dalam rangkap 3 (tiga) dan bermaterai cukup sesuai dengan ketentuan yang berlaku, yang masing-masing mempunyai kekuatan hukum yang sama.

PIHAK PERTAMA



Prof. Dr. Tandiyo Rahayu, M.Pd.
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PIHAK KEDUA



Sri Sumartiningsih S.Si. M.Kes., Ph.D., AIFO.
NIP.198309182005012003



SURAT PERNYATAAN

Yang bertanda tangan di bawah ini:

Nama : Sri Sumartiningsih S.Si. M.Kes., Ph.D., AIFO.
NIP : '198309182005012003
Unit Kerja : Fakultas Ilmu Keolahragaan
Universitas Negeri Semarang

Dengan ini menyatakan bahwa Pengabdian kepada Masyarakat saya yang berjudul : “Spesifik program latihan untuk meningkatkan kebugaran dan pencegahan cedera pada pemain sepak bola selama pandemic Covid-19 “ yang dibiayai oleh DIPA (Daftar Isian Pelaksanaan Anggaran) Universitas Negeri Semarang Nomor: 023.17.2.677507/2020, tanggal 27 Desember 2019 dengan Surat Perjanjian Penugasan Pelaksanaan Pengabdian kepada Masyarakat Dana DIPA UNNES Tahun 2020 Nomor: 86.4.5/UN37/PPK.4.6/2020 tanggal 4 Mei 2020, bersifat original dan belum pernah dibiayai oleh lembaga/sumber dana lain.

Bilamana di kemudian hari ditemukan ketidaksesuaian dengan pernyataan ini, maka saya bersedia dituntut dan diproses sesuai dengan ketentuan yang berlaku dan mengembalikan seluruh biaya Pengabdian kepada Masyarakat yang sudah diterima ke kas Negara.

Demikian pernyataan ini dibuat dengan sesungguhnya dan sebenar-benarnya.

Semarang, 4 Mei 2020

Mengetahui,
Dekan FIK UNNES

Prof. Dr. Tandiy Rahayu, M.Ed.
NIP. 196103201984032001

Yang menyatakan
Ketua Pelaksana



Sri Sumartiningsih S.Si. M.Kes., Ph.D., AIFO.
NIP. '198309182005012003

**RESEARCH REPORT
INTERNATIONAL RESEARCH COLLABORATION
AND SCIENTIFIC PUBLICATION**



Effect of FIFA11+ on Physiological Responses, Physical and Skill Attributes of Youth Soccer

Research Team:

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Prof. Ashril bin Yusof, Ph.D	8252-2010
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Funding by:

**Anggaran (DIPA) Universitas Negeri Semarang (UNNES) Nomor
023.17.2.677507/2020, 27 Desember 2019 Sesuai Dengan Perjanjian
Kerja Pelaksanaan Penelitian Bagi Dosen Tahun Anggaran 2020
Nomor: 38.4.5/UN37/PPK.4.6/2020**

UNIVERSITAS NEGERI SEMARANG

OCTOBER, 2020

**HALAMAN PENGESAHAN PROPOSAL / LAPORAN KEMAJUAN/LAPORAN AKHIR*
(Skema Kerjasama Luar Negeri)**

Judul Pengabdian : Effect of FIFA 11+ on Physiological responses,
physical and skill attributes of youth soccer

Kode>Nama Rumpun Ilmu : 765/ Sports Science

Ketua Peneliti

a. Nama : Sri Sumartiningsih, S.Si., M.Kes., Ph.D., AIFO

b. NIDN : 001809198301

c. Jabatan Fungsional : Associate Professor

d. Program Studi : Sports Science

e. Fakultas/Jurusan : Sports Science

f. Alamat surel (email) : sri.sumartiningsih@mail.unnes.ac.id

Anggota Peneliti Dosen

1. Nama Lengkap/Prodi/Jurusan : Prof. Dr. Sugiharto, MS/ Sports Science

2. Nama Lengkap/Prodi/Jurusan : Ryu Nagahara, Ph.D.

3. Nama Lengkap/Prodi/Jurusan : Ashril bin Yusof, Ph.D

Anggota Pengusul Mahasiswa

1. Nama lengkap/NIM/Jurusan : Anggit Risdiyanto/Sports Science

2. Nama Lengkap/NIM/Jurusan : Wahyu Restu Syahputri /Sports Science

Kerjasama dengan Institusi Lain

a. Nama Institusi Mitra : University of Malaya

b. Alamat : Jalan Universiti, 50603 Kuala Lumpur, Wilayah
Persekutuan Kuala Lumpur, Malaysia

Lama Penelitian Keseluruhan : 11 months

Biaya Total

a. Sumber dari FIK UNNES : Rp. 45.000.000,-

b. Sumber lain (sebutkan) : -

Jumlah : Rp.45.000.000,- (Empat puluh lima juta Rupiah)

Mengetahui,
Dekan,



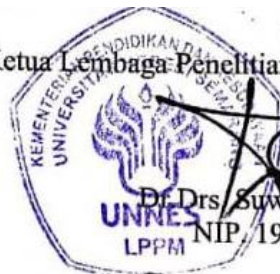
Prof. Dr. Tandiyo Rahayu, M.Pd.
NIP. 19610320198432001

Semarang, 27 October 2020

Ketua Peneliti,

Sri Sumartiningsih, S.Si., M.Kes., Ph.D., AIFO
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Menyetujui,
Ketua Lembaga Penelitian dan Pengabdian Kepada Masyarakat



Dr. Drs. Suwito Eko Pramono, M.Pd.
NIP. 195809201985031003

Effect of Fifa 11+ on physiological responses, physical and skill attributes of 9-10 years old soccer players

Sri Sumartiningsih, Sugiharto, Ryu Nagahara, Ashril bin Yusof, Anggit Risdiyanto, Wahyu Restu Syahputri

Executive summary

Physical activity is play effective role to enhancing healthy and lifestyle for all generation people from child to old. Children is asset for future. The healthy, happy and good lifestyle in children is needed. Therefore, children need to engage physical activity for regular habits. Sports is solution to do it. On the sports, they learn how to maintain their physical activity, life style, and building the character like fair play, discipline, collaboration, confidence, responsibility and etc.

Soccer is the most popular sports in the world not only in the city but on the village. FIFA developed exercise program to help children, who engaged in soccer to enhance their physiological function, performance, and reduced injury. FIFA 11+ exercise program was created to increase the performance in children. Therefore, this study will have conducted to investigate the effective of FIFA 11+ exercise warming up program to physiological function, physical and skill attributes in children.

A Randomized controlled trials (RCTs) design will be conducted in this study. Thirty-six youth soccer will be collected. The group divided by random. The intervention group will receive the FIFA 11+ program as warming up to prevent injury, and the control group will do warming up as usual from their coach. The experiment will be conducted for two months. Pre-post data will be collected than analysis using SPSS program.

The result of this study will be use for information to the coach how the effective of warming up to prevent injury.

Keywords: FIFA 11+, children, exercise, physical, skill attributes, physiology.

CHAPTER 1. INTRODUCTION

1.1 Background

The World Health Organization reported that the top ten risks of mortality worldwide in the middle-high income country, there are physical inactivity, obesity, hypertension, diabetes, high cholesterol, and tobacco use(Organization, 2009). Obesity is one trigger for the complex of risk mortality like hypertension, cardiovascular disease, chronic disease(Flynn, 2006; Isaura, Chen, & Yang, 2018a, 2018b; Wang, Chyen, Lee, & Lowry, 2008). The disease cause of reducing life expectancy and quality life (Falaschetti et al., 2010). In the health care system worldwide, the inactive physical costs 53.8 billion USD. In 2013, the costs of physical inactivity were 53.8 billion USD for the health care system worldwide (Ding et al., 2016).

The National Association for Sports and Physical Education of the United States recommends that children should engage in physical activity (PA) for at least 150 minutes per week (Sport, 1998). Children and young people should undertake a minimum of 60 minutes of moderate to vigorous activity every day (Strong et al., 2005). Physical activity would improve the children's health when they engage in 60 minutes of PA every day (Harris, 2013). A study found that fun swimming game intervention for 60 minutes in once a week for three months increased forced vital capacity, and peak flow rate also reduced risk factors of asthma in children ((Sumartiningsih, Lin, & Lin, 2019; Sumartiningsih & Setiowati, 2011; Sumartiningsih, Setiowati, Ali, Susanto, & Anggita, 2019).

Physical activity has proven to significant effects regarding health risk factors, cardiorespiratory and neuromuscular fitness, bone density, psychological health, as well as mental development in children and adolescents (Bielemann, Martinez-Mesa, & Gigante, 2013; Loprinzi & Edwards, 2017). Besides, the children were participating in the organization of youth sport positively associated with higher levels of adult physical activity (Kjønniksen, Anderssen, & Wold, 2009). The developing sport-related skill and a healthy lifestyle need a habit during childhood (Kuh & Cooper, 1992). Therefore, youth sport has important implications for long-term individual and public health.

Federation International de Football Association reported that the most popular sport in the world is Soccer, with active players more than 270 million, and the majority is younger than 18 years of age(Association, 2007). People are playing Soccer effectively to enhance the physical

fitness and health parameters of an individual across the lifespan (Bangsbo, Junge, Dvorák, & Krstrup, 2014; Seabra et al., 2016). Hence, Soccer has a positive effect on increasing a healthy lifestyle (Bangsbo et al., 2014; Faude et al., 2010).

FIFA's Medical Assessment and Research Centre (F-MARC) has developed the 11+ training program for injury prevention (Dvorak, Grimm, Schmied, & Junge, 2009). Then 11+ program has been shown to successfully reduce the prevalence of knee injuries in female soccer players (Soligard et al., 2008). A study reported that the 11+ significant to improved knee, quadriceps, and hamstring strength (Daneshjoo, Mokhtar, Rahnama, & Yusof, 2012b; Daneshjoo, Rahnama, Mokhtar, & Yusof, 2013).

To our knowledge, there is no detailed research the effect of the FIFA 11+ on physiological function, physical and skill attributes of 9-10 years old soccer players. There is not enough information that shows the program is more effective to enhance on physiological function, physical and skill attributes in children. Therefore, the aim of this study is to investigate the effects of FIFA 11+ on physiological responses, physical and skill attribute in youth soccer player 9-10 years of age.

1.2 Problem Identification

Physical activity plays an essential key role in enhancing a healthy lifestyle. The 11+ Kids was created as a specific injury prevention program for football players up to 13 years old. This program found that to improve motor performance, nine substantially reduce injuries in grassroots-level players, as well as reduce the health-care costs related to those injuries. Therefore, the 11+ kids program assist to help increasing performance in 9-10 years' age soccer players. To prove the effective of the program this study need to conduct.

1.3 Research Objective

The main objective of this research are:

- To investigate the effect of 11+ kids program on physiological responses 9-10 years old soccer players.
- To investigate the effect of 11+ kids program on physical 9-10 years old soccer players
- To investigate the effect of 11+ kids program on skill attributes of 9-10 years old soccer players.

1.4 Output

All the research activities will give fundamentally scientific and exercise program FIFA 11+ application for kids and hopefully can be injury prevention program.

No.	Output	Output indicator	
1	Publication	International Scopus reputation	Publish Q2 (drafting manuscript)
		National accreditation	-
2	Presenter on scientific	International	Publish on ISPHE
		National	-
3	Keynote speaker	International	-
		National	-
4	Visiting Lecturer	Internasional	-
5	HKI	Paten	-
		Simple Paten	-
		Hak Cipta	-
		Merk Dagang	-
		Rahasia Dagang	-
		Desain Produk Industri	-
		Indikasi Geografis	-
		Perlindungan Varietas Tanaman	-
		Perlindungan Topografi Sirkuit Terpadu	-
6	Tehnologi Tepat Guna	-	
7	Model/Purwarupa/Desain/Karya Seni/Rekayasa Sosial	-	
8	Buku Ajar	-	
9	Tingkat Kesiapan Tehnologi	2	

CHAPTER 2. LITERATURE RIVIEW

Soccer is a sport requiring high-intensity, an intermittent, non-continuous exercise that includes agility, many sprints of different durations, rapid acceleration, and jumping, among others ((Benvenuti, Minganti, Condello, Capranica, & Tessitore, 2010)). High-speed agility contributes to about 11% of the total distance covered during a game, which determines winning possession of the ball and to the scoring of goals in soccer(Benvenuti et al., 2010; Tom Reilly, Bangsbo, & Franks, 2000; Thomas Reilly, Williams, Nevill, & Franks, 2000).

2.1 FIFA 11+ Program

This program consists of three parts (27 exercises). The initial part includes running exercises combined with active stretching (part one). It is followed by six different sets of exercises to develop strength, balance, muscle control and core stability (part two). The final part is composed of running exercises combined with soccer-specific exercises (part three). The different levels of difficulty would improve the program's efficiency and enable players to individually adapt to the program. Total program duration was 20 to 25 minutes (Table 1). The intervention program was carried out three times per week as a warm-up program before starting regular practice.

2.2 Physical and skill attributes

Illinois agility test is one of tests to measure of soccer's agility (Tom Reilly et al., 2000; Thomas Reilly et al., 2000). The agility and performance training should involve long and short term preparation. Long-term preparation may include a well-developed agility training program, while short-term preparation should include a warming up program (Behm, Button, & Butt, 2001).

2.3 Primarily study

No	Author and Title	Result
1	Carlos Pomares-Noguera , Francisco Ayala , Francisco Javier Robles-Palazón , Juan F. Alomoto-Burneo , Alejandro López-Valenciano , José LL Elvira , Sergio Hernández-Sánchez dan Mark De Ste Croix. 2018	the improvements in jump performance, balance, and agility on intervention group

	Training effects of the FiFa 11+ Kids on Physical Performance in Youth Football Players	
2	<p>Joanne L. Parsons, Haley Stenberg, Joanne Carswell. 2017</p> <p>FIFA 11+ Warm-up: Effects On Movement Control and Performance in Young Female Soccer Athletes</p>	The 11+ program improved core stability, within performed over a five-month indoor soccer season by 9-11-year-old soccer players.
3	<p>Hannes Gatterer, Daniel Lorenzi1, Gerhard Ruedl, Martin Burtscher.2017</p> <p>The “FIFA 11+” injury prevention program improves body stability in child (10 year old) soccer players</p>	the FIFA 11+ warm-up programme compared to regular warm-up led to a likely greater stability improvemen in the child soccer player.
4	<p>Roland Rössler,Evert Verhagen, Nikki Rommers, Jiri Dvorak, Astrid Junge, Eric Lichtenstein, Lars Donath, Oliver Faude. 2018</p> <p>Comparison of the ‘11+ Kids’ injury prevention programme and a regular warmup in children’s football (soccer): a cost effectiveness analysis</p>	The warmup and injury prevention programme for children’s football ‘11+ Kids’ substantially reduced injury related costs and was cost effective compared with a usual warmup routine, in terms of realistic implementation costs. These findings provide strong evidence for the implementation of this programme.
5	<p>Daneshjoo, A., Mokhtar, A. H., Rahnama, N., & Yusof, A. 2013</p> <p>The effects of injury prevention warm-up programmes on knee strength in male soccer players.</p>	The 11+ and HarmoKnee programmes are useful warm-up protocols for improving concentric hamstring strength in young professional male soccer players. The 11+ programme is more advantageous for its greater concentric hamstring strength improvement compared to the HarmoKnee programme.

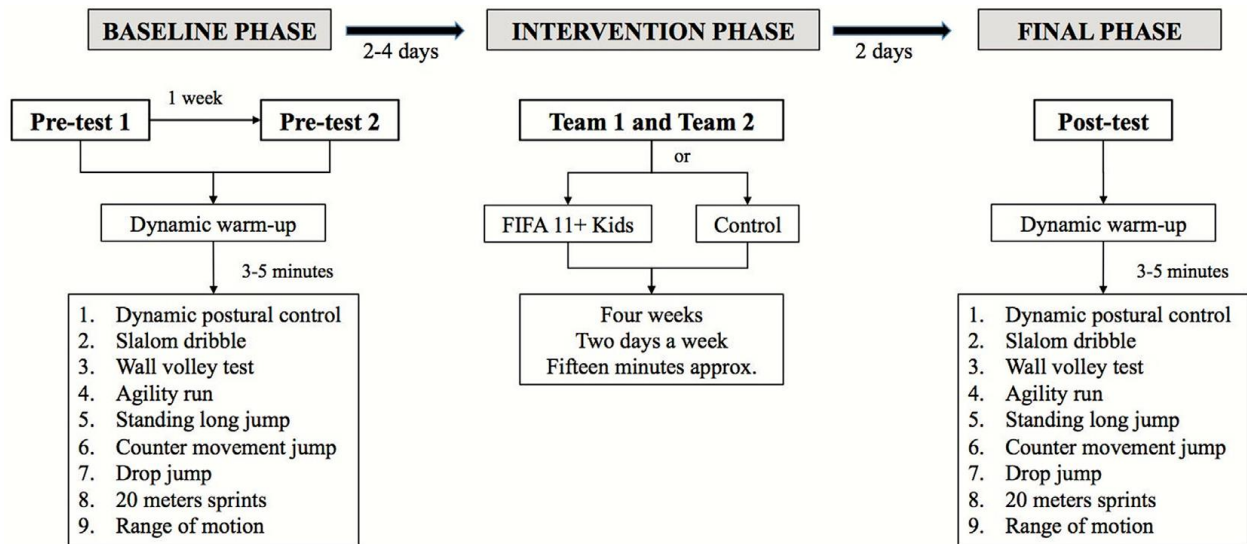


Figure 2.3.1 Diagram primarily research (Pomares-Noguera et al., 2018)

2.4 Research road map

This project proposal is the first project for collaboration research between University of Malaya, National Institute Fitness and Sports in Kanoyo, and Universitas Negeri Semarang. The road map plan of project targeted for three years (from 2020 -2022). Each year targeted publish on the international journal by Scopus indexing. On the final years 2022 targeted have a protocol exercise program to injury prevention and also create some device or apps to help people to do exercise more fun and safety to minimize risk of injury.

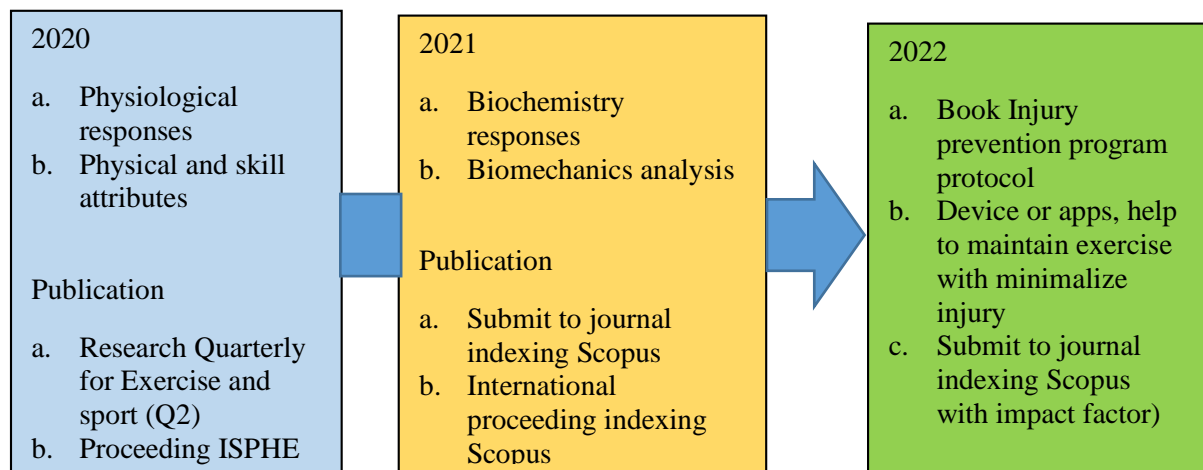


Figure 2.4.1. Research road map (the blue colors is present project study)

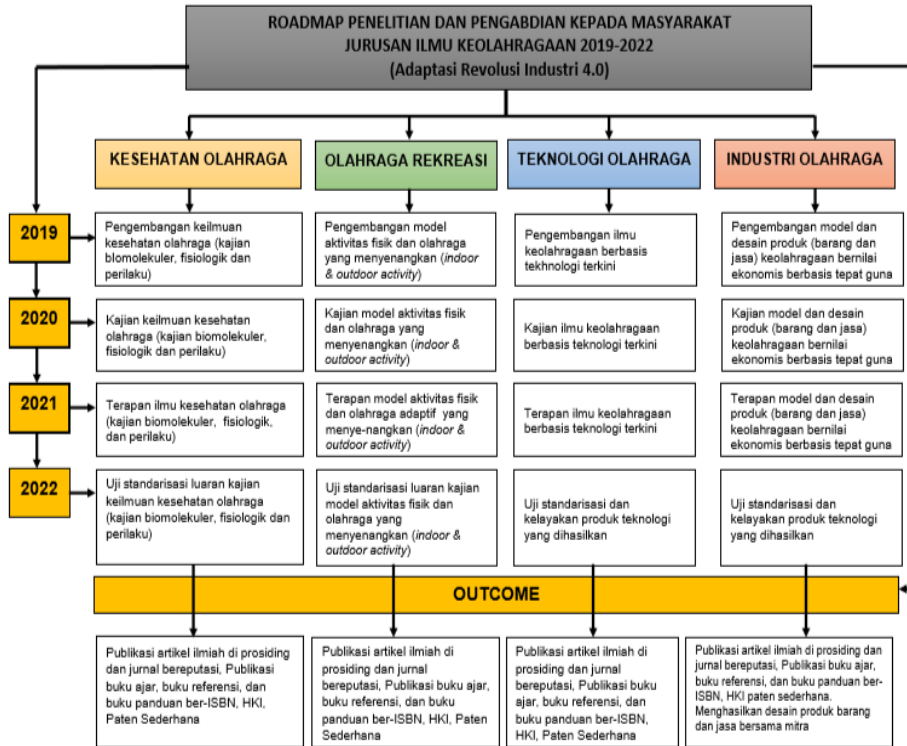


Figure 2.4.2 Research Road Map of Sports Science Department

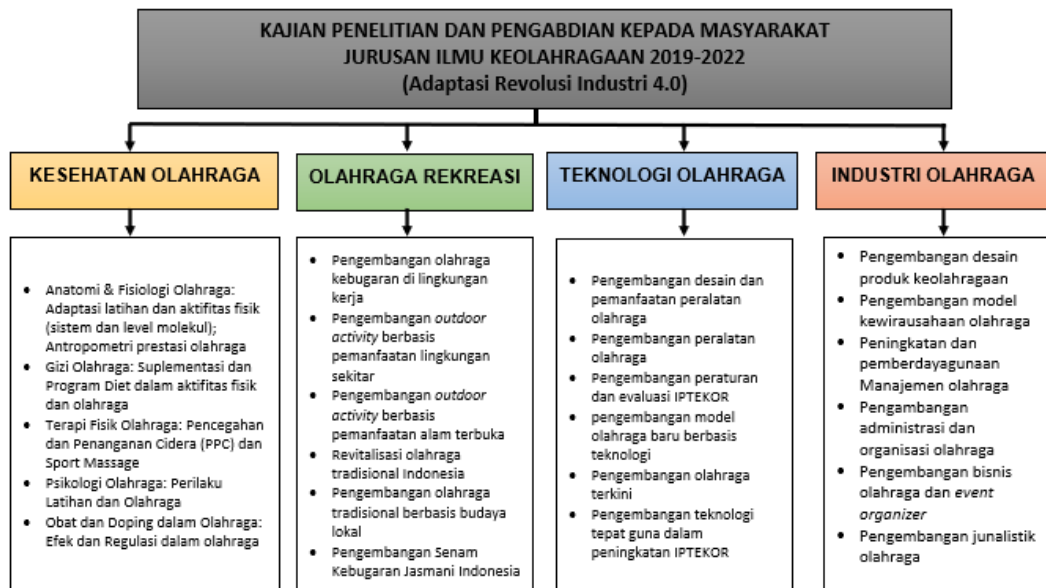


Figure 2.4.3 Scope research on Sports Science department

Chapter 3. Objective

Research Objective

The main objective of this research are:

- To investigate the effect of 11+ kids program on physiological responses 9-10 years old soccer players.
- To investigate the effect of 11+ kids program on physical 9-10 years old soccer players
- To investigate the effect of 11+ kids program on skill attributes of 9-10 years old soccer players.

Chapter 4. Methods

3.1 Design study

Randomized controlled trials (RCTs) design will be conducted in this study. Randomized controlled trials (RCTs) can be regarded as a gold standard in investigating dose-response and causal relationships in exercise science. Recommendations for exercise training routines and efficacy analyses of specific training regimen require valid data derived from robust RCTs (Hecksteden, Faude, Meyer, & Donath, 2018). The subject will be divided into two groups: control groups and intervention groups. The control group will do not get any intervention; they use as usual training they did. The intervention group will receive the FIFA 11+ exercise program during the periods. The measurement test will take on the pre-test, mid-test, and post-test.

Table 3. 1 The intervention grouping

Subject Group	Intervention
Group control	No intervention (training as usual)
Group intervention-1	FIFA 11+ exercise warming up program U-9
Group Intervention-2	FIFA 11+ exercise warming up program U-10

3.2 Study setting

All assessments will be undertaken at Tugu Muda Youth Soccer Club Semarang, Indonesia. The setting is chosen to ensure appropriate data collection.

3.3 Profile of Subjects

3.3.1 Inclusion criteria

- Aged over 8- 12 years and male,
- Are in good general health,
- Had no contraindication for exercise,
- Written informed consent.

3.3.2 Exclusion criteria

- Inability to walk,
- Recent (within 6 months) cardiovascular disease event (stroke, myocardial infraction or cardiac surgery),
- Unwilling to give written consent.

3.3.3 Demographic characteristics

Demographic information, including: age, gender, and exercise status (exercise per week), will collected. Height (cm) and weight (kg) will record and Body Mass Index (BMI) will calculate.

3.4 Sample Size

It has been calculated that 12 subject are needed for each Intervention. It is anticipated that 25-30% of subject will drop out. The sample is 12 participants in each intervention. There are three separate interventions so a total of 36 trials (Appendix 1).

Table 3.4 Sample Size and Intervention groups

Subject Number	Intervention 1	Intervention 2	Intervention 3
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12

3.5 Measures and Equipment

3.5.1 Baseline

- Clinical history (including smoking history), previous operations, comorbidities, current

medications, height, weight, and blood pressure.

- Questions designed to assess risk of cardiovascular diseases.
- Short form international physical activity questionnaire (IPAQ).
- Height, weight and BMI.
- Heart rate, before, during and after exercise.
- Heart rate variability before, during and after exercise.
- Blood pressure before and after exercise.
- FVC, FEV1, FEV1/FVC. PEFR taken before and after exercise.

3.5.2 Cardiovascular Function

The parameter data of cardiovascular function can be collected using Automatic blood pressure monitor, OMRON Health care Co., Ltd., Made in Japan. Which can collect data about blood pressure and heart rate.

To collect HR and HRV will be use POLAR RS800 US Model #190026373, Polar Electro Oy, Professorintie 5, F1-90440 Kempele, Finland.

To collect heart rate (HR) data during exercise intervention, the equipment used is a polar heart rate monitor and software. Heart rate variability (HRV) and blood pressure (BP) data collected on baseline during resting time, and after exercise.

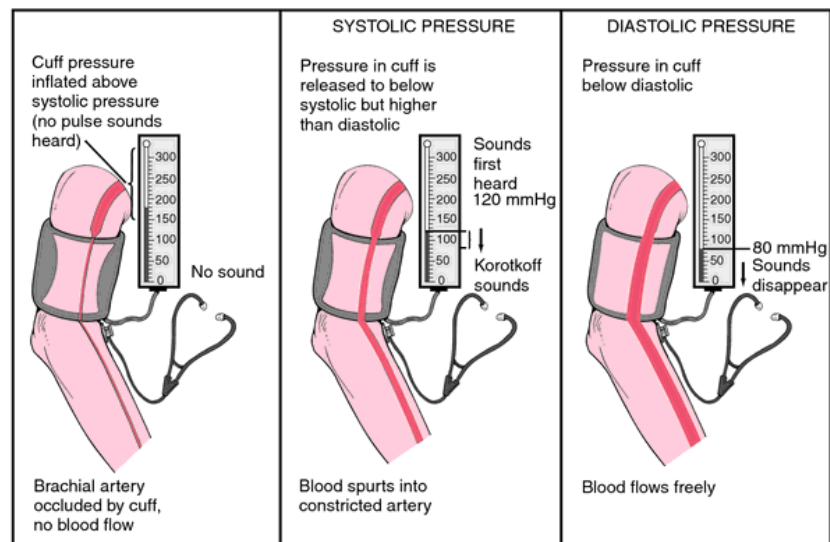


Figure 3.5.1 Measurement of blood pressure. From Applegate, 2000. (<http://medical-dictionary.thefreedictionary.com/blood+pressure>)

Figure 3.5.2. Polar heart rate monitor

3.5.3 Respiratory Function

This study will use a SP 10 Spirometer, interfered Contect Medical System Co., Ltd, made in China. Which measures FVC, FEV1, PEF, the ratio of FEV1 and FVC (FEV1%), 25% flow of the FVC (FEF25), 75% flow of the FVC (FEF75) and average flow between 25% and 75% of the FVC (FEF2575).

The other equipment to test expiratory function is a Peak Flow Meter. This study will use a Low Range Mini Wright Peak Flow Meter, Airmed, Clement Clarke International, Ltd, made in England.



Figure 3.5.3 Peak Expiratory Flow Rate



Figure 3.5.4. Spirometer SP 10

3.6. Intervention

3.6.1 The FIFA 11+ program

The “11+” program. The 11+ consists of three parts, beginning with running exercises (part I), followed by six exercises to develop strength, balance, muscle control and core stability (part II), and ending with advanced running exercises (part III). The 11+ takes approximately 20–25 minutes to complete.

Table 1. The FIFA 11+ exercise program (Daneshjoo et al., 2012b; Daneshjoo et al., 2013)

<p>Part 1: Running</p> <p>Straight ahead, hip out, hip in, circling partner, shoulder contact, quick forward & backwards (The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 m a part. 6 running items, each item 2 sets)</p>	<p>8 minutes</p>
<p>Part 2: Strength, Plyometric and Balance</p> <p>The bench: Static (Lift the body up while supporting on your forearms, pull your stomach in, and hold the position for 20-30 s), alternate legs (lift each leg in turn holding for a count of 2 s) and leg lift and hold (lift one leg about 10-15 cm off the ground, and hold the position for 20-30 s), (3 items, each item 3 sets).</p> <p>Sideways bench: static (lie on your side with the knee of your lowermost leg bent to 90 degrees, lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 s), raise & lower hip (lower your hip to the ground and raise it back up again. Repeat for (20-30 s), with leg lift (lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 s (3 items, 3 sets on each side).</p> <p>Hamstring: Beginner (3-5 repetition, 1 set), intermediate (7-10 repetition, 1 set), advance (12-15 repetition, 1 set). (Kneel on a soft surface. Lean forwards as far as you can. When you can no longer hold the position, gently take your weight on your hands) (3 items)</p> <p>Single-leg stance: hold the ball (balance on one leg whilst holding the ball with both hands, throw the ball to a partner, test your partner (each of you in turn tries to push the other off balance in different directions), (3 items, each item 2 sets and each set 30 s).</p> <p>Squats: with toes raised (perform squats by bending your hips and knees to 90 degrees), walking lunges (as you lunge, bend your</p>	<p>10 minutes</p>

<p>leading leg until your hip and knee are flexed to 90 degrees), one-leg squats (3 items, each item 2 sets).</p> <p>Jumping: vertical jumps, lateral jumps (Jump approx. 1 m sideways from the supporting leg on to the free leg), box jumps (alternate between jumping forwards and backwards, from side to side, and diagonally across the cross) (3 items, each item 2 sets)</p>	
<p>Part 3: Running Exercise</p> <p>Across the pitch, bounding (run with high bounding steps with a high knee lift, landing gently on the ball of your foot), plant and cut (Jog 4-5 steps, then plant on the outside leg and cut to change direction) (3 items, each item 2 sets)</p>	<p>2 minutes</p>

3.6.2 Battery test and Illinois test

The battery test and Illinois test will be conducted to examine physical and skill attributes youth soccer player.

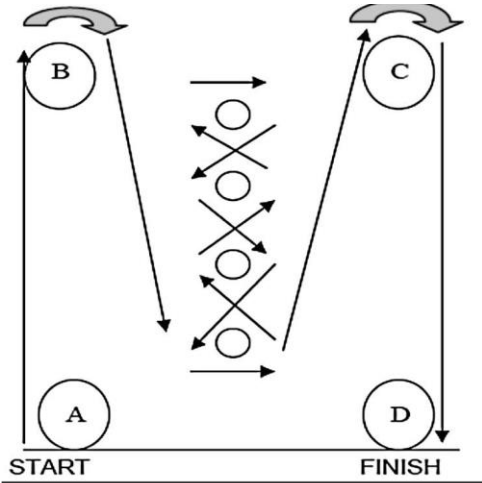


Figure 3.6.2 Illinois test (Amiri-Khorasani, Sahebozamani, Tabrizi, & Yusof, 2010)

Test is set up with four cone forming the agility area (10 m x 5 m wide). Cone at point A, marketing the start. Cone at B and C to mark the turning spots. Cone at point D to mark the finish. Place four cones in the center to the testing are 3.3 meters apart. Start lying face down with the hands at shoulder level. On the “go” command, athlete begins and time stars when they cross the photocells. Get up and run the course in the set path (left to right to left). On the turn sports B and

C, be sure to touch the cones with your hand. Trial is complete when you cross the finish line and when no cones are knocked over (Amiri-Khorasani et al., 2010).

Table 6. The Study Protocol of Intervention

Baseline test data (Height, weight, HR, BP, FVC, FEV1, PEF, PFR, physical & skill attribute test)
Intervention (Control, and FIFA 11+ U-9, U-10)
Pretest (HR, BP, FVC, FEV1, PEF, PFR, Illionis test)
Multistage test
Posttest (HR, BP, FVC, FEV1, PEF, PFR, Illionis test)

3.7 Analysis of data

All data analysis will be carried out using SPSS. In this study each dependent variable is compared for baseline, before and after acute exercise for each subject. Analysis will use multiple analyses of variances (MANOVA). If there are any significant differences, further analysis will be conducted using analysis of variance (ANOVA). Than if there is a significant difference between the treatment, analysis will continue at the least significant difference (LSD) of 95% ($\alpha = 0.05$).

3.8 Study protocol design

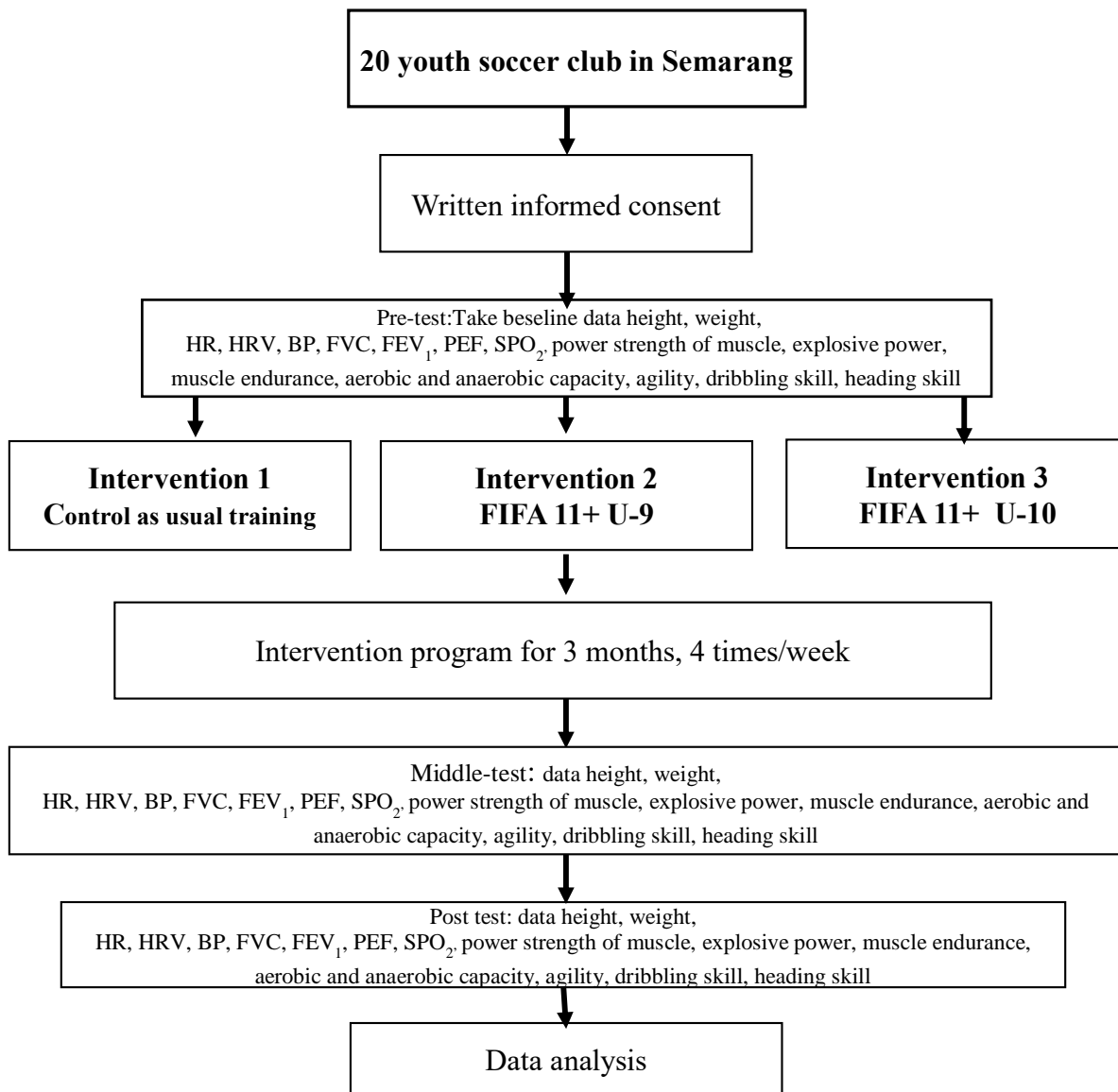


Figure 3.8 Study protocol design

CHAPTER 5. RESULTS DAN DISCUSSION

The pandemic Covid 19 impact on all life being also on quasi experimental design study in human. This research conducted Randomized Controlled Trial on Youth football club 9-12 years old.

Table 1. Anthropometric of participant

	Control group n = 30	Experiment group n = 35
Age (year)	10.50±1.17	10.20 ± 1.12
Height (centimeter)	137 ±11.93	140 ± 12.72
Weight (kilogram)	32 ± 8.59	34 ± 8.98
BMI (kg/m ²)	17.06 ± 0.72	17.21 ± 0.71

^avalues expressed mean ± SD, ^b no differences between groups

Table 2. The data result of variables

Variable	Pre test	Post test	p value
Static balance right foot	49.1 ± 3.025	57.8 ± 1.35	p = 0.000
Static balance left foot	46.1 ± 4.42	54.33 ± 3.38	p = 0.000
Dynamic test	89.5 ± 6.24	95.17 ± 3.76	p = 0.000
Leg Muscle strength	50.58 ± 17.83	73.88 ± 28.85	p = 0.000

P value from t-test

The intervention of FIFA 11+ warming up program for a month, four times a week significantly improve of statis balance and dynamic balance also increase of muscle strength especially on Leg Muscle strength. In line with the result of study, (Daneshjoo, Mokhtar, Rahnama, & Yusof, 2012a; Daneshjoo et al., 2012b; Daneshjoo et al., 2013)

CHAPTER 6. CONCLUSION & SUGGESTION

This study found that intervention of warming up FIFA 11+ enhance physical attributes in youth soccer athletes, especially on balance static, dynamic balance and leg muscle strength. The study suggests for the coach to apply FIFA 11+ warming up program before exercising their athletes.

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Appendix 1: Justification of Budget

Appendix 3. The organizational structure of the research team

No	Name	Institution	Expert	Time	Job description
1	Sri Sumartiningsih, S.Si., M.Kes., Ph.D	Unnes	Injury prevention	10	Take responsibility responsible for the coordination of implementation whole research.
2.	Prof. Sugiharto, MS	Unnes	Exercise Physiology	8	Take responsibility for data collection and analysis data
3	Ryu Nagahara, Ph.D	National Institute of Fitness and Sports in Kanoya	movement analysis	8	Take responsibility for writing manuscript in English language
4	Prof. Dr. Ashril bin Yusof	University of Malaysia	Injury prevention, exercise physiology	6	Take responsibility to assess the instrument and proofreading of manuscript
5	Anggit Risdiyanto	Unnes	Sports Science Student	4	Assist the conducted of the research.
6	Wahyu Restu Syahputri	Unnes	Sports Science Student	4	Assist the conducted of the research.

Appendix 4. requirements
Attending and Presenting Paper on ISPHE 2020

CERTIFICATE
OF APPRECIATION
Number: B/6390/UN37.1.6/TU/2020



THIS CERTIFICATE IS PROUDLY PRESENTED TO :

Sri Sumartiningsih

FOR ATTENDING AND PRESENTING PAPER ENTITLED

The Application of FIFA 11+ Injury Prevention Program on Youth Football Club in Semarang City
in the Webinar of the 5th International Conference on Public Health and Education (ISPHE 2020)
on 22 July 2020, at Semarang, Indonesia

Dean of Sports Science Faculty



Prof. Dr. Tandiyo Rahayu, M.Pd.

Head of the Committee

A handwritten signature in black ink, appearing to read 'Sri Ratna Rahayu', written over a horizontal line.

Asst. Prof. RR. Sri Ratna Rahayu, M.D., Ph.D.



ISPHE 2020

ISPHE

Proceedings of the 5th International Seminar of Public Health and Education, ISPHE 2020, 22 July 2020, Universitas Negeri Semarang, Semarang, Indonesia

Sports Science Faculty, Universitas Negeri Semarang is the host of the 5th International Seminar on Physical Health and Education (ISPHE), which were held virtually on July 22nd, 2020 in Semarang (Indonesia), in collaboration with the Health Education National Networking (JNPK) Indonesia, the In...

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Proceedings of the 5th International Seminar of Public Health and Education, ISPHE 2020, 22 July 2020, Universitas Negeri Semarang, Semarang, Indonesia

Research Article

The Application of FIFA 11+ Injury Prevention Program on Youth Football Club in Semarang City

Cite [BibTeX](#) [Plain Text](#)

Sri Sumartiningih^{1*}, Sugiharto Sugiharto¹, Jens Eiberger², Anggit Risdiyanto¹, Ashril Yusof³

1: Universitas Negeri Semarang

2: Germany Fitness and Football Coach, Munich, Germany

3: University of Malaya, Kuala Lumpur, Malaysia

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Abstract

To determine the effectiveness of FIFA 11+ kids as an injury prevention program in male youth football players. In addition, this study will evaluate the implementation of FIFA 11+ as warming up and injury prevention for the youth football club. The quasi experimental and descriptive survey study design was conducted in this study. 24 football clubs in Semarang were observed and analyzed using interviews and questioner. From 24 football clubs, just 20 football clubs have kid's teams between the ages of 9 and 12 in January 2018-June 2020. The total youth athlete is 980 kids. The average time each warming up is 15-20 minutes. The rate of injury during a competition in each game base on how many athletes were injured was fifty. The coach age was sufficient for implementing the program the coach's license was also an active variable for the success injury prevention program in their athletes.

Keywords warming up injury prevention kids football

Published 2020-09-29 Publisher EAI

Picture of publication on the ISPHE Proceeding (<https://eudl.eu/doi/10.4108/eai.22-7-2020.2300314>)

**The application of FIFA 11+ Injury Prevention Program on Youth Football Club Semarang City
(9-12 years old)**

Sri Sumartiningsih^{1*}, Sugiharto¹, Jens Eiberger², Anggit Risdiyanto¹, Ashril Yusof³

¹Universitas Negeri Semarang

²Germany Fitness and Football coach

³University of Malaya

*email: sri.sumartiningsih@mail.unnes.ac.id

Abstract

Objective: To determine the effectiveness of FIFA 11+ kids as an injury prevention program in male youth football players (9-12 years old) at Semarang City. In addition, this study will evaluate the implementation of FIFA 11+ as warming up and injury prevention for the youth football club.

Material and methods: The quasi experimental and descriptive survey study design was conducted in this study. Twenty-four football clubs in Semarang were observed and analyzed using interviews and questioner. The football club, which has a team at each age of 9, 10, 11, and 12 years old, was recruited as a participant.

Results: From twenty-four football clubs, just twenty football clubs have kid's teams between the ages of 9 and 12 in January 2018- June 2020. The total youth athlete is 980 kids. An average, each club has 49 kids. The ten years old was dominant join in the club. The average time each warming up is 15-20 minutes. Two clubs were familiar and applied FIFA 11+ kids as injury prevention program on football. Each level of team age has one coach.

Conclusion: The football clubs which followed the FIFA 11+ warm-up program were minimum in Semarang city. The coach age was sufficient for implementing the program—the coach's license was also an active variable for the success injury prevention program in their athletes.

Keywords: warming up, injury prevention, kids, football

Introduction

Football is the most popular sport worldwide (Association, 2007). The percentage risk of injury incidence at football during matches was higher than in training (Ekstrand, Hägglund, & Waldén, 2011b). Lower limb and thigh strain was common injury location and dominant muscle injury during tournament and training session (Ekstrand, Hägglund, & Waldén, 2011a; Ekstrand et al., 2011b).

FIFA Marc makes protocol warming up called FIFA 11+ to reduce injury percentage (Bizzini & Dvorak, 2015). Various research found a positive effect of the FIFA 11+ program to the athletes (Daneshjoo et al., 2013; Pomares-Noguera et al., 2018; Rössler, Donath, Bizzini, & Faude, 2016; Zarei et al., 2018). The warming up program performed seven exercises for 15-20 minutes (Spurrier, 2019). The exercises are focus on three exercises for unilateral and dynamic stability on the inferior extremity, three exercises for whole body strength and one exercises for falling technique (Spurrier, 2019).

The effectiveness of warming up the FIFA 11+ program was investigated. Numerous studies found that the FIFA 11+ reduced risk of injury inferior extremity, enhanced performance, and physical attributes in football players (Bizzini & Dvorak, 2015; Daneshjoo et al., 2012b; Daneshjoo et al., 2013; Pomares-Noguera et al., 2018; Rössler et al., 2016; Spurrier, 2019). The program positively useful reduce injury rate of 20-50% in football players (Al Attar, Soomro, Pappas, Sinclair, & Sanders, 2016; Soligard et al., 2008). In Indonesia, a limited study about injury prevention focus on implementing FIFA 11+ in football clubs for youth football players. Therefore, this study aims to investigate the implementation of the FIFA 11+ warming up a program in Semarang football clubs for kids 9 to 12 years old.

Methods

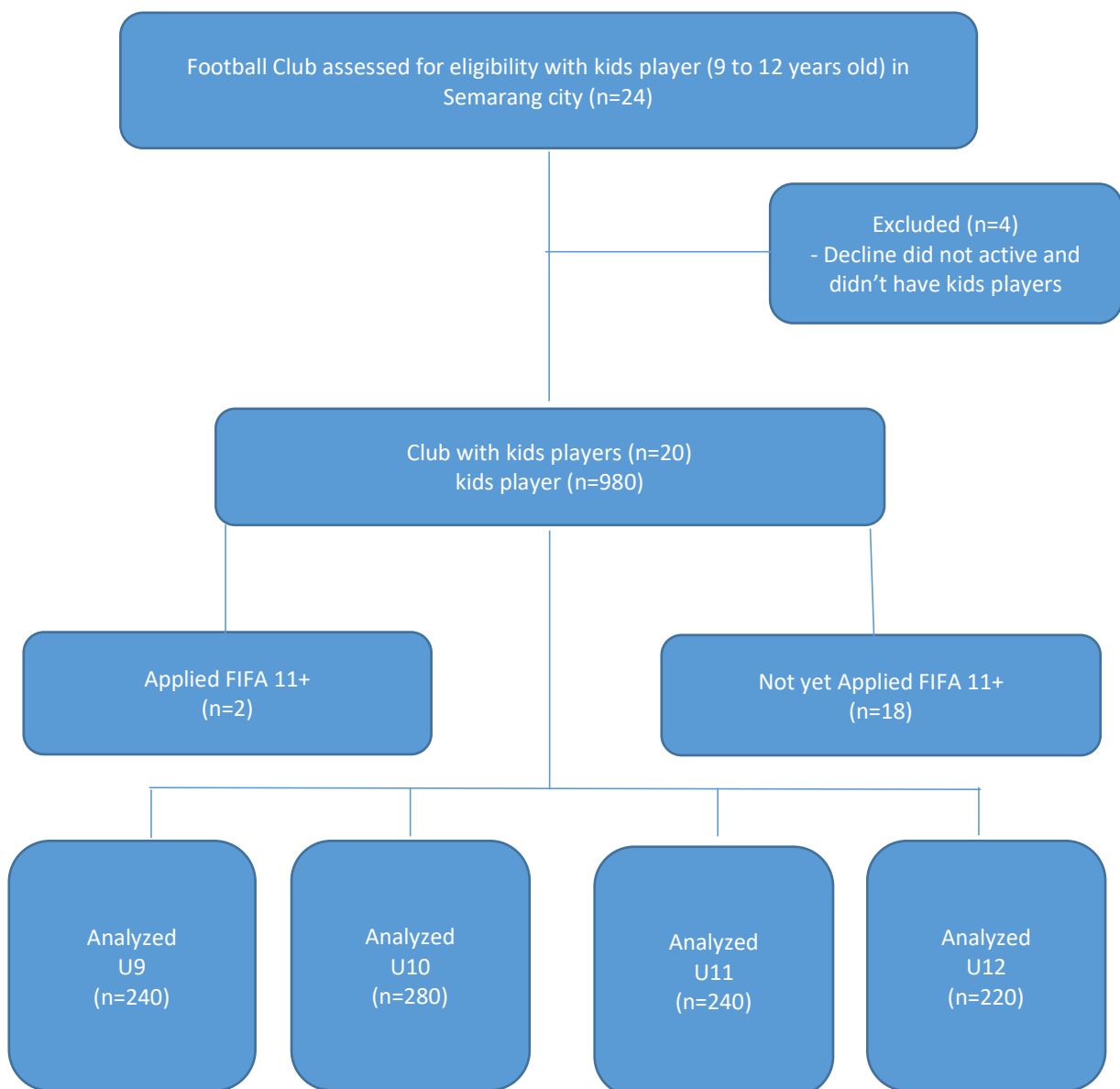
A descriptive survey study design was conducted to assess the implementation of FIFA 11+ on Semarang city football clubs (Cowman et al., 2017). Twenty-four of football clubs in Semarang was recorded. The inclusion criteria were active football clubs and have a program for kids 9 to 12 years old, performed the training program minimum 2 times a week taken part as a participant in this study.

Before data collection, an online webinar meeting held to define the FIFA 11+ program, warming up exercise protocol to injury prevention in athletes. One of the researchers as speakers and explain the application to the coach, and the others supervised the coach training program on football club was used. The coach understand which is FIFA 11+ warming up program and usual warming they usually did.

Assessment for data collection, the coach asked to filled the questioner about the implementation of FIFA 11+ in youth football athletes. The warming up of FIFA 11+ exercise program was implemented during their coaching in 2018-2020.

The FIFA 11+ is an extensive warm-up program with six running exercises at the starting and three exercises to activate the cardiovascular system at the finishing, and six specific preventive exercises especially on core and leg strength, balance and agility with three progressive levels for each exercise, as well as inferior extremity and trunk alignment cues, and it takes for 20-25 minutes' complete program (Akbari, Sahebozamani, Daneshjoo, & Amiri-Khorasani, 2018; Bizzini & Dvorak, 2015; Daneshjoo et al., 2013; Rössler et al., 2016).

Data were analyzed using the statistical package for the social sciences (SPSS) version 20. For data analysis to describe the descriptive implementation program FIFA 11+ in Semarang city Football clubs.



Results

There were on percentage of the active football clubs and have a program for kids.

Table 1. Characteristic of Semarang city football clubs, n=24

Variable Category	Percentage
Active football club	22(92%)
Non active football club	2(8%)
have a training program for kids 9 to 12 years old	20(83%)
Didn't have a training program from kids 9 to 12 years old	4(17%)

Table 2. Clubs eligibility for kids' player 9 to 12 years old, n=20

Variable Category	Percentage
The training program for kids > 3 years	18(90%)
The training program for kids < 2 year	2(10%)
The club ever join the tournament in 2018-2020	18(90%)
Followed the tournament > 5 times/year	12(60%)
Followed the tournament 3-5 times/year	6(30%)
Followed the tournament <3 times/year	2(10)
The exercise frequency (> 3 times/week)	13(65%)
The exercise frequency 2-3 times/week	7(35%)
The rate frequency of injury in each tournament/club > 4 athletes	10(50%)
the rate frequency of injury each tournament/club 2-3 athletes	7(35%)
the rate frequency of injury each tournament/club <2 athletes	3(15%)
The duration of warm up program each training < 20 minutes	10(50%)
The duration of warm up program each training 10-20 minutes	9(45%)
The duration of warm up program each training < 10 minutes	1(5 %)
The club applied FIFA 11+ on warming up	2(10%)
The club applied usual warming up	18(90%)

Table 2. The percentage Club with kids' football program n=980

Kids Age Program in Semarang Football club	n (percentage)
9 years	240(24%)
10 years	280(29%)
11 years	240(24%)
12 years	220(22%)

Table 3. The age percentage of the Coach Semarang city football club n=80

Age (year)	n (Percentage)
< 25	16(20%)
25-35	28(35%)
35-45	28(35%)
>45	8(10%)

Table 4. The Football Coach License n=80

Name of License	n(Percentage)
No license	10(13%)
D	54(68%)
C AFC	10(13%)
B	6(8%)
A AFC	0(0%)
Pro AFC	0(0%)

Discussion

This study aimed to investigate the implementation of the FIFA 11+ warm-up injury prevention program on Semarang city football clubs. The study found that only two clubs which applied the FIFA 11+ warm-up program for injury prevention. The average coach age who applied the FIFA 11+ program was 24 years old.

Based on data collection found that the majority of Semarang football clubs have a program for kids. The dominant kid age was ten years old. In this age, they were followed tournament average seven times per year. Fifty percentage injury rate during the performance in the tournament. It

is mean the coach not yet applied the FIFA 11+ warm-up injury prevention in training and before the competition.

The FIFA 11+ program proved to reduce injury rates in youth, young, and adult football athletes (Al Attar et al., 2016; Barengo et al., 2014; Bizzini & Dvorak, 2015; Daneshjoo et al., 2012b; Pomares-Noguera et al., 2018; Silvers-Granelli et al., 2015; Spurrier, 2019). The program also helps to enhance the strength and performance of football athletes (Daneshjoo et al., 2012b; Daneshjoo et al., 2013; Rössler et al., 2016; Zarei et al., 2018). The others advantage of FIFA 11+ studied found that the warm-up protocol program increases the agility, dynamic balance, and flexibility (Ayala et al., 2017; Bizzini et al., 2013; Cloak, Nevill, Smith, & Wyon, 2014; Daneshjoo et al., 2012a).

The numerous study proved the effective FIFA 11+ warm-up injury prevention program. The proved study results were a reason the football clubs suggested to follow the program to reduce athletes from injury.

Conclusion

The football clubs which followed the FIFA 11+ warm-up program were minimum in Semarang city. The coach age was sufficient for implementing the program—the coach's license was also an active variable for the success injury prevention program in their athletes.

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Appendix 5. Documentation of study



Picture 1. Running, a part of FIFA 11+ warming up program



Picture 2. Nordic curl, a part of FIFA 11+ warming up program



Picture 3. Plank, A part of FIFA 11+ warming up program



Picture 4. Side plank a part of FIFA 11+ warming up program

**NOTA / BUKTI PENGGUNAAN DANA
INTERNATIONAL RESEARCH COLLABORATION
AND SCIENTIFIC PUBLICATION**



Effect of FIFA11+ on Physiological Responses, Physical and Skill Attributes of Youth Soccer

Research Team:

Sri Sumartiningsih, Ph.D	NIDN. 0018098301
Prof. Sugiharto, MS	NIDN. 0023115709
Ryu Nagahara, Ph.D	8522412
Prof. Ashril bin Yusof, Ph.D	8252-2010
Anggit Risdiyanto	NIM. 6211416023
Wahyu Restu Syahputri	NIM. 6211416116

Funding by:

**Anggaran (DIPA) Universitas Negeri Semarang (UNNES) Nomor
023.17.2.677507/2020, 27 Desember 2019 Sesuai Dengan Perjanjian
Kerja Pelaksanaan Penelitian Bagi Dosen Tahun Anggaran 2020
Nomor: 38.4.5/UN37/PPK.4.6/2020**

UNIVERSITAS NEGERI SEMARANG

DESEMBER, 2020

**DAFTAR NOTA KEGIATAN
PENELITIAN KERJASAMA**

No	Penggunaan	Volume	Jumlah
1	Cetak proposal	3	150,000,-
2	Honorarium Koordinator lapangan	3	1,260,000,-
3	Honorarium Pembantu Lapangan	3	2,550,000,-
4	Instrumen penelitian (questioner)	1 paket	1,500,000,-
5	Souvenir	300	10,500,000,-
6	Analisis data	1 paket	6,000,000,-
7	Kontribusi ISPHE	1	700,000,-
8	Konsumsi penelitian	90	4,500,000,-

01) Cetak Proposal

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Menerima: Jilid Hard Cover, Soft Cover, Laminating, dll

Sebelah Timur Gedung A
Pascasarjana UNNES Jl. Kelud Utara III
Phone/WA : 081567666581
Email : ronigate@gmail.com

Semarang, 26/1/2020
Kepada: Titin

Banyaknya	Keterangan	Harga	Jumlah
450	Fotocopy	200	90.000
6	Jilid	10.000	60.000
	Print laser/Warna		
	Scan		
	Burning CD		
	Laminating		
	Poster/Flyer		
			150.000

02) Koordinator lapangan

No. _____
Telah terima dari Sri Sumartiningih ✓
Uang sejumlah Empat Ratus Dua puluh Ribu Rupiah
Untuk pembayaran Koordinator lapangan an. Anggit Risdianto
Bulan I

Semarang, 05 Mei 2020
Rp. 420.000,-
Anggit Risdianto

No. _____
Telah terima dari Sri Sumartiningih
Uang sejumlah Empat Ratus Dua puluh Ribu Rupiah
Untuk pembayaran Koordinator lapangan penelitian Juni
an. Anggit Risdianto

Semarang, 05 Juni 2020
Rp. 420.000,-
Anggit Risdianto

No. _____
Telah terima dari Sri Sumartiningih
Uang sejumlah Empat Ratus Dua puluh Ribu Rupiah
Untuk pembayaran Koordinator lapangan II
an. Anggit Risdianto

Semarang 05 Juli 2020
Rp. 420.000,-
Anggit Risdianto

03) Pembantu lapangan

No. _____
Telah terima dari Sri Sumartiningih
Uang sejumlah Delapan Ratus Lima Puluh Ribu Rupiah
Untuk pembayaran Pembantu Lapangan
01. Wahyu Restu 3. Fajri
2. Suwanto 4. Rahman
05 Mei 2020
Rp. 850.000,-
[Signature]
PAPERLINE

No. _____
Telah terima dari Sri Sumartiningih
Uang sejumlah Delapan Ratus Lima Puluh Ribu Rupiah
Untuk pembayaran Pembantu Lapangan
1. Wahyu Restu 3. Fajri
2. Suwanto 4. Rahman
05-06-2020
Rp. 850.000,-
[Signature]
PAPERLINE

No. _____
Telah terima dari Sri Sumartiningih
Uang sejumlah Delapan Ratus Lima Puluh Ribu Rupiah
Untuk pembayaran Pembantu Lapangan
1. Wahyu Restu 3. Fajri
2. Suwanto 4. Rahman
05-07-20
Rp. 850.000,-
[Signature]
PAPERLINE

04) Questioner (pembuatan instrument penelitian)

Pembuatan Instrumen Penelitian

Effect of FIFA 11+ on physiological responses, physical and skill attributes of 9-10 years old soccer players

Telah terima dari ketua penelitian uang transport pembuatan instrument penelitian

No	Nama	NIM/NIP	Jumlah	Tanda tangan
1.	Sri Sumartiningih	132308389	Rp. 200.000,-	
2.	Sugiharto	131469636	Rp. 200.000,-	
3.	Anggit Risdiyanto	6211416023	Rp. 200.000,-	
4.	Wahyu Restu Syahputri	6211416116	Rp. 200.000,-	
5.	Akhmad Fajri Widodo	0602519093	Rp. 200.000,-	
6.	Muhammad Arif Rahman	0602519089	Rp. 200.000,-	

Semarang, 30 Maret 2020
Mengetahui,
Ketua Penelitian



Sri Sumartiningih, S.Si., M.Kes., Ph.D., AIFO
NIP. 198309182005012003

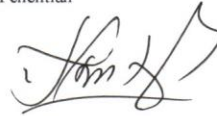
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Pembuatan Instrumen Penelitian

Effect of FIFA 11+ on physiological responses, physical and skill attributes of 9-10 years old soccer players

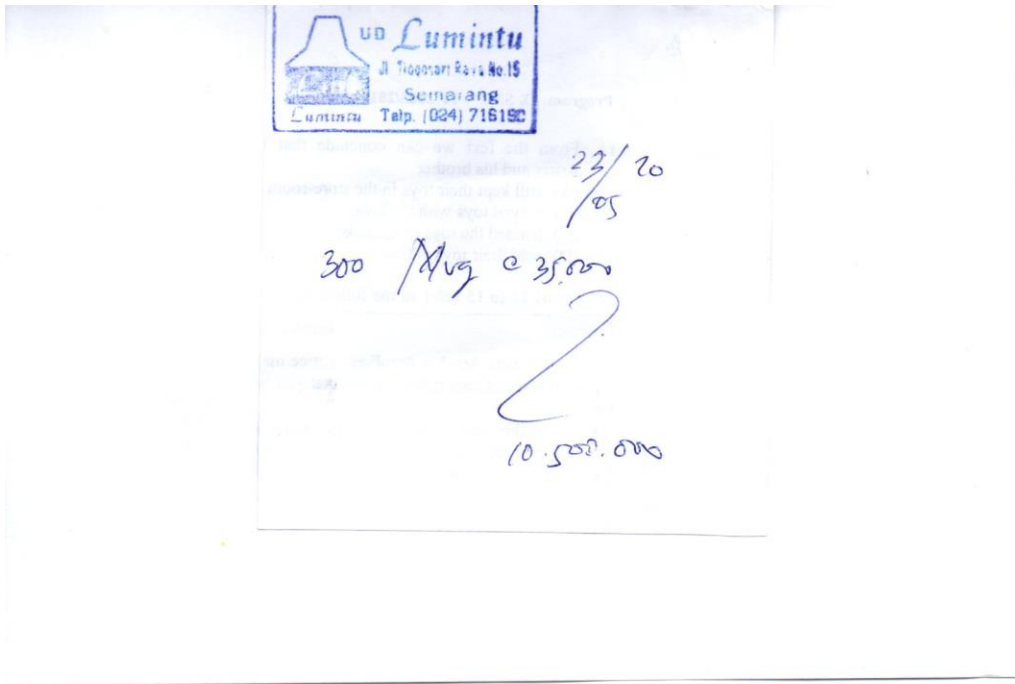
No	Nama	NIM/NIP	Tanda tangan
1.	Sri Sumartiningsih	132308389	1. 
2.	Sugiharto	131469636	2. 
3.	Anggit Risdiyanto	6211416023	3. 
4.	Wahyu Restu Syahputri	6211416116	4. 
5.	Akhmad Fajri Widodo	0602519093	5. 
6.	Muhammad Arif Rahman	0602519089	6. 

Semarang, 30 Maret 2020
Mengetahui,
Ketua Penelitian



Sri Sumartiningsih, S.Si., M.Kes., Ph.D., AIFO
NIP. 198309182005012003

05) Souvenir

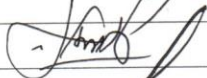

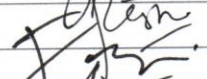
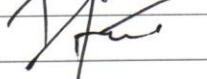




06) Analisis data

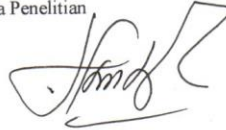
DAFTAR HADIR

Penyusunan data dan analisis data pendahuluan

Effect of FIFA 11+ on physiological responses, physical and skill attributes of 9-10 years old soccer players

No	Nama	NIM/NIP	Tanda tangan
1.	Sri Sumartiningsih	132308389	1. 
2.	Sugiharto	131469636	2. 
3.	Anggit Risdiyanto	6211416023	3. 
4.	Wahyu Restu Syahputri	6211416116	4. 
5.	Akhmad Fajri Widodo	0602519093	5. 
6.	Muhammad Arif Rahman	0602519089	6. 

Semarang, 04 Juni 2020
Mengetahui,
Ketua Penelitian



Sri Sumartiningsih, S.Si., M.Kes., Ph.D., AIFO
NIP. 198309182005012003

Penyusunan dan analisis data pendahuluan

Effect of FIFA 11+ on physiological responses, physical and skill attributes of 9-10 years old soccer players

Telah terima dari ketua penelitian honorarium penyusunan dan analisis data pendahuluan

No	Nama	NIM/NIP	Jumlah	Tanda tangan
1.	Sri Sumartiningih	132308389	Rp. 500.000,-	1. 
2.	Sugiharto	131469636	Rp. 500.000,-	2. 
3.	Anggit Risdiyanto	6211416023	Rp. 500.000,-	3. 
4.	Wahyu Restu Syahputri	6211416116	Rp. 500.000,-	4. 
5.	Akhmad Fajri Widodo	0602519093	Rp. 500.000,-	5. 
6.	Muhammad Arif Rahman	0602519089	Rp. 500.000,-	6. 

Semarang, 04 Juni 2020
Mengetahui,
Ketua Penelitian



Sri Sumartiningih, S.Si., M.Kes., Ph.D., AIFO
NIP. 198309182005012003

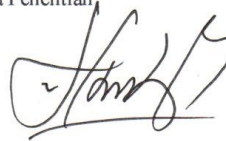
Penyusunan data dan analisis data pendahuluan

Effect of FIFA 11+ on physiological responses, physical and skill attributes of 9-10 years old soccer players

Telah terima dari ketua penelitian uang transport pembuatan instrument penelitian

No	Nama	NIM/NIP	Jumlah	Tanda tangan
1.	Sri Sumartiningsih	132308389	Rp. 200.000,-	1. 
2.	Sugiharto	131469636	Rp. 200.000,-	2. 
3.	Anggit Risdiyanto	6211416023	Rp. 200.000,-	3. 
4.	Wahyu Restu Syahputri	6211416116	Rp. 200.000,-	4. 
5.	Akhmad Fajri Widodo	0602519093	Rp. 200.000,-	5. 
6.	Muhammad Arif Rahman	0602519089	Rp. 200.000,-	6. 

Semarang, 04 Juni 2020
Mengetahui,
Ketua Penelitian




Sri Sumartiningsih, S.Si., M.Kes., Ph.D., AIFO
NIP. 198309182005012003

Fatih Averous Semarang,

Griya Lestari A4- No.14 RT. 01/ IX Ngaliyan Semarang
 Karanganyar RT. 03/ 01 Tugu Semarang
 0821 386 81632
 fatihaverous@gmail.com

Kepada Yth,

No	Banyaknya	Harga Satuan	Jumlah
6	Nasi Ayam Bakar	35.000	210.000
	Buah		
	Air mineral 600ml		
	Puding		
TOTAL			210.000
DP			
KEKURANGAN			

TANDA TERIMA 


Menerima pesanan snack untuk rapat, arisan, Nasi Box, Jajan Tumpah, dll

Fatih Averous Semarang,

Griya Lestari A4- No.14 RT. 01/ IX Ngaliyan Semarang
 Karanganyar RT. 03/ 01 Tugu Semarang
 0821 386 81632
 fatihaverous@gmail.com

Kepada Yth,

No	Banyaknya	Harga Satuan	Jumlah
6	Arem-arem	15.000	90.000
	air mineral 600ml		
	Pastel		
	Kacang Koro		
	Puding		
TOTAL			90.000
DP			
KEKURANGAN			

TANDA TERIMA 

Menerima pesanan snack untuk rapat, arisan, Nasi Box, Jajan Tumpah, dll


Olah Data
statistic&research Consulting

Referensi INVI/2020/0035
Tanggal 04 Juni 2020
Tgl. Jatuh tempo 08 Juni 2020

Tagihan Untuk
Sri Sumartiningsih
Telp. 081575031256
email: sri.sumartiningsih@mail.unnes.ac.id

Produk	Kuantitas	Harga	Diskon	Jumlah
KP1-OD-SEM Olahdata metode SEM	1	750,000	0%	750,000
KP2-OD-TWANOVA Olahdata metode TWANOVA	1	750,000	0%	750,000

Sub. Total	1,500,000
Pajak	0
Diskon	0
Total	1,500,000
Lunas	1,500,000

Hormat Kami

Widiyanto, MS.



Terimakasih telah menggunakan jasa kami =====

07) Kontribusi publikasi di ISPHE

07) Submit Manuscript untuk ISPHE July 5 2020



OFFICIAL RECEIPT



No: 82/ISPHE2020/Receipt/VII/2020

Date: July 16, 2020

Received from: Sumartiningsih

Amount: Seven hundred thousand rupiahs

For Payment of: ISPHE as presenter

IDR: 700,000

Received by,

ISPHE
INTERNATIONAL SEMINAR ON PUBLIC HEALTH EDUCATION
2020 - SEMARANG

Mardiana, M.Si.

08) Snack dan makan siang untuk penelitian

		Telp. 081575355175	
Catering & Delivery			
Jl. Kaligarang No.32 Semarang			
Nama :	Bu Titin/Sri Sumartiningsih		
Alamat :	Lapangan Sidodadi SSB Tugumuda Semarang		
No.Hp :	081575031256		
Pesanan Tgl. :	03 Juni 2020	Kirim Tgl. :	04 Juni 2020
Banyaknya	Nama Pesanan	Harga @	Jumlah
90	Sate Sapi Box	35,000	3,150,000
90	Snack + air minum	15,000	1,350,000
		Sub. Total	4,500,000
		Ongkos Kirim	-
		Total	4,500,000

