



12 (2) (2023) 146 - 152

**Journal of Physical Education, Sport,
Health and Receptions**

<http://journal.unnes.ac.id/sju/index.php/peshr>



**Sepaksila Skills of Tombonan Sepak Takraw Players : The Role of Physical
Conditions**

Moh. Ibnul Azim^{1✉}, Rachmat Hidayat^{2✉}, Hadi Pajarianto^{3✉}, A. Heri Riswanto^{4✉}

Faculty of Teacher Training and Education, University of Muhammadiyah Palopo, Jl. Jenderal Sudirman,
Palopo City, Indonesia¹²³⁴

Article History

Received May 2022

Accepted May 2023

Published Vol.12 No.(2) 2023

Keywords:

Physical Condition;

Sepaksila; Sepak Takraw

Abstract

The purpose of the study was to determine the relationship between physical condition and soccer skills. This study used quantitative methods with correlational descriptive research. The population in this study is players of Tombonan sepak takraw club. The sampling technique used is purposive sampling, which is a certain consideration by the researcher. Since there are 15 Tombonan sepak takraw club players, all were sampled in the study. The test instruments used in this study were physical condition tests (eye-foot coordination and balance), soccer skills tests. The result of the study was that the role of physical condition had a significant relationship with the sepaksila skills of Sepak Takraw Tomonan players with a significant value of $0.000 > 0.05$. The conclusion is that the variable physical condition greatly determines the success of a sepak takraw player in performing the soccer technique.

How to Cite

Azim, M. I., Hidayat, R., Pajarianto, H., & Riswanto, A. H. (2023). Sepaksila Skills of Tombonan Sepak Takraw Players : The Role of Physical Conditions. *Journal of Physical Education, Sport, Health and Recreation*, 12 (2), 146-152.

© 2023 Universitas Negeri Semarang

✉ Correspondence address :

E-mail: moh.ibnulazim@student.umpalopo.ac.id, rachmathidayat@umpalopo.ac.id,
hadipajarianto@umpalopo.ac.id, andiheriswanto@umpalopo.ac.id

p-ISSN 2460-724X
e-ISSN 2252-6773

INTRODUCTION

Sports are a good means to improve physical and mental quality, especially for the younger generation (Arsita et al., 2021). Sport is a form of physical activity that is usually competitive (Mulya, 2020). Sports are physical activities to enrich and improve basic abilities, capacities and skills (Jamudin et al., 2021). Sport is an activity that is needed by everyone to maintain their health and physical fitness (Weda, 2021). Sport is a person's activity to train the body in a planned and structured manner that involves repetitive movements so that the body becomes fit (Prima & Kartiko, 2021). Sport is an activity that has always been carried out by the community, its existence is now no longer underestimated but has become part of people's lives (Hidayat et al., 2020). Sport is a form of structured and planned physical activity that involves repetitive body movements that aim to increase physical freshness (Akbar et al., 2021).

Tombonan is a sepak takraw club in Tombonan Hamlet, North Bonelemo Village, West Bajo District. Tombonan sepak takraw club was formed in 2018 by Yusman who is a young man from Tombonan Hamlet. The coach of the Tombonan sepak takraw club is Arif Sandi who has various experiences competing in Luwu Raya. As time goes by, Tombonan sepak takraw club has 15 players from Tombonan Hamlet. Training ground at Tombonan sepak takraw field. Various tournaments that have been participated in by the Tombonan sepak takraw club held in Luwu Regency are West Bajo Cup I in 2018, West Bajo Cup II in 2019 and Loppe Cup 1 in 2022.

Sepak takraw is a game that is very popular with people in various regions in Indonesia, including Sulawesi, Kalimantan, Sumatra. Especially Sulawesi in the southern part of this sport is called *meraga* or *Maddaga* in the Bugis language taken from the word *raga-raga* which means to comfort each other (Arsita, 2021). Sepak takraw is one of the sports that is growing and in great demand by many Indonesians as evidenced by the many Sepak takraw clubs in various regions in Indonesia and has participated in various regional and national events (Mardela & Rahman, 2017). The game of sepak takraw is a game carried out by two teams facing each other on a field separated by a net that stretches across the field into two parts (Syam, 2022). Sepak takraw is a form of game played by two teams / teams each team consisting of three players (Putra & Fuaddi, 2019). Sepak takraw is a game performed on a rectangular field (Mamu et al., 2022). Sepak takraw is one type of traditional sport that is a mixture of soccer and volleyball. Sepaktakraw is one

of the sports classified as a game sport. The main purpose of sepak takraw is to turn off the ball in the opponent's field area and try not to die on the field itself (Rizal, 2015).

Sepak takraw is a sport played in teams on a rectangular field bounded by a net (Pratama et al., 2022). Sepak takraw is a competitive sport played by 3 players on the field with the shape and size of the field (Kahar et al., 2022). Sepaktakraw is a sport that has unique and dynamic movements involving all limbs (Jufrianis, 2015). Sepak takraw is a sport that prioritizes ball processing skills as an effort to improve basic skills for physical formation, power and agility and also has a high level of difficulty in playing it and also has a high risk of injury (Syahfutra & Remora, 2022). Sepaktakraw is a game that is performed on a rectangular, flat court, both open and closed, and free from all obstacles and the field is limited by the net (Winandhi & Raharjo, 2022). The game of sepak takraw has several basic techniques, including serve, kick, smash, and defense (Rosti et al., 2020).

Sepaksila is one of the basic techniques in the game of sepak takraw that must be mastered by sepaktakraw athletes (Gunawan & Fardi, 2020). Sepaksila is punting the ball using the inside foot to receive and carry the ball, pass and save the opponent's attack. A basic technique that is very dominant and important as a prerequisite for a player to be able to play sepak takraw well is sepaksila, this sepaksila technique is also called the mother of the game of sepak takraw (Suprayitno, 2018). Sepaksila is a kick that uses the inner foot to receive and hold the ball (Suparman et al., 2022). Sepaksila can be taught as a basis for playing sepaktakraw, without mastering the sepaksila technique an athlete is not able to play well (Makhril et al., 2022).

Sepaksila is an attempt to punt using the inside foot which aims to receive or carry the ball, control the ball, pass the ball to friends and save the opponent's attack (Awaluddin & Janwar, 2019). Sepaksila is punting the ball using the inside foot. Sepaksila is used to receive and control the ball, pass for smash attacks and save opponents' attacks (Sardiman et al., 2022). Sepaksila is a basic movement that must be mastered by a sepak takraw player to be able to win a game (Ramadhan, 2021). Sepaksila is to control and carry the ball, make passes or passes, save the ball from the opponent's attack (Novrianto, 2013). Sepaksila is one way to punt using the inside foot. In the game of sepaktakraw, the most widely used kick is sepaksila, because the implementation with sepaksila is considered more effective and efficient both in controlling or controlling the ball and in making passes or passes and so on (Rizal, 2015).

Physical condition is a whole unit of inter-

related component components (Dawud & Hariyanto, 2022). Physical condition consists of several components that exist in the body, and in all sports (Hilmi, 2021). Physical condition is a basic ability that every athlete must have to achieve or achieve his achievements (Ardian et al., 2021). Physical condition is a requirement that must be owned by an athlete in improving and developing optimal sports performance, his physical condition must be developed and improved according to each sport (Ridwan, 2020). Physical condition is one of the indispensable requirements in every effort to improve the performance of an athlete, it can even be said to be the basis of the starting point of a sports achievement (Syaifuddin & Hakim, 2020).

Coordination is a skill between one movement and another so that it can produce a form of movement skill that is quite perfect. Basically, coordination is the ability to control body movements (Nur, 2018). Coordination is a person's ability to integrate different movements into a single movement pattern effectively (Gaffar et al., 2021). Eye-foot coordination is one of the physical conditions needed in playing sepak takraw (Nusufi, 2016). Ankle-foot coordination is the movement that occurs from information integrated into the motion of the limbs (Arsita et al., 2021). Coordination movements in doing soccer that involve the eyes to see the ball, while foot movements when doing soccer to maintain ankle coordination (Yusuf, 2019). Coordination of the eyes, and feet is the ability to coordinate the eyes, and feet in a series of movements that are complete, comprehensive, and continuous quickly and precisely in a controlled rhythm of motion (Nanda & Fuaddi, 2019).

Balance is the ability of a person to maintain his body system both in a dynamic motion position and in a static position (Yusuf, 2019). Static equilibrium is the ability to maintain balance at rest. Dynamic equilibrium is the ability to maintain balance in a state of motion. Everyone needs to have balance in carrying out daily activities, such as walking, running, driving and so on (Gaffar et al., 2021). Balance is the ability that a person has in maintaining the center of gravity of the fulcrum field when the position is upright (Arya et al., 2021). Balance is the ability to maintain equilibrium both static and dynamic when the body is placed in various positions (Robi, 2021). Balance is the body's ability to stay in a position for a long time (Akbar et al., 2021). Balance is an ability used to measure a person's level of balance, such as standing on one leg forming an airplane (Zulman et al., 2018). Balance is a person's ability to maintain a body system both in dynamic and static motion positions where balance is also

very important in doing a movement because with good balance, a person is able to coordinate movements and in some dexterity the element of agility (Hajir, 2019).

Based on observations made at the Tombonan sepak takraw club with coach Arif Sandi, that football skills are still low, then players still often fail to pass when the ball is played in the field, the hitting of the ball with the inner foot is not right so that the ball played is not controlled and not optimal, the ball is passed later in the smash. As evidenced by the various tournaments participated in by the Tombonan sepak takraw club only reached the round of 8 because it was caused by sepaksila skills that were not optimal. due to lack of physical conditions such as eye-foot coordination and balance.

Results of previous research (Putra & Fuaddi, 2019) So it can be concluded that there is a significant relationship of ankle coordination to the skills of sepak takraw. Novelty research is adding physical condition variables namely balance.

METHODS

This study used quantitative methods with correlational descriptive research aimed at determining the relationship between physical condition and soccer skills. (Sugiyono, 2018) The research design is as follows **Figure 1**.

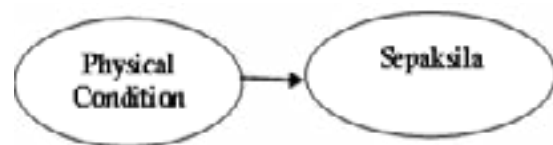


Figure 1. Research Design

The place of research is the tombonan sepak takraw field. The population in this study is players of Tombonan sepak takraw club. The research time carried out in May 2023 lasts for 1 day. The sampling technique used is purposive sampling, which is a certain consideration by the researcher. Since there are 15 Tombonan sepak takraw club players, all were sampled in the study. The focus of the research is the football skills of Tombonan sepak takraw club supported by the role of physical condition. The test instruments used in this study were physical condition tests (eye-foot coordination and balance), sepaksila skill tests (Yusuf, 2019). Physical condition data using the T-Score test. The research data was analyzed descriptively, the requirements test was the data normality test and the correlation test. So the entire statistical data analysis is processed through a computer in the SPSS program version 23.00.

RESULTS AND DISCUSSION

Research results from data obtained in research or field observations about the role of physical condition on the skills of Tombonan sepak takraw players. As an illustration of research which includes descriptive analysis, data normality test and correlation test as follows.

Descriptive analysis which includes mean, median, standard deviation, range, minimum and maximum values as follows **Table 1.**

Table 1. Results of Descriptive Data Analysis

	Physical Condition	Sepaksila
Mean	99,9973	22,87
Median	101,9400	22,00
Mode	101,94	22
SD	10,55312	3,441
Variance	111,368	11,838
Range	43,03	13
Minimum	78,39	17
Maximum	121,42	30
Sum	1499,96	343

Based on **Table 1.** physical condition data can be presented with a mean value of 99.9973, a median value of 101.9400, a mode value of 101.94, a standard deviation value of 10.55312, a variance value of 111.368, a range value of 43.03, a minimum value of 78.39, a maximum value of 121.42 and a sum value of 1499.96. Sepaksila data with a mean value of 22.87, a median value of 22.00, a mode value of 22, a standard deviation value of 3.441, a variance value of 11.838, a range value of 13, a minimum value of 17, a maximum value of 30 and a sum value of 343.

Table 2. Data Normality Test Summary

Variable	Sig.	α	Ket.
Physical Condition	0,987	0,05	Usual
Sepaksila	0,578	0,05	Usual

Based on **Table 2.** a significant value of physical condition of $0.987 > 0.05$ or normal distribution can be stated. The significant value of the sepaksila skill is $0.578 > 0.05$ or normally distributed.

Table 3. Product Moment Correlation Results

Correlation	Sepaksila
Physical Condition	0,800
Sig.	0,000
N	15

Based on table 3, it can be stated that physical condition has a significant relationship with sepaksila skills with a significant value of $0.000 > 0.05$.

The results of the study illustrate that aspects of physical condition consisting of eye-foot coordination and balance are very supportive in performing soccer skills. According to research conducted that has an impact on Sepak Takraw Tomonan players that it is important to maintain physical condition by conducting coordination and balance exercises on an ongoing basis in order to improve soccer skills, especially in playing as a slick right and left. It is important for researchers in responding to this research because it is based on technical constraints, obstacles in carrying out research. The constraints and obstacles that become factors lie in the implementation of research which includes time and place.

So athletes who want to improve their soccer skills well must be supported or first improve the quality of their physical condition (Rizal, 2015). The better the physical condition which includes the eye-foot coordination of the players, the better the ability of sepak takraw in sepak takraw so that the achievements of sepak takraw players are also maximized (Arsita et al, 2021). A significant relationship between eye-toe coordination and soccer ability. In addition, it is also supported by the techniques mastered by players, the better the techniques mastered by players, the more optimal the results obtained in the sport of sepak takraw (Nusufi, 2016). With eye-foot coordination, players are able to display a model of motion skills in performing football, can combine movements into one complex part that combines the legs or feet with vision to be integrated in a movement pattern accompanied by a feeling of careful ball control on the foot. This means that, if the value of eye-foot coordination is good, it will be followed by the value of sepaksila ability in a good sepaktakraw game as well. Vice versa, if the value of ankle coordination is not good, it will be followed by a less sepaktakraw game sepaksila ability value (Gaffar et al., 2021).

The conclusion that can be drawn is that the positive correlation between ankle coordination and soccer skills in the sepak takraw game of grade VIII male students of SMPN 5 Pekanbaru City is a convincing positive correlation. This means that to play the game of sepak takraw students must have good ankle coordination, which greatly affects the basic skills of sepak takraw, especially sepak sila (Nanda & Fuaddi, 2019). There is a relationship between eye and foot coordination with soccer ability. This illustrates that the ability of soccer is influenced by eye and foot coordination factors needed to control the ball at the time of the foot. The hope that researchers want that there is a relationship between eye and foot coordination with the ability of soccer

in the Sepaktakraw game in the 2015 Riau PPLP Team was achieved. This means that to get good football, there is nothing wrong with training player coordination (Azwan et al., 2015). This means that, if the value of eye-foot coordination is good, it will be followed by the value of sepaksila ability in a good sepaktakraw game as well. Vice versa, if the eye-foot coordination value is not good, it will be followed by a poor sepaktakraw game sepaksila ability value as well (Nur, 2018).

The aspect of physical condition of balance has a relationship with the results of football in the sepak takraw team of Tadulako University, because the significant value obtained is less than 0.05 in other words, the results of this study are in line with hypothesis 1 that there is a balance relationship with the results of football sila in the sepak takraw game of Tadulako University (Sardiman et al., 2022). The aspect of physical condition, namely balance, is closely related to football skills in sepaktakraw, because with balance Sepaktakraw players will easily do Sepaksila and play / carry the Takraw ball for a long time. With a good balance, Sepaktakraw players of SMP Negeri 2 Batang Anai produce good Soccer Sila Skills in Sepaktakraw as well. And in this case it is the balance of the footstool when performing Sepak Sila in Sepaktakraw (Zulman et al., 2018).

There is a significant relationship between physical condition, namely balance to football in the game of sepaktakraw. This means that, if the balance value is ideal, it will be followed by the value of football skills in a good sepaktakraw game as well (Novrianto, 2013). Thus the element of balance can predict the ability of sepaksila in the game of sepaktakraw. This means that, if the balance value is good, it will be followed by a good sepaksila ability value in a good sepaktakraw game as well. Vice versa, if the balance value is not good, it will be followed by the value of sepaksila ability in the sepaktakraw game that is not good as well (Gaffar et al., 2021).

The ability of sepaksila is also influenced by balance, in this case there are two balances, namely static balance and dynamic balance, but in doing sepaxilla the balance needed is dynamic balance where a sepaktakraw player always moves in approaching the ball which requires balance in reaching and directing the ball. A bad balance will result in movement and body position that is not optimal so that the ball taking and direction are also not well directed. Therefore, in conducting sepaksila, it is necessary to pay attention to the element of balance (Hajir, 2019). Balance can predict the ability of sepaksila in the game of sepaktakraw. This means that, if the balance value is good, it will be followed by a good sepaksila ability value in a good sepaktakraw game as well. Vice versa, if the balance va-

lue is not good, it will be followed by the value of sepaksila ability in the sepaktakraw game that is not good as well (Nur, 2018).

CONCLUSION

From the results of research conducted on Tombonan sepak takraw players. Physical condition variable greatly determine the success of a sepak takraw player in performing soccer techniques. It is evident from the test results that the role of physical condition has a significant relationship with the sepaksila skills of Tombonan sepak takraw players. Research is expected to educate Tombonan sepak takraw players that the importance of basic sepak takraw techniques, one of which is soccer skills.

REFERENCES

- Akbar, A., Donie, Ridwan, M., & Padli. (2021). Kontribusi Kelentukan, Keseimbangan dan Kekuatan Otot Tungkai Bawah dengan Kemampuan Service Atas Atlet Sepaktakraw. *Jurnal Patriot*, 3(2), 107–119. <https://doi.org/10.24036/patriot.v>
- Ardian, Triansyah, A., & Haetami, M. (2021). Kondisi Fisik Atlet Persatuan Atletik Seluruh Indonesia Kabupaten Kayong Utara. *Pendidikan Dan Pembelajaran*, 10(10), 1–12.
- Arsita, Putra, M. A., & Sinurat, R. (2021). Hubungan Koordinasi Mata-Kaki Dan Kelincahan Dengan Kemampuan Sepak Sila Dalam Permainan Sepak Takraw. *JOSET*, 2(1), 40–49.
- Arya Wisnu Murti, D. L., Marani, I. N., & Rihatno, T. (2021). Pengaruh Kekuatan Otot Tungkai, Kelentukan Togok dan Keseimbangan Terhadap Servis Sepak Takraw. *Jendela Olahraga*, 6(1), 66–77. <https://doi.org/10.26877/jo.v6i1.6358>.
- Awaluddin, & Janwar, M. (2019). Peningkatan Teknik Dasar Sepak Sila Dalam Sepak Takraw Melalui Alat Bantu Kicking Pad. *Jurnal Penjasresrek STKIP Mega Rezky Makassar*, 5(2), 56–68.
- Azwan, M., Ramadi, & Juita, A. (2015). The Correlation Of Eye And Foot Coordination With Sila Football Skill In Game Of Sepak Takraw At Pplp Riau Team 2015. X, 1–9.
- Dawud, V. W. G. W. A. N., & Hariyanto, E. (2022). Survei Kondisi Fisik Pemain Sepakbola U 17. *Sport Science and Health*, 2(4), 224–231. <https://doi.org/10.17977/um062v2i42020p224-231>.
- Gaffar, A., Maulidin, & Wardani, I. K. (2021). Keseimbangan Tubuh Dan Koordinasi Mata Kaki Dengan Kemampuan Passing Sepak Sila Dalam Permainan Sepak Takraw. *Jurnal Cahaya Mandalika ISSN 2721-4796 (Online)*, 2(3), 130–134. <https://doi.org/10.36312/jcm.v2i3.543>.
- Gunawan, I., & Fardi, A. (2020). Pengaruh Variasi Latihan Sepak Sila Terhadap Ketepatan Operan Bola Dalam Sepak Takraw Pemain Sepak Takraw Putra Smp Negeri 17 Sijunjung. *Jurnal Patriot*, 2(1),

- 315–326.
- Hajir, M. (2019). Kontribusi Kelentukan Pergelangan Kaki, Kelincahan dan Keseimbangan Terhadap Kemampuan Sepak Sila pada Permainan Sepak Takraw Siswa SMA Negeri 6 Makassar. 1, 1–19.
- Hidayat, R., Budi, D. R., Purnamasari, A. D., Febriani, A. R., & Listiandi, D. (2020). Faktor Kondisi Fisik Dominan Penentu Keterampilan Bermain Sepak Takraw. *Menssana*, 33–40.
- Hilmi, M. I. (2021). Profil Kondisi Fisik Atlet Petanque Kota Kediri Dalam Menghadapi Porprov VII Jawa Timur. 833–839.
- Jamudin, J., Gani, R. A., & Ma'mun, S. (2021). Survei Tingkat Keterampilan Dasar Shooting Pada Siswa Ekstrakurikuler Sepakbola Di Sman 1 Surade. *Riyadhoh : Jurnal Pendidikan Olahraga*, 4(2), 82. <https://doi.org/10.31602/rjpo.v4i2.5375>.
- Jufrianis, J. (2015). Hubungan Koordinasi Mata-Kaki Dengan Kemampuan Sepak Sila Pada Atlet Persatuan Sepaktakraw Seluruh Indonesia (Psti) *Multilateral Jurnal Pendidikan Jasmani Dan Olahraga*, 14(05), 72–79. <https://ppjp.ulm.ac.id/journal/index.php/multilateralpjk/article/view/2473>.
- Kahar, I., Jalil, R., Ahmad, & Hidayat, M. (2022). Meningkatkan Kemampuan Smash Sepak Takraw Melalui Media Bola Gantung Siswa Kelas X SMK Negeri 6 Luwu. *Jurnal Pendidikan Jasmani Indonesia*, 18(1), 78–88.
- Makhiril, Syahfutra, W., & Remora, H. (2022). Analisis Teknik Dasar Sepak Sila Olahraga Sepak Takraw Atlet Psti Kota Lubuklinggau. *E-Sport: Jurnal Kesehatan Jasmani, Kesehatan Rekreasi*, 3(1), 1–5. <https://doi.org/10.31539/e-sport.v3i1.512>.
- Mamu, A. H., Hidayat, S., Dharma, E. P. D., & Siregar, N. (2022). Pengaruh Latihan Sasaran Terpusat Dan Sasaran Acak Terhadap Ketepatan Umpan Smash Sepak Takraw. *Jambura Sports Coaching Academic Journal*, 1(1), 34–42.
- Mardela, R., & Rahman, F. (2017). Pengaruh Latihan Sepaksila Individu Dan Berpasangan Terhadap Kemampuan Reservice Atlet Sepak takraw. *Jurnal Performa Olahraga*, 2(01), 93–111.
- Mulya, G. (2020). Pengaruh Latihan Imagery dan Koordinasi terhadap Keterampilan Shooting pada Olahraga Petanque. *Journal of SPORT (Sport, Physical Education, Organization, Recreation, and Training)*, 4(2), 101–106. <https://doi.org/10.37058/sport.v4i2.1754>.
- Nanda, R. P., & Fuaddi. (2019). Hubungan Koordinasi Mata Kaki Terhadap Keterampilan Sepak Sila Permainan Sepak Takraw. *Jurnal OF Sport Education*, 1, 49–55.
- Novrianto, A. (2013). hubungan keseimbangan terhadap keterampilan sepak sila dalam permainan sepak takraw pada siswa putra kelas VIII SMP NEGERI 1 PALOLO. *E-Journal Tadulako Physical Education, Health And Recreation*, 1–5(11), 1–13.
- Nusufi, M. (2016). Korelasi Antara Koordinasi Mata-Kaki dengan Kemampuan Sepak Sila Dalam Permainan Sepak Takraw Atlet Klub Dondong Merah Tahun 2014. *Jurnal Handayani PGSD FIP Unimed*, 6(2), 1–8. *Jurnal Handayani*, 6(2), 1–8.
- Pratama, R. S., Pratama, N. R., Wahadi, Adila, F., Imron, F., Badaru, B., & Kusumawardhana, B. (2022). Analisis Gerak Smash Kedeng Pada Atlet Putra Sepaktakraw Club PSTI Kabupaten Demak Tahun 2021. *Journal Of Sport Education (JOPE)*, 4(2), 110–121. <https://Dx.Doi.Org/10.31258/JoPe.4.2.110-121>.
- Prima, P., & Kartiko, D. C. (2021). Survei Kondisi Fisik Atlet Pada Berbagai Cabang Olahraga. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 9(1), 161–170. <https://ejournal.unesa.ac.id/index.php/jurnal-pendidikn-jasmani/issue/archive>.
- Putra, R. N., & Fuaddi, F. (2019). Hubungan Koordinasi Mata Kaki Terhadap Keterampilan Sepak Sila Permainan Sepak Takraw. *Journal Of Sport Education (JOPE)*, 1(2), 49–55. <https://doi.org/10.31258/jope.1.2.49-55>.
- Ramadhan, A. (2021). Tingkat keterampilan sepak sila pada permainan sepak takraw Skills level of sepak sila in sepak takraw. *Altius: Jurnal Ilmu Olahraga Dan Kesehatan*,
- Ridwan, M. (2020). Kondisi Fisik Pemain Sekolah Sepakbola (SSB) Kota Padang. *Performa Olahraga*, 5(1), 92–100. <http://performa.pjp.unp.ac.id/index.php/kepel/article/view/143>.
- Rizal, A. (2015). Kontribusi Koordinasi Mata-Kaki Dan Keseimbangan Terhadap Keterampilan Sepaksila Dalam Permainan Sepaktakraw Siswa Smp Negeri 1 Tanasitolo Kabupaten Wajo. 2015, 55–61.
- Robi, L. (2021). Hubungan Keseimbangan dan Kekuatan Otot Tungkai Terhadap Kemampuan Servis pada Permainan Sepak Takraw Mahasiswa Penjas Semester IV di Unimuda Sorong. *Jurnal Olahraga Dan Prestasi*, 19(1), 39–55.
- Rosti, Suwo, R., & Harum. (2020). Hubungan Panjang Tungkai Dan Kelenturan Dengan Kemampuan Servis Pada Permainan Sepak Takraw. *Tadulako Journal Sport Sciences And Physical Education*, 0383, 46–56.
- Sardiman, Zainuddin, E., Ardin, M., Bakar, A., & Agusman. (2022). Hubungan Antara Kelentukan, Keseimbang Dan Koordinasi Mata Kaki Terhadap Kemampuan Sepak Sila Dalam Permainan Sepak Takraw. *Babasal Sport Education Journal*, 3(2), 85–93.
- Syahfutra, W., & Remora, H. (2022). Analisis Teknik Dasar Sepak Sila Olahraga Sepak Takraw Atlet Psti Kota Lubuklinggau. *E-SPORT: Jurnal Kesehatan Jasmani, Kesehatan Rekreasi*, 3, 3–7. <https://doi.org/10.31539/e-sport.v3i1.5121>.
- Syaifuddin, M., & Hakim, A. A. (2020). Profil Kondisi Fisik Atlet Sepak Takraw Putra Asian Games 2018 Dan Ukm Unesa. *Jurnal Kesehatan Olahraga*, 8(1), 155–160.
- Syam, A. (2022). Pengembangan Model Latihan Teknik Dasar Sepak Sila Dalam Permainan Sepaktakraw Pada Atlet Usia Dini. *Jambura Journal of Sports Coaching*, 2 No.1(1), 39–44.
- Suparman, S., Ilham, I., & Indriyani, I. (2022). Pengembangan Video Tutorial Sepak Sila Pada Pembelajaran Sepak Takraw Dasar. *Manajemen Pendidikan Jasmani*, 3(2), 961–967.

- Suprayitno. (2018). Hasil Belajar Sepak Sila Permainan Sepak Takraw (Studi Ekperimen tentang Pengaruh Gaya Mengajar Dan Kemampuan Motorik pada Mahasiswa PJKR FIK Unimed). *Jurnal Ilmu Keolahragaan*, 17(1), 58–68.
- Sugiyono. 2018. *Metode Penelitian Pendidikan Pendekatan Kuantitatif, kualitatif, dan R&D*. Bandung: Alfabeta.
- Winandhi, I., & Raharjo, A. (2022). Pelaksanaan Evaluasi Materi Sepaktakraw dalam Pembelajaran Daring Pada Siswa Kelas VII di SMP Negeri 2 Cilongok. 3(2), 366–375.
- Weda. (2021). Peran Kondisi Fisik dalam Sepakbola. IKIP PGRI Bali, *Jurnal Pendidikan Kesehatan Rekreasi*, 7(1), 186–192. <https://ojs.ikipgribali.ac.id/index.php/jpkr/issue/view/79>.
- Zulman, Ali Umar, & Atradinal. (2018). Keterampilan Sepak Sila Pemain Sepaktakraw Smp Negeri 2 Batang Anai. *Jurnal Menssana*, 3(1), 77–88.
- Yusuf, A. (2019). Pengaruh Koordinasi Mata Kaki Dan Keseimbangan Terhadap Kemampuan Sepak Sila Siswa Smk Lpp Umi Makassar. *Exercise : Journal of Physical Education and Sport*, 1(1), 1–9. <https://doi.org/10.37289/exercise.v1i1.14>.