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| C:\Documents and Settings\Disegni\Sfondi & Simboli & Logo\Logo ERDI Bassa.jpg | **ABSTRACT FORM**  XXIV International Conference of Sport Rehabilitation and Traumatology  Football Medicine Strategies for Player Care  London, 11th – 12th April 2015 |

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If the abstract will be accepted, the presenting author commit him to attend the conference.

The presenting author will be **Muhammad Ikhwan Zein**

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| TITLE | The Acceptance of FIFA 11+ Football Injury Prevention Program in Youth Futsal Players | |
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| TOPIC | Lesson from other sports : Futsal vs Football | |
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**Introduction**

Previous research showed that FIFA 11+, the football injury prevention program, could improve physical fitness components affecting injury risk among futsal players. But, futsal players’ acceptance to FIFA 11+ application in Indonesia has never been studied.

**Purpose**

This research was conducted to assess futsal players’ acceptance to FIFA 11+ application as a conditioning and injury prevention program.

**Methods**

This research was a qualitative study. Six male futsal players were chosen randomly from a high school futsal team in Yogyakarta, Indonesia that had applied FIFA 11+ training program twice a week for 4 weeks (age 15.67 + 0.516 y.o, weight 54.17 + 4.875 kg, height 1.66 + 2.191 m, Body Mass Index 19.65 + 1.849 kg/m2). Data were collected by performing focused group discussion (structured interview) conducted based on the Technology Acceptance Model (TAM), which is a theory that models how people come to accept and use a technology or methods. TAM assessed 4 aspects of acceptance consists of : perceived ease of use, usefulness, attitude toward using and behavioural intention to use FIFA 11+ training program with the listed questions (Table 1). All the answers and comments from the subjects were noted and coded. The result of coding were analysed and concluded.

**Results**

All the subjects felt FIFA 11+ was easy to be used because the movements were familiar to them as futsal players. It was reflected in the statement of the subjects that said, “Movements in this training are quite easy to be followed”. However majority of the subjects agree that part 2 of FIFA 11+ (strength, plyometric and balance training) were quite difficult to be done, especially the static bench (plank position) exercise and nordic hamstring exercise. One of the subject said, “I have experienced muscle cramps at the beginning of FIFA 11+ part 2 training”. Another subject also stated that he did not enjoy this training because it was very exhausting.

These subjects have experienced that FIFA 11+ gave beneficial effect as it improved their performance. It was reflected by their statements, “I feel that I moved faster when playing futsal” and “..my running speed was increased”.

The ease and usefulness of FIFA 11+ felt by the subjects was found to have a positive effect toward the attitudes of using FIFA 11+ and encourage players’ interests to apply it in future routine training. It was concluded from their statements, such as “This training is very useful, we must continue it”, “I think this training is very important to increase strength component of our futsal players” and “I’m in! I will continue this training if our coach want to implement FIFA 11+ in our future futsal training”.

Table 1. Coding of interview’s questions.

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| **Aspects** | **Questions** | **Response (n = 6)** | |
| **Yes** | **No** |
| **Ease** | 1. Did you complete all FIFA 11+ training components (part I, II, III) in your routine futsal training? If No, please explain why you couldn’t complete it. 2. Did you enjoy performing FIFA 11+ in your routine futsal training? Please explain your answer. | 6  5 | 0  1 |
| **Usefulness** | 1. Did you feel any difference after implementing FIFA 11+ in 4 weeks? | 6 | 0 |
| **Attitude toward using** | 1. Do you think FIFA 11+ is important to be used in routine futsal training? Please explain your answer. | 6 | 0 |
| **Behavioural intention to use** | 1. Do you agree to continue FIFA 11+ training if your coach implement this program in your future futsal training? | 6 | 0 |

**Conclusions**

This study was the first qualitative research to assess futsal players’ acceptance to FIFA 11+ program in Indonesia. The results showed that most futsal players considered FIFA 11+ training was easy to be performed, useful and could be used as a routine warming up in futsal training.

**Key words**

FIFA 11+, acceptance, youth players, futsal.