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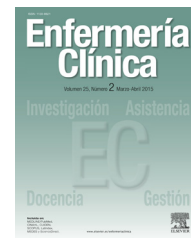
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## Difference effect between 1:1 and 1:2 interval anaerobic endurance training on improvement of futsal anaerobic<sup>☆</sup>

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### KEYWORDS

1:1 interval anaerobic endurance training;  
1:2 interval anaerobic endurance training;  
Anaerobic endurance;  
Futsal player

### Abstract

**Objective:** The purpose of this study was to determine the difference effect between 1:1 and 1:2 interval anaerobic endurance training on improvement of futsal anaerobic endurance.

**Method:** The method used in this study is field experiment with two group pre post test design. The sampling technique in this study was simple random sampling with 20 samples from a population of 30 students, Faculty of Sport Science, State University of Makassar, South Sulawesi were willing to participate in this study. The variables of this research are 1:1 interval anaerobic endurance training; 1:2 interval anaerobic endurance training; anaerobic endurance; futsal player.

**Result:** There is an influence of 1:1 interval anaerobic training on the improvement of futsal players. There is an influence of 1:2 interval anaerobic training on the improvement of futsal players.

**Conclusion:** There was no difference in the effect of 1:1 interval and an 1:2 interval anaerobic training on the improvement of futsal players.

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### Introduction

Futsal achievements at State University of Makassar are still experiencing fluctuations. This can be caused by sev-

eral factors including physical factors, techniques, tactics, strategies, and psychology. The most felt factor for the players is the physical factor, especially anaerobic endurance, because futsal requires a great amount of energy so it must be supported by high anaerobic endurance.

Futsal game is a type of game that requires the ability of complex and high physical conditions, so players must meet these demands if they want to compete at the national, regional and international levels. To meet these physical demands, regular and systematic training and progressive loads are needed. Futsal sports achievements are produced through a program of fostering and increasing achievement

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