

DAFTAR PUSTAKA

- Adi, I. N. A. N., Pramita, I., & Vitalistyawati, L. P. A. (2022). Pengaruh Permainan Tradisional Engklek terhadap Keseimbangan Statis dan Keseimbangan Dinamis pada Anak-Anak Usia 6-12 Tahun di Lingkungan Padang Keling Kelurahan Banyuning Buleleng Bali. *Jurnal Pendidikan Kesehatan Rekreasi*, 8(1), 56–63. <https://doi.org/10.5281/zenodo.5813938>
- Agustini, F. (2020). Integration of Character Values through Traditional Games “Tarik Tambang” in Science Learning. *Jurnal Ilmiah Sekolah Dasar*, 4(2), 114–120. <https://doi.org/10.23887/jisd.v4i2.24513>
- Akbar, I. A., Hasudin, D., & Purnamasari, I. (2015). Uji Validitas Dan Reliabilitas Yo-Yo Intermittent Recovery Test. *Jurnal Kepeleatihan Olahraga*, 7(2), 36–47. <https://doi.org/10.17509/jko-upi.v7i2.16151>
- Akbar, S. (2013). *Instrumen perangkat pembelajaran* (Cetakan ke). Remaja Rosdakarya.
- Akers, R. L., & Jennings, W. G. (2016). Social Learning Theory. In A. R. Piquero (Ed.), *The Handbook of Criminological Theory* (First Edit, pp. 230–240). John Wiley & Sons, Inc. <https://doi.org/10.1002/9781118512449.ch12>
- Alficandra, Rahayu, T., Setyawati, H., & Handayani, O. W. K. (2021). *Latihan Quiet Eye Untuk Akurasi Tendangan Dalam Sepakbola*. Zahira Media Publisher.
- AlNajdi, S. M. (2022). The effectiveness of using augmented reality (AR) to enhance student performance: using quick response (QR) codes in student textbooks in the Saudi education system. *Educational Technology Research and Development*, 70(3), 1105–1124. <https://doi.org/10.1007/s11423-022-10100-4>
- Anggana, I. P. S., Mudana, I. G., Triyuni, N. N., & Sukmawati, N. M. R. (2022). Tri Hita Karana as a form of pro-environmental behavior in Bindu Traditional Village. *International Journal of Green Tourism Research and Applications*, 4(1), 30–37. <https://doi.org/10.31940/ijogtra.v4i1.30-37>
- Ariani, N. W. T. (2024). Balinese Traditional Games To Develop Children’s Resilience In Early Childhood Education. *International Journal of Instruction & Language Study*, 2(1), 78–85. <https://ojs.uhnsugriwa.ac.id/index.php/ijils/article/view/3625>
- Arikunto, S. (2002). *Metodologi Penelitian Suatu Pendekatan Proposal*. Rineka Cipta.

- Arslan, E., Alemdaroglu, U., Koklu, Y., Hazir, T., Muniroglu, S., & Karakoc, B. (2017). Effects of passive and active rest on physiological responses and time motion characteristics in different small sided soccer games. *Journal of Human Kinetics*, 60(1), 123–132. <https://doi.org/10.1515/hukin-2017-0095>
- Artanayasa, I. W. (2023). *Permainan Sepak Bola: Konsep, Praktik, dan Penilaian*. RajaGrafindo Persada.
- Artanayasa, I. W., Kusuma, K. C. A., Satyawan, I. M., & Mashuri, H. (2023). The android-based instrument for performance assessment of football. *Cakrawala Pendidikan*, 42(1), 110–119. <https://doi.org/10.21831/cp.v42i1.52483>
- Artanayasa, I. W., Satyawan, I. M., Kusuma, K. C. A., & Hita, I. P. A. D. (2025). Validity test of a mobile learning-based circuit training model for football players. *Sport TK*, 14(72), 1–8. <https://doi.org/10.6018/sportk.649581>
- Asyafah, A. (2019). Menimbang Model Pembelajaran. *TARBAWY: Indonesian Journal of Islamic Education*, 6(1), 19–32. <https://doi.org/10.17509/t.v6i1.19459>
- Atiq, A., & Yunitaningrum, W. (2020). Physical activities for moral forming football athletes. *Health, Sport, Rehabilitation*, 6(3), 51–59. <https://doi.org/10.34142/HSR.2020.06.03.06>
- Atmaja, N. B. (2020). *Wacana Post Generik Terhadap Tri Hita Karana Pada Masyarakat Bali*. Rajawali Pers.
- Atradinal, Bakhtiar, S., Rusdinal, Aziz, I., Emral, Sepriadi, Ningsih, M. S., Angelia, L., & Effendi, R. (2023). Development of a holistic football training model through SSB student talent identification. *Journal of Physical Education and Sport*, 23(12), 3246–3252. <https://doi.org/10.7752/jpes.2023.12371>
- Badan Pengembangan dan Pembinaan Bahasa. (2016). *KBBI VI Daring*. Kementerian Pendidikan, Kebudayaan, Riset, Teknologi Republik Indonesia. <https://kbbi.kemdikbud.go.id/>
- Baklouti, H., Rejeb, N., Aloui, A., Jaafar, H., Ammar, A., Chtourou, H., Girard, O., & Souissi, N. (2017). Short versus long small-sided game training during Ramadan in soccer players. *Physical Therapy in Sport*, 24, 20–25. <https://doi.org/10.1016/j.ptsp.2016.10.002>
- Bangsbo, J. (1994). *Fitness Training in Football: A Scientific Approach*. August Krogh Institute - Copenhagen University.

- Bangsbo, J., Iaia, F. M., & Krstrup, P. (2008). The YoYo Intermittent Recovery Test: A Useful Tool for Evaluation of Physical Performance in Intermittent Sport. *Sports Med*, 38(1), 37–51. <https://doi.org/10.2165/00007256-200838010-00004>
- Barida, M. (2018). Model Experiential Learning dalam Pembelajaran untuk Meningkatkan Keaktifan Bertanya Mahasiswa. *Jurnal Fokus Konseling*, 4(2), 153–161. <https://doi.org/10.26638/jfk.409.2099>
- Barnes, C., Archer, D. T., Hogg, B., Bush, M., & Bradley, P. S. (2014). The Evolution of Physical and Technical Performance Parameters in The English Premier League. *International Journal of Sports Medicine*, 35(13), 1095–1100. <https://doi.org/10.1055/s-0034-1375695>
- Basyuk, N., & Ternopilska, V. (2022). Pedagogical Conditions of Formation of Moral Feelings in Children of Senior Preschool and Primary School Age. *Journal of Vasyl Stefanyk Precarpathian National University*, 9(1), 146–156. <https://doi.org/10.15330/jpnu.9.1.146-156>
- Beard, C., & Wilson, J. P. (2013). *Experiential Learning: A handbook for education, training and coaching* (Third edit). KoganPage.
- Beemer, L. R., Tackett, W., Schwartz, A., Schliebe, M., Miller, A., Eisman, A. B., Robinson, L. E., Templin, T., Brown, S. H., & Hasson, R. E. (2023). Use of a Novel Theory-Based Pragmatic Tool to Evaluate the Quality of Instructor-Led Exercise Videos to Promote Youth Physical Activity at Home: Preliminary Findings. *International Journal of Environmental Research and Public Health*, 20(16), 1–12. <https://doi.org/10.3390/ijerph20166561>
- Bergkamp, T. L. G., den Hartigh, R. J. R., Frencken, W. G. P., Susan, A., & Meijer, R. R. (2020). The validity of small-sided games in predicting 11-vs-11 soccer game performance. *PLoS ONE*, 15(September), 1–18. <https://doi.org/10.1371/journal.pone.0239448>
- Bompa, T. O., & Buzzichelli, C. A. (2019). *Periodization: Theory and Methodology of Training* (R. W. Earle (ed.); Sixth Edit). Human Kinetics.
- Brackenridge, C., Pitchford, A., & Wilson, M. (2011). Respect: Results of a pilot project designed to improve behaviour in English Football. *Managing Leisure*, 16(3), 175–191. <https://doi.org/10.1080/13606719.2011.583406>
- Braun-Trocchio, R., Graybeal, A. J., Kreutzer, A., Warfield, E., Renteria, J., Harrison, K., Williams, A., Moss, K., & Shah, M. (2022). Recovery Strategies in Endurance Athletes. *Journal of Functional Morphology and Kinesiology*, 7(1), 1–19.

<https://doi.org/10.3390/jfmk7010022>

- Budiarso, A. S., Sutarto, S., Mahardika, I. K., Putra, P. D. A., Sari, D. N. I., & Laela, F. N. (2022). Validitas dan kepraktisan model pembelajaran Contextual Analysis of Science and Laboratory Problems (CANLABS) pada pembelajaran IPA. *Jurnal Penelitian Pendidikan IPA*, 8(1), 94–102. <https://doi.org/10.29303/jppipa.v8i1.1069>
- Bujalance-Moreno, P., Latorre-Román, P. Á., & García-Pinillos, F. (2019). A systematic review on small-sided games in football players: Acute and chronic adaptations. *Journal of Sports Sciences*, 37(8), 921–949. <https://doi.org/10.1080/02640414.2018.1535821>
- Burnet, K., Higgins, S., Kelsch, E., Moore, J. B., & Stoner, L. (2020). The effects of manipulation of Frequency, Intensity, Time, and Type (FITT) on exercise adherence: A meta-analysis. *Translational Sports Medicine*, 3(3), 222–234. <https://doi.org/10.1002/tsm2.138>
- Caso, S., & van der Kamp, J. (2020). Variability and creativity in small-sided conditioned games among elite soccer players. *Psychology of Sport and Exercise*, 48(May), 1–19. <https://doi.org/10.1016/j.psychsport.2019.101645>
- Cendra, R., Gazali, N., & Dermawan, M. R. (2019). The effectiveness of audio visual learning media towards badminton basic technical skills. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 5(1), 55–69. https://doi.org/10.29407/js_unpgri.v5i1.12757
- Cerda, J., Sanchez-sanchez, J., Viejo-romero, D., Jimenez-linares, L., Gimenez, J. V., Garcia-unanue, J., & Felipe, J. L. (2021). Characterisation of goal scoring patterns during open play related to zone pitch division and number of players involved in the 2018 fifa world cup. *Sensors*, 21(16), 1–8. <https://doi.org/10.3390/s21165601>
- Chandra, K. C. A. K., Artanayasa, I. W., & Mashuri, H. (2022). League 3 of Indonesia Bali Zone: Shots and patterns of scoring a goal. *Journal Sport Area*, 7(2), 204–213. [https://doi.org/10.25299/sportarea.2022.vol7\(2\).9464](https://doi.org/10.25299/sportarea.2022.vol7(2).9464)
- Chen, O., Paas, F., & Sweller, J. (2023). A Cognitive Load Theory Approach to Defining and Measuring Task Complexity Through Element Interactivity. *Educational Psychology Review*, 35(2), 1–18. <https://doi.org/10.1007/s10648-023-09782-w>
- Clemente, Filipe M., Lourenço Martins, F. M., & Mendes, R. S. (2014). Developing aerobic and anaerobic fitness using small-sided soccer games: Methodological

- proposals. *Strength and Conditioning Journal*, 36(3), 76–87. <https://doi.org/10.1519/SSC.0000000000000063>
- Clemente, Filipe Manuel, Afonso, J., & Sarmiento, H. (2021). Small-sided games: An umbrella review of systematic reviews and meta-analyses. *PLoS ONE*, 16(2 February), 1–22. <https://doi.org/10.1371/journal.pone.0247067>
- Dahalan, F., Alias, N., & Shaharom, M. S. N. (2024). Gamification and Game Based Learning for Vocational Education and Training: A Systematic Literature Review. *Education and Information Technologies*, 29(2), 1279–1317. <https://doi.org/10.1007/s10639-022-11548-w>
- Danurwindo, Ganesha, P., Sidik, B., & Prahara, J. L. (2017). *Kurikulum Pembinaan Sepakbola Indonesia*. Persatuan Sepakbola Seluruh Indonesia.
- Darmawan, G. E. B., & Suranata, K. (2025). Media augmented reality permainan tradisional Bali untuk meningkatkan motivasi belajar dan keterampilan biomotorik pada siswa sekolah dasar. *Jurnal Konseling Dan Pendidikan*, 13(2), 1–9. <https://doi.org/10.29210/1141800>
- Dassanayake, D. (2014, July 13). One Billion People Set to Tune in to Watch Germany and Argentina Battle for the World Cup. *Express.Co.Uk*.
- Davids, K., Araújo, D., Correia, V., & Vilar, L. (2013). How small-sided and conditioned games enhance acquisition of movement and decision-making skills. *Exercise and Sport Sciences Reviews*, 41(3), 154–161. <https://doi.org/10.1097/JES.0b013e318292f3ec>
- Dawud, V., & Hariyanto, E. (2020). Survei Kondisi Fisik Pemain Sepakbola U17. *Sport Science and Health*, 2(4), 224–231. <https://doi.org/10.17977/um062v2i42020p224-231>
- DFB. (2019). *Talent Development in German Football Association*. <https://www.dfb.de/en/about-us>
- Dharmadi, M. A., Kanca, I. N., Parwata, I. G. L. A., Sptyanawati, N. L. P., Semarayasa, I. K., Wijaya, M. A., Ariani, L. P. T., & Dartini, N. P. D. S. (2022). The Effect of Balinese Traditional Games “Megoak-goakan” and “Megala-gala” on Physical Agility in Martial Arts Athletes. *International Journal of Human Movement and Sports Sciences*, 10(3), 423–428. <https://doi.org/10.13189/saj.2022.100308>
- Dharmadi, M. A., Parwata, I. G. L. A., Ariani, L. P. T., & Sptyanawati, N. L. P. (2023). The Analysis of the History and Culture of the Balinese Traditional Game

- “Megoak-Goakan” Towards the Preservation of Sustainable Tradition. *Proceedings of the Unima International Conference on Social Sciences and Humanities (UNICSSH 2022)*, 976–981. https://doi.org/10.2991/978-2-494069-35-0_118
- Dharmadi, M. A., & Sryanawati, N. L. P. (2023). The Effect of 6-week Traditional Balinese Game of Megoak-goakan on the Running Speed of Junior Pencak Silat Athletes. *Ido Movement for Culture*, 23(3), 98–105. <https://doi.org/10.14589/ido.23.3.10>
- Dharmadi, M. A., Widiartini, N. K., & Parwata, I. G. L. A. (2021). An analysis of junior weight vest development to improve physical abilities of junior athletes. *International Journal of Human Movement and Sports Sciences*, 9(3), 466–472. <https://doi.org/10.13189/saj.2021.090311>
- Diantari, N. P. M., & Gede Agung, A. A. (2021). Video Animasi Bertema Tri Hita Karana pada Aspek Afektif Anak Usia Dini. *Jurnal Pendidikan Anak Usia Dini Undiksha*, 9(2), 176. <https://doi.org/10.23887/paud.v9i2.35497>
- Dick, W., Carey, L., & Carey, J. O. (2015). *The Systematic Design of Instruction*. Pearson, 81.
- Dimarucot, H. C., & Macapagal, L. S. (2021). The validity and reliability of three field tests for assessing college freshmen students’ cardiovascular endurance. *International Journal of Human Movement and Sports Sciences*, 9(2), 363–374. <https://doi.org/10.13189/SAJ.2021.090226>
- Divayana, D. G. H., Sudirtha, I. G., & Gading, I. K. (2020). Application design of countenance evaluation based on Tri Hita Karana-Aneka for evaluating the students’ computer capability and students’ character. *Cogent Psychology*, 7(1), 1–18. <https://doi.org/10.1080/23311908.2020.1773095>
- Domínguez-Escribano, M., Ariza-Vargas, L., & Tabernero, C. (2017). Motivational variables involved in commitment of female soccer players at different competitive levels. *Soccer and Society*, 18(7), 801–816. <https://doi.org/10.1080/14660970.2015.1067789>
- Ediyani, M., Hayati, U., Salwa, S., Samsul, S., Nursiah, N., & Fauzi, M. B. (2020). Study on Development of Learning Media. *Budapest International Research and Critics Institute (BIRCI-Journal): Humanities and Social Sciences*, 3(2), 1336–1342. <https://doi.org/10.33258/birci.v3i2.989>
- Elkind, D., & Sweet, F. (2004). *Building Character in Schools: Practical Ways to*

Bring Moral Instruction to Life. Jossey Bass.

- Emral, E., Arsil, A., & Lawanis, H. (2023). Pengaruh Model Latihan Filanesia terhadap Kemampuan Teknik Dasar Sepakbola di SMP Negeri 15 Padang. *Jurnal JPDO*, 6(6), 1–8. <http://jpdo.ppj.unp.ac.id/index.php/jpdo/article/download/1410/615>
- Ernida, E., Razali, R., & Fitriani, S. S. (2023). Nilai Karakter dalam Buku Bacaan Literasi Anak. *Seulanga: Jurnal Pendidikan Anak*, 4(1), 46–60. <https://doi.org/10.47766/seulanga.v4i1.999>
- Fauzan, M., & Haryati, N. (2021). Model Flipped Classroom dan Media Google classroom Sebagai Solusi Pembelajaran Bahasa Indonesia Abad 21. *DWIJA CENDEKIA: Jurnal Riset Pedagogik*, 5(2), 361–371. <https://doi.org/10.20961/jdc.v5i2.55779>
- Fernandez-Navarro, J., Fradua, L., Zubillaga, A., Ford, P. R., & McRobert, A. P. (2016). Attacking and defensive styles of play in soccer: analysis of Spanish and English elite teams. *Journal of Sports Sciences*, 34(24), 2195–2204. <https://doi.org/10.1080/02640414.2016.1169309>
- Fitriyah, N., Widodo, A., Sulistyarto, S., Hartono, S., Subagio, I., Wismanadi, H., & Rizki, A. Z. (2024). Pengembangan Latihan Small-Sided Games Untuk Meningkatkan Kemampuan Kondisi Fisik Dan Keterampilan Teknik Passing Control. *Jendela Olahraga*, 9(1), 60–66. <https://doi.org/10.26877/jo.v9i1.17547>
- Freeman, W. H. (2001). *Peak When It Counts : Periodization for American Track and Field* (4th editio). Tafnews Press.
- Gall, J. P., Gall, M. D., & Borg, W. R. (2014). *Applying Educational Research: How to Read, Do, and Use Research to Solve Problems of Practice*. Longman Publishing Inc.
- Gall, M. D., Gall, J. P., & Borg, W. R. (1983). *Educational Research: An Introduction* (First Edit). Longman Inc.
- Gall, M. D., Gall, J. P., & Borg, W. R. (2003). *Educational Research: An Introduction* (A. E. Burvikovs (ed.); Seventh Ed). Pearson Education, Inc.
- Garrido, D., Antequera, D. R., Campo, R. L. Del, Resta, R., & Buldú, J. M. (2021). Distance Between Players During a Soccer Match: The Influence of Player Position. *Frontiers in Psychology*, 12(August), 1–10. <https://doi.org/10.3389/fpsyg.2021.723414>

- Gaudino, P., Alberti, G., & Iaia, F. M. M. (2014). Estimated metabolic and mechanical demands during different small-sided games in elite soccer players. *Human Movement Science*, 36(August), 123–133. <https://doi.org/10.1016/j.humov.2014.05.006>
- Giri, G. A. R. C., & Sustiawati, N. L. (2021). Nilai-Nilai Pendidikan Dalam permainan tradisional juru pencar. *PENSI: Jurnal Ilmiah Pendidikan Seni*, 1(2), 91–98. <https://doi.org/10.59997/pensi.v1i2.878>
- Gloria, R., Tatiana, D., Constantin, R. B., Marinela, R., & Gabriel, M. (2013). Study Regarding the Order of Psychological Processes and the Importance of the Psychological Factors of High Performance for the Sports Branch Karate. *Procedia - Social and Behavioral Sciences*, 84, 1228–1232. <https://doi.org/10.1016/j.sbspro.2013.06.734>
- Gregory. (2000). *Physicological Testing (History, Principles, And Aplications)* (Third Edit). Allyn and Bacon.
- GSC. (2017). *Laporan Tes Kondisi Fisik Atlet Porprov Buleleng Tahun 2017*.
- GSC. (2019). *Laporan Tes Kondisi Fisik Atlet Porprov Buleleng Tahun 2019*.
- GSC. (2022). *Laporan Tes Kondisi Fisik Atlet Porprov Buleleng Tahun 2022*.
- Gudinavičius, A., & Šuminas, A. (2018). Choosing a book by its cover: analysis of a reader's choice. *Journal of Documentation*, 74(2), 430–446. <https://doi.org/10.1108/JD-09-2016-0111>
- Guntoro, T. S., Kurdi, K., & Putra, M. F. P. (2020). Karakter kepribadian atlet Papua: kajian menuju POPNAS ke-XV. *Jurnal SPORTIF: Jurnal Penelitian Pembelajaran*, 6(1), 40–58. https://doi.org/10.29407/js_unpgri.v6i1.13638
- Guo, P. J., Kim, J., & Rubin, R. (2014). How video production affects student engagement: An empirical study of MOOC videos. *Proceedings of the 1st ACM Conference on Learning at Scale, March*, 41–50. <https://doi.org/10.1145/2556325.2566239>
- Hadinata, R. (2023). *Model Latihan Teknik Dasar Sepakbola Berbasis Filanesia (Fase Pengembangan Skill Sepakbola Usia 10-13 Tahun)*. Universitas Negeri Jakarta.
- Harsono. (2018). *Latihan Kondisi Fisik Untuk Atlet Sehat Aktif*. Remaja Rosdakarya.
- Hervina, N. P. A. (2023). *Pengembangan Model Pembelajaran IPA Bermuatan*

Kearifan Lokal Bali Untuk Meningkatkan Karakter dan Literasi Sains Siswa. Universitas Pendidikan Ganesha.

- Hidayat, W., & Rahayu, S. (2015). Evaluasi Program Pembinaan Prestasi Sepakbola Klub Persibas Banyumas. *Journal of Sport Sciences and Fitness*, 4(2), 10–15. <https://doi.org/10.15294/jssf.v4i2>
- Hidayat, Y., Yudiana, Y., Hambali, B., Sultoni, K., Ustun, U. D., & Singnoy, C. (2023). The effect of the combined self-talk and mental imagery program on the badminton motor skills and self-confidence of youth beginner student-athletes. *BMC Psychology*, 11(1), 1–16. <https://doi.org/10.1186/s40359-023-01073-x>
- Hidayati, S., Susilawati, S., & Harjono, A. (2021). Validity and Practicality of Problem Based Learning (PBL) Model Learning Tools to Improve Students' Conceptual Understanding. *Prisma Sains : Jurnal Pengkajian Ilmu Dan Pembelajaran Matematika Dan IPA IKIP Mataram*, 9(1), 82–87. <https://doi.org/10.33394/j-ps.v9i1.3966>
- Hoening, H. M., Amis, K., Edmonds, C., Morgan, M. S., Landerman, L., & Caves, K. (2018). Testing fine motor coordination via telehealth: Effects of video characteristics on reliability and validity. *Journal of Telemedicine and Telecare*, 24(5), 365–372. <https://doi.org/10.1177/1357633X17700032>
- Horky, T., Clavio, G., & Grimmer, C. (2020). Broadcasting the World Cup: a multinational comparative analysis broadcast quality in the 2014 World Cup. *Soccer and Society*, 21(1), 15–28. <https://doi.org/10.1080/14660970.2018.1448794>
- House, S., & Johnston, S. (2014). *Training for the New Alpinism: A Manual for the Climber as Athlete*. Patagonia.
- Ibrahim, M., Antonenko, P. D., Greenwood, C. M., & Wheeler, D. (2012). Effects of segmenting, signalling, and weeding on learning from educational video. *Learning, Media and Technology*, 37(3), 220–235. <https://doi.org/10.1080/17439884.2011.585993>
- Ihwanudin, M., Astuti, B., & Yulianto, A. (2018). Bahan Ajar Ipa Terpadu Tipe Integrated Berbasis Komplementasi Ayat-Ayat Al-Quran. *UPEJ Unnes Physics Education Journal*, 7(3), 36–42. <https://doi.org/10.15294/upej.v7i3.27674>
- Iqbal, H. S., Ma'mun, A., & Nuryadi, N. (2019). Mengintegrasikan Life Skills ke Program Pelatihan Sepak Bola bagi Pengembangan Pemuda yang Positif. *Jurnal Penelitian Pendidikan*, 19(3), 344–355. <https://doi.org/10.17509/jpp.v19i3.22328>

- Istiqamah, I. (2019). Validitas Perangkat Pembelajaran Konsep Pencemaran Lingkungan untuk Meningkatkan Keterampilan Komunikasi Sains Siswa SMA di Banjarmasin. *Tarbiyah: Jurnal Ilmiah Kependidikan*, 8(2), 117. <https://doi.org/10.18592/tarbiyah.v8i2.3235>
- Iyakrus, Subandi, Sumarni, S., & Bayu, W. I. (2022). Evaluasi Program Pembinaan Bulu Tangkis di Kabupaten Banyuasin. *Pendidikan Kesehatan Rekreasi*, 8(2), 247–256. <https://doi.org/10.5281/zenodo.6684692>
- Izzati, U. A., Bachri, B. S., Sahid, M., & Indriani, D. E. (2019). Character education: Gender differences in moral knowing, moral feeling, and moral action in elementary schools in Indonesia. *Journal for the Education of Gifted Young Scientists*, 7(3), 547–556. <https://doi.org/10.17478/jegys.597765>
- Jaya, K. A. (2019). Membangun Mutu Pendidikan Karakter Siswa Melalui Implementasi Ajaran Tri Hita Karana. *Jurnal Penjaminan Mutu*, 5(1), 57–67. <https://doi.org/10.25078/jpm.v5i1.759>
- Joyce, B. R., Weil, M., & Calhoun, E. (2009). *Models of Teaching*. Allyn and Bacon Publishers.
- Joyce, B. R., Weil, M., & Calhoun, E. (2015). *Models of Teaching Always learning* (9th ed.). Pearson Education, Inc.
- Kardiawan, I. K. H., & Kusuma, K. C. A. (2014). *Pembentukan dan Pembinaan Kondisi Fisik*. Graha Ilmu.
- Kardiawan, I. K. H., Sutajaya, I. M., Suja, I. W., Wahjoedi, & Swadesi, I. K. I. (2023). Physical fitness of elementary children through Balinese traditional games based on the tri hita karana philosophy. *Altius: Jurnal Ilmu Olahraga Dan Kesehatan*, 12(1), 48–57. <https://doi.org/10.36706/altius.v12i1.21402>
- Karmini, N. W., Yudari, A. A. K. S., Suasthi, I. G. A., Hadriani, N. L. G., Setini, M., Diantari, N. P. M., & Gede Agung, A. A. (2021). Model of Humanism Education based on Local Wisdom in Elementary School in Bali. *International Journal of Early Childhood Special Education*, 13(2), 1056–1063. <https://doi.org/10.23887/paud.v9i2.35497>
- Kempe, M., Vogelbein, M., Memmert, D., & Nopp, S. (2014). Possession vs. Direct Play: Evaluating Tactical Behavior in Elite Soccer. *International Journal of Sports Science*, 4(6A), 35–41. <https://doi.org/10.5923/s.sports.201401.05>
- Khudolii, O., Kapkan, O., Harkusha, S., Marchenko, S., & Veremeenko, V. (2020).

- Motor skills development: Optimization of teaching boys aged 15 press headstand and handstand. *Physical Education Theory and Methodology*, 20(1), 42–48. <https://doi.org/10.17309/tmfv.2020.1.06>
- Kismono, A., & Dewi, R. (2020). Jurnal Olahraga & Kesehatan Indonesia. *Jurnal Olahraga & Kesehatan Indonesia*, 1(2), 90–95.
- Koekoek, J., & van Hilvoorde, I. (2019). *Digital Technology in Physical Education*. Routledge.
- Kolb, A., & Kolb, D. (2017). Experiential Learning Theory as a Guide for Experiential Educators in Higher Education. *Experiential Learning & Teaching in Higher Education*, 1(1), 7–44. <https://doi.org/10.46787/elthe.v1i1.3362>
- Kolb, A. Y., & Kolb, D. A. (2005). Learning styles and learning spaces: Enhancing experiential learning in higher education. *Academy of Management Learning and Education*, 4(2), 193–212. <https://doi.org/10.5465/AMLE.2005.17268566>
- Kolb, D. A. (1984). *Experiential learning: Experience as the source of learning and development*. Prentice-Hall, Inc.
- Kolb, D. A., Boyatzis, R. E., & Mainemelis, C. (2001). Experiential Learning Theory: Previous Research and New Directions. In *Perspectives on Thinking, Learning, and Cognitive Styles* (1st Editio, p. 286). Routledge. <https://doi.org/10.4324/9781410605986>
- Komara, E. (2018). Traditional Game Sports and The Conservation of Local Culture. *The 4th Malaysian International Outdoor Recreation and Education Conference*.
- Komarudin. (2016). Analisis Kesalahan Siswa Dalam Pemecahan Masalah Matematika Pada Materi Peluang Berdasarkan High Order Thinking Dan Pemberian Scaffolding. *Jurnal Darussalam: Jurnal Pendidikan, Komunikasi Dan Pemikiran Hukum Islam*, VIII(1), 5–24. <https://doi.org/10.30739/darussalam.v8i1.96>
- Kurniawan, A. W., Wijayanto, A., Amiq, F., & N.H, M. H. (2021). Psikologi Olahraga. In M. Mu'arifin (Ed.), *Akademi Pustaka: Vol. 14 x 21 cm*. Akademia Pustaka.
- Kuru Gönen, S. İ., & Zeybek, G. (2022). Using QR code enhanced authentic texts in EFL extensive reading: a qualitative study on student perceptions. *Education and Information Technologies*, 27(2), 2039–2057. <https://doi.org/10.1007/s10639-021-10695-w>

- Kusuma, A. S. (2024). *Pengaruh Model Project Based Learning Berbantuan E-Modul Berbasis Tri Hita Karana Terhadap Kemampuan Berpikir Kritis Dan Sikap Sosial Pada Matakuliah Analisis Desain Sistem Informasi (ADSI) Ditinjau Dari Self Efficacy*. Universitas Pendidikan Ganesha.
- Kusuma, I. D. M. A. W., Kusnanik, N. W., Lumintarso, R., & Phanpheng, Y. (2024). The Holistic and Partial Approach in Soccer Training: Integrating Physical, Technical, Tactical, and Mental Components: A Systematic Review. *Retos*, 2024(54), 328–337. <https://doi.org/10.47197/retos.v54.102675>
- Kusuma, I. K. H. W. (2022). *Model Pembelajaran Aktivitas Kebugaran Jasmani Berbasis Olahraga Permainan Tradisional Bali Di Sekolah Menengah Pertama*. Universitas Negeri Jakarta.
- Kusuma, I. K. H. W., Asmawi, M., Hernawan, H., Dlis, F., Widiastuti, W., & Kanca, I. N. (2021). A Study of Learning Physical Fitness Activities Based on Traditional Balinese Sports Games for Students' Physical Fitness. *International Journal of Human Movement and Sports Sciences*, 9(5), 1029–1039. <https://doi.org/10.13189/saj.2021.090525>
- Kusuma, K. C. A. (2018). *Kepelatihan Sepak Bola: Teori dan Praktik*. PT RajaGrafindo Persada.
- Kusuma, K. C. A., Artanayasa, I. W., Dharmadi, M. A., & Semarayasa, I. K. (2025). Research Trends on Small-Sided Games in Soccer: A Bibliometric Analysis. *Jurnal Pendidikan Jasmani Dan Olahraga*, 10(1), 63–76. <https://doi.org/10.17509/jpjo.v10i1.76269>
- Kusuma, K. C. A., Artanayasa, I. W., & Lesmana, K. Y. P. (2025). Yo-yo intermittent recovery test level 1 for young soccer player: Test-retest reliability. *Jurnal Keolahragaan*, 13(1), 10–17. <https://doi.org/10.21831/jk.v13i1.78879>
- Kusuma, K. C. A., Artanayasa, I. W., & Sukmana, A. I. W. I. Y. (2022). The validity of D-MENBOLA: Digitalization of football learning media based on articulate storyline 3. *Journal Sport Area*, 7(1), 23–32. [https://doi.org/10.25299/sportarea.2022.vol7\(1\).7370](https://doi.org/10.25299/sportarea.2022.vol7(1).7370)
- Kusuma, K. C. A., Artanayasa, W., Mashuri, H., & Dharmadi, M. A. (2022). The Relationship between Shot on Goal Level and the Final Results of Soccer Matches in the 2021 Indonesian League 3 Bali Zone. *International Journal of Human Movement and Sports Sciences*, 10(4), 797–806. <https://doi.org/10.13189/saj.2022.100420>

- Kusuma, K. C. A., Dharmadi, M. A., Hidayat, S., Artanayasa, I. W., & Semarayasa, I. K. (2024). The Effectiveness of SSG as a Holistic Training Approach in Improving Soccer Players Performance: A Systematic Literature Review. *International Journal of Human Movement and Sports Sciences*, 12(5), 854–863. <https://doi.org/10.13189/saj.2024.120511>
- Kusuma, K. C. A., & Kardiawan, I. K. H. (2018). The Effect of Touch of The Ball in Small Side Games on The Improvement Vo2max Amateur Football Players. *ACTIVE: Journal of Physical Education, Sport, Health and Recreation*, 7(3), 128–132. <https://doi.org/10.15294/active.v7i3.26496>
- Lago-Peñas, C., & Dellal, A. (2010). Ball possession strategies in elite soccer according to the evolution of the match-score: The influence of situational variables. *Journal of Human Kinetics*, 25(1), 93–100. <https://doi.org/10.2478/v10078-010-0036-z>
- Lago-Peñas, C., & Lago-Ballesteros, J. (2011). Game location and team quality effects on performance profiles in professional soccer. *Journal of Sports Science and Medicine*, 10(3), 465–471. <https://pubmed.ncbi.nlm.nih.gov/24150619/>
- Leontijević, B., Janković, A., & Tomić, L. (2019). Attacking Performance Profile of Football Teams in Different National Leagues According To Uefa Rankings for Club Competitions. *Facta Universitatis, Series: Physical Education and Sport*, 16(3), 697–708. <https://doi.org/10.22190/fupes1804040621>
- Lesmana, I. K. Y. P. (2023). Pengembangan Model Pelatihan Teknik Gyaku-Tsuki Chudan Berbasis Karakter Dalam Upaya Meningkatkan Kesiapan Fisik Dan Mental Atlet Karate. In *Disertasi (Tidak Diterbitkan)*. Universitas Pendidikan Ganesha.
- Lestari, F., Maylita, F., Hidayah, N., & Junitawati, P. D. (2020). *Memahami Karakteristik Anak*. CV. Bayfa Cendekia Indonesia.
- Lestari, N., & Paidi, P. (2024). *Pengembangan Model Experiential Learning Terintegrasi Multiliterasi Ecopedagogy Berorientasi Kearifan Lokal Pulau Timor Untuk Meningkatkan Literasi Sains dan Life and Career Skills Siswa*. Universitas Pendidikan Indonesia.
- Lian, X., Hong, W. C. H., Xu, X., Kimberly, K.-Z., & Wang, Z. (2023). The influence of picture book design on visual attention of children with autism: a pilot study. *International Journal of Developmental Disabilities*, 69(6), 946–956. <https://doi.org/10.1080/20473869.2022.2033590>

- Lickona, T. (1992). *Education For Character: How Our Schools Can Teach Respect And Responsibility*. Bantam Books.
- Lickona, T. (2013). *Educating For Character: Mendidik Untuk Membentuk Karakter*. Jakarta Bumi Aksara.
- Lilik, & Mertayasa, I. K. (2019). Esensi Tri Hita Karana Perspektif Pendidikan Agama Hindu. *Jurnal Bawi Ayah*, 10(2), 1–13. <https://doi.org/10.33363/ba.v10i2.373>
- Liu, H., Gomez, M. Á., Lago-Peñas, C., & Sampaio, J. (2015). Match statistics related to winning in the group stage of 2014 Brazil FIFA World Cup. *Journal of Sports Sciences*, 33(12), 1205–1213. <https://doi.org/10.1080/02640414.2015.1022578>
- Los Arcos, A., Vázquez, J. S., Martín, J., Lerga, J., Sánchez, F., Villagra, F., & Zulueta, J. J. (2015). Effects of small-sided games vs. interval training in aerobic fitness and physical enjoyment in young elite soccer players. *PLoS ONE*, 10(9), 16–19. <https://doi.org/10.1371/journal.pone.0137224>
- Lubis, J. (2013). *Panduan Praktis Penyusunan Program Latihan*. PT RajaGrafindo Persada.
- Lucidi, F., Zelli, A., Mallia, L., Nicolais, G., Lazuras, L., & Hagger, M. S. (2017). Moral attitudes predict cheating and gamesmanship behaviors among competitive tennis players. *Frontiers in Psychology*, 8(APR), 1–11. <https://doi.org/10.3389/fpsyg.2017.00571>
- Magdalena, I., Fauzi, H. N., & Putri, R. (2023). Pentingnya Evaluasi Dalam Pembelajaran Dan Akibat Memanipulasinya. *Dewantara : Jurnal Pendidikan Sosial Humaniora*, 2(1), 249–261. <https://doi.org/10.30640/dewantara.v2i1.722>
- Magdalena, I., Rizqina Agustin, E., & Fitria, S. M. (2024). Konsep Model Pembelajaran. *Cendikia Pendidikan*, 3(1), 41–55. <https://doi.org/10.9644/scp.v1i1.332>
- Maksum, A. (2011). *Psikologi Olahraga: Teori dan Aplikasi*. Unesa Press.
- Mandorino, M., Tessitore, A., Coustou, S., Riboli, A., & Lacombe, M. (2024). A new approach to comparing the demands of small-sided games and soccer matches. *Biology of Sport*, 41(3), 15–28. <https://doi.org/10.5114/biol sport.2024.132989>
- Manihuruk, F., Sumaryanto, S., Nugroho, S., Nasrulloh, A., Sumarjo, S., & Sumaryanti, S. (2023). Exploration of The Traditional Game of Galah Hadang: Does it Effect The Concentration, Agility and Endurance of Early Age Badminton

- Players? *JOSSAE (Journal of Sport Science and Education)*, 8(1), 11–20.
<https://doi.org/10.26740/jossae.v8n1.p11-20>
- Maunah, B. (2016). Implementasi Pendidikan Karakter Dalam Pembentukan Kepribadian Holistik Siswa. *Jurnal Pendidikan Karakter*, 1, 90–101.
<https://doi.org/10.21831/jpk.v0i1.8615>
- McEwan, D., & Beauchamp, M. R. (2014). Teamwork in sport: a theoretical and integrative review. *International Review of Sport and Exercise Psychology*, 7(1), 229–250. <https://doi.org/10.1080/1750984X.2014.932423>
- McFee, G. (2012). Olympism and sport's intrinsic value. *Sport, Ethics and Philosophy*, 6(2), 211–231. <https://doi.org/10.1080/17511321.2012.666994>
- Mehmet Ali, H., Muhammed, Ç., Mehmet, K., & Hatice, B. (2012). Encountered Disciplinary Problems in Elementary Schools Of a Low Socioeconomically Status District. *Procedia - Social and Behavioral Sciences*, 55, 502–511.
<https://doi.org/10.1016/j.sbspro.2012.09.530>
- Metaxas, T. I. (2021). Match Running Performance of Elite Soccer Players: $\dot{V}o_{2max}$ and Players Position Influences. *Journal of Strength and Conditioning Research*, 35(1), 162–168. <https://doi.org/10.1519/JSC.0000000000002646>
- Mo, C. Y., Wang, C., Dai, J., & Jin, P. (2022). Video Playback Speed Influence on Learning Effect From the Perspective of Personalized Adaptive Learning: A Study Based on Cognitive Load Theory. *Frontiers in Psychology*, 13(May), 1–11.
<https://doi.org/10.3389/fpsyg.2022.839982>
- Moran, J., Blagrove, R. C., Drury, B., Fernandes, J. F. T., Paxton, K., Chaabene, H., & Ramirez-Campillo, R. (2019). Effect of Small-Sided Games vs. Conventional Endurance Training on Endurance Performance in Male Youth Soccer Player: A Meta-Analytical Comparison. *Sports Medicine*, 49(5), 99–108.
<https://doi.org/10.1007/s40279-019-01086-w>
- Mubarok, M. Z. (2019). Pengaruh Latihan Small Sided Games Menggunakan Metode Interval Terhadap Peningkatan Dribbling Pemain Sepakbola. *Biormatika : Jurnal Ilmiah Fakultas Keguruan Dan Ilmu Pendidikan*, 5(2), 144–149.
<https://doi.org/10.35569/biormatika.v5i02.513>
- Muhammad Ihsan Shabih, Iyakrus, & Destriani. (2021). Latihan Zig-Zag Terhadap Kelincahan Menggiring Bola Pada Atlet Sepak Bola. *Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga)*, 6(1), 145–152.
<https://doi.org/10.36526/kejaora.v6i1.1289>

- Munar, H., Ma, A., & Yuliawan, E. (2023). Pengaruh Model Latihan Filanesia Terhadap Performa Pada Atlet Sepakbola Wanita. *Sporta Saintika*, 8(1), 96–112. <https://doi.org/https://doi.org/10.24036/sporta.v8i1.283>
- Munawarsyah, M., Fakhurriddha, H., & Muqowim, M. (2024). Character Education for Teenagers in the Era of Society 5.0 Thomas Lickona's Perspective. *EDUKASIA: Jurnal Pendidikan Dan Pembelajaran*, 5(2), 127–138. <https://doi.org/10.62775/edukasia.v5i2.984>
- Mylsidayu, A. (2022). *Psikologi Olahraga* (Suryani (ed.)). Sinar Grafika Offst.
- Neilson, N. P. (1978). *Concepts and Objectives in the Movement Arts and Sciences*. Vantage Press.
- Nobari, H., Gholizadeh, R., Martins, A. D., Badicu, G., & Oliveira, R. (2022). In-Season Quantification and Relationship of External and Internal Intensity, Sleep Quality, and Psychological or Physical Stressors of Semi-Professional Soccer Players. *Biology*, 11(3), 1–14. <https://doi.org/10.3390/biology11030467>
- Normalasarie, N., Saefudin, U., Maftuh, B., & Sapriya, S. (2023). The Effectiveness of Using Picture Book Teaching Materials in Thematic Learning in Elementary Schools. *European Online Journal of Natural and Social Sciences*, 12(1), 69–77. <http://www.european-science.com>
- Nucci, L., Krettenauer, T., & Thompson, W. C. (2008). *Handbook of Moral and Character Education* (1st editio). Routledge.
- Nurhidayah, D., & Graha, A. S. (2019). Profil Kondisi Fisik Atlet Unit Kegiatan Mahasiswa Pencak Silat Universitas Negeri Yogyakarta Kategori Tanding. *Medikora*, 16(1), 1–16. <https://doi.org/10.21831/medikora.v16i1.23475>
- Nurjaya, I. G., Christiawan, P. I., Sarmita, M., Gita, K., & Resmawan, S. (2025). Pengembangan Modul Ajar berbasis Tri Hita Karana dalam Pendidikan Profesi Guru : Integrasi Nilai Kearifan Lokal dan Alur MERDEKA. *Media Komunikasi FPIPS*, 24(2), 133–144. <https://doi.org/10.23887/mkfis.v24i2.103527>
- Nurkadri, Daulay, B., & Azmi, F. (2021). Coordination and agility: How is the correlation in improving soccer dribbling skills? *Journal Sport Area*, 6(2), 147–161. [https://doi.org/10.25299/sportarea.2021.vol6\(2\).6355](https://doi.org/10.25299/sportarea.2021.vol6(2).6355)
- Oghonyon, J. G., Okagbue, H. I., Amanie, E. D., & Atayero, A. A. (2020). Statistical Analysis of Leading Goal Scoring Pattern of Europe's Top Five Football Leagues. *International Journal of Innovative Technology and Exploring Engineering*, 9(4),

517–521. <https://doi.org/10.35940/ijitee.b6135.029420>

Otte, F. W., Millar, S. K., & Klatt, S. (2020). How does the modern football goalkeeper train?—An exploration of expert goalkeeper coaches' skill training approaches. *Journal of Sports Sciences*, 38(11–12), 1465–1473. <https://doi.org/10.1080/02640414.2019.1643202>

Ouertatani, Z., Selmi, O., Marsigliante, S., Aydi, B., Hammami, N., & Muscella, A. (2022). Comparison of the Physical, Physiological, and Psychological Responses of the High-Intensity Interval (HIIT) and Small-Sided Games (SSG) Training Programs in Young Elite Soccer Players. *International Journal of Environmental Research and Public Health*, 19(21), 1–18. <https://doi.org/10.3390/ijerph192113807>

Padet, I. W., & Krishna, I. B. W. (2018). Falsafah hidup dalam konsep kosmologi. *Genta Hredaya*, 2(2), 37–43. <https://doi.org/10.55115/gentahredaya.v2i2.455>

Payne, H., & Costas, B. (2021). Creative Dance as Experiential Learning in State Primary Education: The Potential Benefits for Children. *Journal of Experiential Education*, 44(3), 277–292. <https://doi.org/10.1177/1053825920968587>

Peláez, S., Aulls, M. W., Rossi, A., & Bacon, S. (2013). The Coach as a Contributor to the Socio-moral Context: A Literature Review. *Journal of Psychology Research*, 3(3), 113–128. <https://doi.org/10.17265/2159-5542/2013.03.001>

Power, R. (2017). *50 Small-Sided Games That Make a Difference*. World Class Coaching. <https://ourcitysc.com/docs/coaches/soccer-50-small-sided-games.pdf>

Pradnyawathi, N. N. C., & Sastra Agustika, G. N. (2019). Pengaruh Model Pakem Berbasis Tri Hita Karana terhadap Keterampilan Menulis. *International Journal of Elementary Education*, 3(1), 89. <https://doi.org/10.23887/ijee.v3i1.17660>

Pranata, I. G. N. A. C., Yasa, I. P. M., & Sudiarta, I. G. N. (2020). Bermain Olahraga Tradisional Magoak-Goakan Meningkatkan Kelincahan Mahasiswa Putra Semester V Program Studi Pendidikan jasmani Kesehatan Dan Rekreasi FPOK IKIP PGRI Bali Tahun 2019/2020. *Jurnal Pendidikan Kesehatan Rekreasi*, 6(1), 81–85. <https://doi.org/10.5281/zenodo.3661583>

PSSI. (2018a). *Filosofi Sepak Bola Indonesia*. <https://www.pssi.org/development/philosophy>

PSSI. (2018b). *PSSI dan DFB Jajaki Kerja Sama Pengembangan Sepak Bola*. PSSI.Org. <https://www.pssi.org/national-team/womens-senior/news/pssi-dan->

dfb-jajaki-kerja-sama-pengembangan-sepak-bola

- Putra, I. K. A., Suja, I. W., & Arnyana, I. B. P. (2025). Peningkatan Manajemen Mutu Sekolah Melalui Pendekatan Kepemimpinan Berbasis Tri Hita Karana. *Journal of Education Action Research*, 9(2), 321–325. <https://doi.org/10.23887/jear.v9i2.89894>
- Ridwan, M. (2020). Meningkatkan Motivasi Siswa Melalui Penerapan Small-Sided Games. *Journal Sport Area*, 5(22), 155–163. [https://doi.org/10.25299/sportarea.vol\(\).4873](https://doi.org/10.25299/sportarea.vol().4873)
- Rifaldo, M. F. (2022). Pengembangan Model Latihan Sepak Bola Berbasis Fun Game Untuk Meningkatkan Motivasi Dan Disiplin Atlet Usia Muda. In *Universitas Negeri Yogyakarta*. Universitas Negeri Yogyakarta.
- Rivilla-García, J., Calvo, L. C., Jiménez-Rubio, S., Paredes-Hernández, V., Muñoz, A., Tillaar, R. Van Den, & Navandar, A. (2019). Characteristics of Very High Intensity Runs of Soccer Players in Relation to Their Playing Position and Playing Half in the 2013-14 Spanish la Liga Season. *Journal of Human Kinetics*, 66(1), 213–222. <https://doi.org/10.2478/hukin-2018-0058>
- Sadaka, A. S., Faisal, A., Khalil, Y. M., Mourad, S. M., Zidan, M. H., Polkey, M. I., & Hopkinson, N. S. (2021). Reduced skeletal muscle endurance and ventilatory efficiency during exercise in adult smokers without airflow obstruction. *Journal of Applied Physiology*, 130(4), 976–986. <https://doi.org/10.1152/jappphysiol.00762.2020>
- Salsabila, Y. R., & Muqowim. (2024). Korelasi Antara Teori Belajar Konstruktivisme Lev Vygotsky Dengan Model Pembelajaran Problem Based Learning. *Jurnal P4I*, 4(3), 813–827. <https://doi.org/10.51878/learning.v4i3.3185>
- Sanjaya, I. W. H., Lasmawan, W. I., & Kertih, W. I. (2025). Pengaruh PjBL Terintegrasi Kearifan Lokal Tri Hita Karana untuk Meningkatkan Keterampilan Berkolaborasi Siswa Sekolah Dasar. *Nusantara: Jurnal Pendidikan Indonesia*, 5(1), 165–175. <https://doi.org/10.62491/njpi.2025.v5i1-13>
- Santos, F., Corte-Real, N., Regueiras, L., Dias, C., & Fonseca, A. (2017). Personal and social responsibility development: exploring the perceptions of Portuguese Youth football coaches within competitive youth sport. *Sports Coaching Review*, 6(1), 108–125. <https://doi.org/10.1080/21640629.2016.1249643>
- Santosa, G., & Sidik, D. Z. (2013). *Ilmu Faal Olahraga: Fungsi Tubuh Manusia Pada Olahraga* (Cetakan 2). PT Remaja Rosdakarya.

- Sawitri, M. H. (2023). *Pengembangan Model Pembelajaran Problem Based Learning Berbasis Tri Hita Karana Untuk Meningkatkan Sikap Multikultural Dan Hasil Belajar IPS Siswa SMP Di Kota Singaraja*. Universitas Pendidikan Ganesha.
- Schunemann, T. (2005). *Dasar-Dasar Sepakbola Modern*. Dioma.
- Semarayasa, I. K., Gunarto, P., & Preayani, K. K. (2023). Video tutorial-based learning media: A solution to assist students in learning sepaksila sepakakraw skills. *Journal Sport Area*, 8(1), 76–86. [https://doi.org/10.25299/sportarea.2023.vol8\(1\).10852](https://doi.org/10.25299/sportarea.2023.vol8(1).10852)
- Septiningsih, L. (2022). *Mengoptimalkan Peran Sastra dalam Pembentukan Karakter Bangsa*. Kementerian Pendidikan, Kebudayaan, Riset, Teknologi Republik Indonesia. <https://badanbahasa.kemdikbud.go.id/artikel-detail/782/mengoptimalkan-peran-sastra-dalam-pembentukan-karakter-bangsa>
- Setiawan, D., & Razak, A. (2020). Validity And Practicality E-Book Based On Android Of Materials Structure And Function Of Animal Tissue Class 11th Senior High School. *IJIS Edu : Indonesian Journal of Integrated Science Education*, 2(2), 99. <https://doi.org/10.29300/ijisedu.v2i2.3284>
- Setiawan, R. C. (2021). Pengaruh Kurikulum Filosofi Sepak Bola Indonesia (Filanesia) Terhadap Kemampuan Dribbling dan Passing Di Sekolah Sepak Bola Putra Mulyoharjo (Ps Puma) U-17 Kabupaten Jepara. *Journal of Physical Activity and Sports (JPAS)*, 2(3), 297–302. <https://doi.org/10.53869/jpas.v2i3.111>
- Setiawan, W., & Santoso, D. A. (2019). Tingkat Keterampilan Gerak Dasar Dengan Permainan Tradisional Bali. *Altius*, 8(2), 1–5. <https://doi.org/10.36706/ALTIUS.V8I2.8671>
- Setiawan, Y. E., & Mustangin, M. (2020). Kepraktisan Model Pembelajaran Idea (Issue, Discussion, Establish, and Apply) Dalam Pembelajaran Matematika. *AKSIOMA: Jurnal Program Studi Pendidikan Matematika*, 9(3), 776–788. <https://doi.org/10.24127/ajpm.v9i3.2917>
- Setyawan, I., Muhammad, H. N., Hidayat, T., & Ridwan, M. (2025). Dampak Integrasi Permainan Tradisional Pada Motivasi Belajar Siswa Pjok Di Sekolah Dasar. *Jurnal Penjaskesrek*, 12(1), 80–91. <https://doi.org/10.46244/penjaskesrek.v12i1.3259>
- Shields, D. L. L., & Bredemeier, B. J. L. (1995). *Character development and physical activity*. Human Kinetics.

- Sidik, D. Z., Pesurnay, P. L., & Afari, L. (2019a). *Pelatihan Kondisi Fisik*. PT. Remaja Rosdakarya.
- Sidik, D. Z., Pesurnay, P. L., & Afari, L. (2019b). *Pelatihan Kondisi Fisik*. PT. Remaja Rosdakarya.
- Singchainara, J., Harnmak, R., & Butcharoen, S. (2022). Creating a reaction time tester to react with the reaction reflex of football goalkeepers with the evaluation of estimated extrapolation skills for the best goalkeepers in the U-League. *Journal of Physical Education and Sport*, 22(10), 2483–2495. <https://doi.org/10.7752/jpes.2022.10316>
- Slimani, M., Znazen, H., Miarka, B., & Bragazzi, N. L. (2019). Maximum Oxygen Uptake of Male Soccer Players According to their Competitive Level, Playing Position and Age Group: Implication from a Network Meta-Analysis. *Journal of Human Kinetics*, 66(1), 233–245. <https://doi.org/10.2478/hukin-2018-0060>
- Sofiasyari, I., Amanaturrahmah, I., & Yuliyanto, A. (2023). Kepraktisan Pengembangan Media Ajar IPS Berbasis Video Interaktif. *Jurnal Elementaria Edukasia*, 6(4), 1789–1798. <https://doi.org/10.31949/jee.v6i4.7542>
- Sonjaya, A. R., Arifin, Z., & Pratiwi, R. A. (2020). Revitalisasi Permainan Tradisional Sebagai Wahana Peredam Permainan Digital Pada Anak. *Jurnal Pendidikan Universitas Garut*, 15(01), 385–396. <https://doi.org/10.52434/jp.v15i1.1173>
- Stojanović, E., Stojiljković, N., Stanković, R., Scanlan, A. T., Dalbo, V. J., & Milanović, Z. (2021). Game format alters the physiological and activity demands encountered during small-sided football games in recreational players. *Journal of Exercise Science and Fitness*, 19(1), 40–46. <https://doi.org/10.1016/j.jesf.2020.05.001>
- Suadnyana, I. B. P. E. (2023). Seni Permainan Tradisional Dengkleng (Engklek) Sebagai Pembentuk Karakter Pada Siswa Sekolah Dasar. *Widya Sundaram : Jurnal Pendidikan Seni Dan Budaya*, 1(1), 28–43. <https://doi.org/10.53977/jws.v1i1.1018>
- Suardika, I. K. (2017). Pengembangan Bahan Ajar Berbasis Video untuk Materi Renang gaya Dada Berlandaskan Tri Hita Karana. *Jurnal Pendidikan Kesehatan Rekreasi*, 3(1), 108–117. <https://doi.org/10.59672/jpkr.v3i1.223>
- Suardika, I. K. (2023). *Mengintegrasikan Life Skills Ke Dalam Model Latihan Bola Basket Dalam Rangka Positive Youth Development Berdasarkan Gender Dan Kategori Usia Sekolah*. Universitas Pendidikan Indonesia.

- Sucipto. (2023). *Mahir Bermain Sepak Bola*. Indonesia Emas Group.
- Sugiyono. (2017). *Metode penelitian pendidikan pendekatan kuantitatif, kualitatif dan R&D*. Bandung: Alfabeta.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, R&D*. Alfabeta.
- Suits, B. (1988). Tricky triad: Games, play, and sport. *Journal of the Philosophy of Sport*, 15(1), 1–9. <https://doi.org/10.1080/00948705.1988.9714457>
- Sukatin, S., Munawwaroh, S., Emilia, E., & Sulistyowati, S. (2023). Pendidikan Karakter dalam Dunia Pendidikan. *Anwarul*, 3(5), 1044–1054. <https://doi.org/10.58578/anwarul.v3i5.1457>
- Sukmadewi, P. U., & Ganing, N. N. (2020). Model Pembelajaran Talking Stick Berbantuan Media Buku Cergam Terhadap Keterampilan Berbicara. *Journal for Lesson and Learning Studies*, 3(2), 309–318. <https://doi.org/10.23887/jlls.v3i2.27281>
- Sukmana, A. I. W. I. Y., & Suartama, I. K. (2019). Pengembangan Mobile Learning Berorientasi Model Pembelajaran Flipped Classroom Pada Mata Kuliah Multimedia. *Journal of Education Technology*, 2(1), 45–50. <https://doi.org/10.23887/jet.v2i1.13808>
- Sulistiyono. (2021). *Model Latihan Berbasis Game Experience Learning Untuk Mengembangkan Keterampilan dan Karakter Pada Siswa Sekolah Sepakbola Kelompok Umur 9-12 Tahun (Studi Pengembangan Pada Sekolah Sepakbola Di Kabupaten Sleman)*. Universitas Sebelas Maret.
- Sungkono. (2012). Pengembangan Instrumen Evaluasi Media Modul Pembelajaran. *Majalah Ilmiah Pembelajaran*, 8(2), 1–16. <https://journal.uny.ac.id/index.php/mip/article/view/3201/2682>
- Supadmi, R. (2020). Peningkatan Kemampuan Membaca dengan Menggunakan Model Pembelajaran PAKEM (Aktif, Kreatif, Efektif, Dan Menyenangkan). *Social, Humanities, and Educational Studies (SHEs)*, 3(3), 2232–2237. <https://doi.org/10.20961/shes.v3i3.57114>
- Suratmin, Darmayasa, I. P., Gozali, W., Hanif, Q. A., Samodra, Y. T. J., Wati, I. D. P., Suryadi, D., Kushartanti, B. M. W., Fauziah, E., Sujana, I. N., & Santika, I. G. P. N. A. (2024). Assessment of sports coaching patterns, physical abilities, and physical fitness in athletics: a study of the provincial sports week championship. *Retos*, 51, 1404–1414. <https://doi.org/10.47197/RETOS.V51.101943>

- Suratmin, I Putu Darmayasa, I Putu Panca Adi, I Ketut Suidiana, Ratna Kumala Setyaningrum, & Hanik Liskustyawati. (2022). Achievement Sport Mapping Based on Evaluation of Koni Sports Development Program Using Context, Input, Process, Product (CIPP) Methods. *Mimbar Ilmu*, 27(3), 391–398. <https://doi.org/10.23887/mi.v27i3.54809>
- Suryawan, I. P. P., Sutajaya, I. M., & Suja, I. W. (2022). Tri Hita Karana sebagai Kearifan Lokal dalam Pengembangan Pendidikan Karakter. *Jurnal Pendidikan Multikultural Indonesia*, 5(2), 50–65. <https://doi.org/10.23887/jpmu.v5i2.55555>
- Susanto, A. (2016). *Teori Belajar dan Pembelajaran di Sekolah Dasar*. Kencana.
- Susila, G. H. A. (2023). *Pengembangan Metode Permainan Otak Dan Otot Dalam Upaya Meningkatkan Karakter Tanggungjawab Dan Kebugaran Jasmani Peserta Didik*. Universitas Pendidikan Ganesha.
- Sutrisna, G. B. B., Sujana, I. W., & Ganing, N. N. (2020). Pengaruh Model Project Based Learning Berlandaskan Tri Hita Karana Terhadap Kompetensi Pengetahuan Ips. *Jurnal Adat Dan Budaya Indonesia*, 1(2), 84–93. <https://doi.org/10.23887/jabi.v2i2.28898>
- Suwiwa, I. G. (2024). *Pengembangan Model Dan Perangkat Project Based Blended Learning Berbantuan Multimedia Interaktif Untuk Meningkatkan Hasil Belajar Pencak Silat*. Universitas Pendidikan Ganesha.
- Suwiwa, I. G., Astra, I. K. B., Muliarta, I. W., & Mashuri, H. (2022). Development of Video Media Basic Techniques of Petanque Game. *Halaman Olahraga Nusantara (Jurnal Ilmu Keolahragaan)*, 5(1), 139. <https://doi.org/10.31851/hon.v5i1.6680>
- Syadzwinia, A. W. W., Hafied Cangara, Andi Alimuddin Unde, & Tuti Bahfiarti. (2024). Komunikasi Olahraga: Promosi dan Pemasaran Olahraga di Era Digital. *Jurnal Audiens*, 5(3), 551–564. <https://doi.org/10.18196/jas.v5i3.491>
- Tara, W. (2009). *Character Education: Handling Teamwork and Respect for Others* (1st editio). Chelsea House Pub.
- Thompson, P., Xiu, Y., Tsotsoros, J. D., & Robertson, M. A. (2021). The Effect of Designing and Segmenting Instructional Video. *Journal of Information Technology Education: Research*, 20, 173–200. <https://doi.org/10.28945/4756>
- Tisna MS, G. D. (2023). *Pengaruh Model Project Based Blended Learning Berbasis Tri Hita Karana Dan Self Efficacy Terhadap Prestasi Belajar Dan Keterampilan*

Massage. Universitas Pendidikan Ganesha.

- Tisna MS, G. D., Kusuma, K. C. A., Muliarta, I. W., & Darmawan, G. E. B. (2023). Articulate storyline 3-based learning media in sport massage courses. *Journal Sport Area*, 8(1), 104–115. [https://doi.org/10.25299/sportarea.2023.vol8\(1\).11266](https://doi.org/10.25299/sportarea.2023.vol8(1).11266)
- Tjitarsa, I. B. (1990). *Olahraga Tradisional Di Provinsi Bali*. KONI Provinsi Bali.
- Trewin, J., Meylan, C., Varley, M. C., & Cronin, J. (2018). The match-to-match variation of match-running in elite female soccer. *Journal of Science and Medicine in Sport*, 21(2), 196–201. <https://doi.org/10.1016/j.jsams.2017.05.009>
- Uribe, R., Buzeta, C., Manzur, E., & Alvarez, I. (2021). Determinants of football TV audience: The straight and ancillary effects of the presence of the local team on the FIFA world cup. *Journal of Business Research*, 127(October), 454–463. <https://doi.org/10.1016/j.jbusres.2019.10.064>
- Van Reeth, D., & Osokin, N. (2020). The Impact of Hosting the 2018 FIFA World Cup on Differences in TV Viewership Between Seasoned Football Fans and Occasional Watchers of Football Games in Russia. *Journal of Sports Economics*, 21(3), 256–280. <https://doi.org/10.1177/1527002519885421>
- Villaseca-Vicuña, R., Otero-Saborido, F. M., Perez-Contreras, J., & Gonzalez-Jurado, J. A. (2021). Relationship between physical fitness and match performance parameters of Chile women's national football team. *International Journal of Environmental Research and Public Health*, 18(16), 1–12. <https://doi.org/10.3390/ijerph18168412>
- Wallace, J. L., & Norton, K. I. (2014). Evolution of World Cup soccer final games 1966-2010: Game structure, speed and play patterns. *Journal of Science and Medicine in Sport*, 17(2), 223–228. <https://doi.org/10.1016/j.jsams.2013.03.016>
- Waruwu, M. (2024). Metode Penelitian dan Pengembangan (R&D): Konsep, Jenis, Tahapan dan Kelebihan. *Jurnal Ilmiah Profesi Pendidikan*, 9(2), 1220–1230. <https://doi.org/10.29303/jipp.v9i2.2141>
- Weda, & Kurniawan, W. P. (2022). Peranan Filosofi Sepakbola Indonesia dalam Pengajaran Sepakbola di Universitas Nusantara PGRI Kediri. *Jurnal Pendidikan Kesehatan Rekreasi*, 8(1), 206–211. <https://doi.org/https://doi.org/10.5281/zenodo.5900407>

- Widiarini, P., Suastra, I. W., & Arnyana, I. B. P. (2025). Integrasi Kearifan Lokal Bali Dalam Pembelajaran IPA Masa Kini. *Educational: Jurnal Inovasi Pendidikan & Pengajaran*, 5(1), 48–60. <https://doi.org/10.22225/jad.2.2.2022.30-37> Copyright
- Widiastuti, N. M. D., & Kusuma, P. S. D. (2021). Kajian Permainan Tradisional Bali Untuk Membantu Pembentukan Karakter Dan Keterampilan Sosial Anak. *Segara Widya : Jurnal Penelitian Seni*, 9(2), 98–105. <https://doi.org/10.31091/sw.v9i2.1740>
- Undang Undang Republik Indonesia Nomor 11 Tahun 2022 Tentang Keolahragaan, Pub. L. No. 11 (2022).
- Widodo, P., & Lumintuarso, R. (2017). Pengembangan model permainan tradisional untuk membangun karakter pada siswa SD kelas atas. *Jurnal Keolahragaan*, 5(2), 183–193. <https://doi.org/10.21831/jk.v5i2.7215>
- Winaryati, E., Munsarif, M., Mardiana, & Suwahono. (2021). *Cercular Model of RD&D: Model RD&D Pendidikan dan Sosial*. KBM Indonesia.
- Wiyani, N. A., Barnawi, & Sandra, M. (2012). *Format PAUD (pendidikan anak usia dini) konsep, karakteristik, & implementasi pendidikan anak usia dini* (Cetakan 1 (ed.)). Ar-Ruzz Media.
- Xi, J., & Lantolf, J. P. (2021). Scaffolding and the zone of proximal development: A problematic relationship. *Journal for the Theory of Social Behaviour*, 51(1), 25–48. <https://doi.org/10.1111/jtsb.12260>
- Xu, W., Trybulski, R., Luo, L., Trybek, G., Moska, W., Liu, Y., & Clemente, F. M. (2025). Effects of Small-Sided Games and High-Intensity Interval Training on The Rating of Perceived Exertion in Soccer Players Across Competitive Levels: Controlling for Percentage of Heart Rate Reserve. *Journal of Sports Science and Medicine*, 24(3), 603–612. <https://doi.org/10.52082/jssm.2025.603>
- Xu, W., Trybulski, R., Silva, R. M., Zhao, Y., Castro, H. de O., Costa, G. D. C. T., & Clemente, F. M. (2025). The effect of small-sided games and HIIT formats and competitive level on enjoyment and exercise intensity in young adult male soccer players. *Biology of Sport*, 42(4), 153–162. <https://doi.org/10.5114/biolSport.2025.150046>
- Yoda, I. K. (2017). The Development of Cooperative Learning Model Based on Local Wisdom of Bali for Physical Education, Sport and Health Subject in Jnior High School. *1st Annual Applied Science and Engineering Conference*. <https://iopscience.iop.org/article/10.1088/1757-899X/180/1/012166/pdf>

- Yoda, I. K., Kasih, I., & Ilra, T. (2024). Developing an e-module to improve the seventh-grade student's bump pass skills in volleyball. *Journal of Education and E-Learning Research*, 11(1), 17–25. <https://doi.org/10.20448/jeelr.v11i1.5286>
- Yudaparmita, G N A, Parwata, I., Sudiana, I. K., & Dharmadi, M. A. (2024). Innovative Physical Education Learning: A Collaborative Teamwork Model with Video Support. *Jurnal Ilmiah Pendidikan Dan Pembelajaran*, 8(1), 109–117. <https://doi.org/10.23887/jipp.v8i1.69242>
- Yudaparmita, Gusti Ngurah Arya, Swadesi, I. K. I., & Wahjoedi. (2021). Pemanfaatan Lingkungan Sebagai Media Pembelajaran Pendidikan Jasmani Melalui Inseri Nilai-Nilai Tri Hita Karana. *Kamaya: Jurnal Ilmu Agama*, 4(1), 25–38. <https://doi.org/10.37329/kamaya.v4i1>

