

## ABSTRACT

YOHANES KRISTIAN ELBER. 2023. *THE INFLUENCE OF TRADITIONAL GAMES ON INCREASING PHYSICAL FITNESS IN EXTRACURRICULAR STUDENTS 2 DAYEUHLUHUR STATE JUNIOR HIGH SCHOOL, CILACAP DISTRICT (Experimental Study on Extracurricular Futsal Students of SMP Negeri 2 Dayeuhluhur, Cilacap Regency). Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

*This study aims to determine how big the effect of increasing physical fitness through traditional games is futsal extracurricular students at SMP Negeri 2 Dayeuhluhur, Cilacap district. The method used in this research is the experimental method, the samples used are 15 people, with instruments in the form of TKJI for ages 16-19 years, using tests namely: 60 meter running speed test, pull up test, lying down test, vertical hour test, 1200 meter run test. The data analysis technique used in this study is experimental statistical analysis with percentage presentation.*

*. data analysis in this study, researchers used statistical formulas from books written by Narlan & Juniar (2018), and tested the hypothesis of the research data using the tcount test that the value was 5.76, so that tcount was greater than the table and was beyond acceptance of the null hypothesis of 1.76 means that the research hypothesis is accepted or the null hypothesis is rejected. So there is the influence of the traditional gobak sodor game on increasing the Physical Fitness of Extracurricular Futsal Students at SMP Negeri 2 Dayeuhluhur, Cilacap Regency.*

*Keywords: alternating passes, possession of the ball, skill, passing, futsal.*