

INNOVATION OF ENDURANCE Y AND SPEED GAUGES

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ABSTRACT

The research aims to develop anaerobic endurance and speed measurement tools in football players integrated with technology. It is hoped that the creation of this product can improve the quality of training, assessment, analysis and evaluation in football players. With petrified tools facilitate in the implementation of taking test data and of course reduce errors caused by human factors. This study uses the R and D (Research and Development) approach. Research in the first year will create anaerobic defense gauge products and the speed of football players integrated with technology.

Kata Kunci: *Endurance, speed, technology*