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Jurnal SPORTIF: Jurnal Penelitian Pembelajaran published three times a year in April, August, and December containing the manuscripts of research results in sports. The focus and scope are educational sports, coaching sports, recreational sports, traditional sports, physical activity, sports biomechanics, sports pedagogy, sports physiology, and sports psychology.

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PREFACE

Our sincere gratitude goes to Almighty God. Without His will and strength, the editorial team may not publish Jurnal SPORTIF: Jurnal Penelitian Pembelajaran Volume 7 Number 1 of April 2021 online and in print. Starting in 2020, the editorial team has increased publication frequency from May and November to April, August, and December. In addition, the scope is also expanded. Some of the added sciences include physical activity, sports biomechanics, sports pedagogy, sports physiology, and sports psychology. Jurnal SPORTIF: Jurnal Penelitian Pembelajaran has been accredited with **SINTA 2 by the Minister of Research, Technology, and Higher Education of the Republic of Indonesia** as the achievement of peer-reviewed journals that have exceptional quality in management and publication. This recognition is issued in the Director Decree No. 10 / E / KPT / 2019 4 April 2019 eligible to the end of 2023.

Jurnal SPORTIF: Jurnal Penelitian Pembelajaran is a medium of information and dissemination for research results in sports. Jurnal SPORTIF: Jurnal Penelitian Pembelajaran It is hoped that it can actively and continuously disseminate research results for the development of science and technology (IPTEK) in sports in Indonesia. This edition contains 19 articles. All articles have been reviewed through a rigorous review process by sustainable reviewers/partners.

We want to extend our appreciation and gratitude to the authors and reviewers. This edition comes with an index that comes after the preface to help readers find the page. Hopefully, the Jurnal SPORTIF: Jurnal Penelitian Pembelajaran can be helpful and be able to improve the quality of research results for Lecturers, Teachers, Researchers, Students, and practitioners.

Kediri, 30 April 2021

Editor in Chief



M. Akbar Husein Allsabab, M.Or.

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