



VALIDITY AND RELIABILITY OF THE FOOTBALL HEADING TEST INSTRUMENT

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A B S T R A C T

The research purposes were design, validated, and test the reliability of the football heading test instrument. This is a development research used the Gall and Borg development steps. The research sample consisted of 200 professional football players consisting of 100 male players and 100 female players. We used 3 experts to evaluate the instrument validity. The expert including of 3-year trainer license, and professor in sports science. The validity test of the expert judgment used the Aiken V coefficient, while the reliability test of the repeated heading tests used Cronbach's alpha. The research results showed that the average Aiken V score of the expert judgment was 0.86. The reliability test of the male sample resulted in the heading test I of 0.878 and the heading test II of 0.828, while in the female sample the heading test I was 0.810 and the heading test II was 0.802. This shown that the instrument has good consistency in measuring football headings. The instrument can be used as a normative reference for measuring football heading skills.

Keywords: *Validity; Reliability; Instruments; Heading; Football*