

ABSTRACT

MUHAMMAD YUSUF ADI LUHUNG. 2023. *The Effect of Envelope run the Addition Core stability Exercise Increasing Agility of Futsal Players.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

In futsal, Agility is a support in moving quickly and efficiently in futsal games. The importance of Agility in futsal, it is necessary to increase Agility in order to perfect the skills possessed. The purpose of this study was to obtain information about the Effect of Core stability Exercise in Envelope run Exercise on Increasing Agility of Futsal Players. The research method used is the experimental method and the instrument in this study is the ilinoist test. The population in this study were members of the Men's Futsal Persis, Garut, amounting to 30 people, using random sampling technique and a sample of 20 people. Based on the processing results

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