

ABSTRACT

*TAOPIK PIRMANSAH. 2023. **The Relationship between Body Mass Index and Agility with Footwork Ability in Badminton Games.** (Descriptive Study on Badminton UKM Athletes at Siliwangi University). Department of Physical Education. Faculty of Teacher Training and Education, Siliwangi University. Tasikmalaya City.*

Badminton is a sport that is popular with all groups and one of the techniques that must be mastered in playing badminton is how to step (footwork). The problem raised in this study is how strong the relationship between Body Mass Index and Agility with Footwork Ability in Badminton Games. The research method used is a descriptive quantitative method. The population in this study were 30 athletes from the Siliwangi University Badminton Student Activity Unit (UKM). The sampling technique uses a purposive sampling technique or a sample that is determined based on certain considerations. Based on these considerations, the sample taken was 15 people. Based on the results of the study showed that: 1) There is no strong relationship between Body Mass Index and footwork ability 2) There is a strong relationship between Agility and footwork ability 3) There is a strong relationship between Body Mass Index and Agility with footwork ability in badminton games in Siliwangi University Badminton UKM athletes.

Keywords : Badminton, Footwork, Body Mass Index, Agility