

ABSTRACT

REFA SHOHIFATUL HISNI (2023). PERBANDINGAN PENGARUH LATIHAN SQUAT THRUST DENGAN SKIPPING ROPE TERHADAP KELINCAHAN (*Experimental study on PB. Bilatung Family badminton athletes in Tasikmalaya City*). Department of Physical Education, Faculty of Educational Sciences and Teachers' Training, Siliwangi University, Tasikmalaya.

PB Bilatung Family, Tasikmalaya City, during matches and training, often experiences delays in reaching the shuttlecock because the athletes fottwork is still slow due to their lack of agility. The aim of this study is to uncover the differences in influence between squat rust exercise and skipping rope on agility in PB Bilatung Family Badminton athletes in Tasikmalaya City. The method used in this study is an experimental research. The population was the Association of Bilatung Family Badminton in Tasikmalaya City with 22 people. The samples used were 22 people or all athletes in the PB Bilatung Family. The sampling technique used was total sampling. Based on management results and statistical test results, it has been proven that empirically the results of this study show that both are equally good because there is no significant increase.

Keywords: *Agility, Squat Thrust Exercise, Skipping Rope*