

ABSTRAK

ILA NURMALA. 2023. **Pengaruh Latihan *Agility Ladder* Terhadap Peningkatan Kelincahan dalam Permainan Futsal**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi. Tasikmalaya,

Permainan futsal merupakan permainan beregu yang dimainkan oleh dua regu, tiap-tiap regu terdiri dari lima orang pemain. Permainan ini hampir mirip dengan permainan sepak bola tetapi ukuran bola lebih kecil di banding dengan sepak bola dengan tujuan memasukan bola ke gawang lawan sebanyak-banyaknya dan menjaga gawang kita agar tidak kemasukan bola oleh lawan. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *agility ladder* terhadap peningkatan kelincahan dalam permainan futsal pada UKM Futsal Putri Universitas Siliwangi. Dengan menggunakan metode eksperimen dengan desain penelitian *one-group pretest- posttest design*. Populasi penelitian ini adalah sebanyak 20 orang. Sampel diambil dengan menggunakan teknik *sampling jenuh* dengan seluruh populasi dijadikan sampel sebanyak 20 orang. Instrumen tes yang digunakan dalam penelitian ini adalah tes *shuttle run*. Berdasarkan hasil pengelolaan data dan analisis data serta pengujian hipotesis, penelitian menyimpulkan bahwa ”terdapat pengaruh secara berarti atau signifikan latihan *agility ladder* terhadap peningkatan kelincahan dalam permainan futsal”.

Kata Kunci : Latihan *agility ladder*, kelincahan, futsal

ABSTRACT

ILA NURMALA. 2023. *The effect of training of agility ladder training on improving in futsal games*. Departemen of Physical Education. Faculty of Teacher Training and Education. Siliwangi University. Tasikmalaya.

Futsal is a team game played by two teams, each team consists of five players. This game is almost similar to a soccer game but the size of the ball is smaller than soccer with the aim of getting the ball into the opponent's goal as much as possible and keeping our goal from conceding the ball by the opponent. This study aims to determine the effect of training on the effect of agility ladder training on improving agility in futsal games. By using an experimental method with one-group pretest-posttest design research design. the study population was as many as 20 people. Samples were taken using saturated sampling techniques with the entire population sampled as many as 20 people. The test instrument used in this study was the shuttle run test. Based on the results of data management and data analysis as well as hypothesis testing, the study concluded that "there is a significant or significant effect of agility ladder training on increasing agility in futsal games".

Keywords : *Agility ladder training, agility, futsal*