

## ABSTRACT

MITA KARMENITA. 2024. *Contribution of Leg Muscle Explosive Power and Agility to the Footwork Ability of Badminton Athletes*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

*The problem raised in this research is whether there is a contribution of leg muscle explosive power and agility to the footwork ability of badminton athletes. The aim of this research is to determine the contribution of leg muscle explosive power and agility to the footwork abilities of badminton athletes. The research method used is a descriptive method using tests. The total sample was 15 athletes from Siliwangi University Badminton UKM. Based on the results of data processing and analysis, it can be concluded that there is a significant contribution of leg muscle explosive power to the footwork ability of badminton athletes, there is a significant contribution of agility to the footwork ability of badminton athletes and there is a significant contribution of leg muscle explosive power and agility together to the footwork ability of badminton athletes.*

**Keywords:** *Leg Muscle Explosive Power, and Agility*