

ABSTRACT

IRVAN MAULANA (2023). “**Comparison of Zig-zag Run and Shuttle Run Training on Agility** (Experiment on Badminton Extracurricular Students of SMAN 1 Singaparna, Tasikmalaya Regency in 2023/2024)”. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

Sports have an important role in human life. Through sports, people who are healthy physically, spiritually and have high personality, discipline, sportsmanship can be formed so that in the end qualified humans will be formed and can lift the dignity, dignity, and honor of the nation. Currently in Indonesia various sports are active in improving the achievements of their athletes, as well as badminton. This study aims to determine the effect and comparison of zig-zag run and shuttle run exercises on the agility of Badminton Extracurricular Students of SMAN 1 Singaparna, Tasikmalaya Regency in 2023/2024. This research uses an experimental method. The population of this study was all students who participated in extracurricular badminton at SMAN 1 Singaparna, Tasikmalaya Regency, totaling 20 people. With sampling used by 20 people or all badminton extracurricular students of SMAN 1 Singaparna. The sampling technique used is saturated sample or total sampling. The technical data analysis used in this study is the Statistical Test. Based on management results with statistical test results, it turns out that empirically the results of this research show that both are equally good, there is a significant increase, but the one that has a better effect is group B which uses the Shuttle Run exercise.

Keywords: *agility, exercise zig-zag run, shuttle run.*