

ABSTRAK

RESI RESITA.2018.**Pengaruh Latihan *Ladder Drill: Icky Shuffle* terhadap Kelincahan Anggota Ekstrakurikuler Bola Basket SMA Negeri 1 Singaparna.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya

Tujuan dari penelitian ini adalah untuk memperoleh informasi tentang pengaruh latihan *ladder drill: icky shuffle* terhadap kelincahan anggota ekstrakurikuler bola basket SMA Negeri 1 Singaparna. Metode penelitian yang digunakan adalah metode eksperimen. Populasi penelitian adalah SMA Negeri 1 Singaparna yang berjumlah 14 orang dan semua populasi dijadikan sampel. Berdasarkan hasil penelitian, pengolahan data, analisis data, dan uji hipotesis. Maka terdapat pengaruh latihan *ladder drill: icky shuffle* terhadap kelincahan anggota bola basket ekstrakurikuler SMA Negeri 1 Singaparna.

Kata Kunci: Kelincahan, latihan *ladder drill: icky shuffle*

ABSTRACT

RESI RESITA.2018. *The Effect of Ladder Drill Exercise: Icky Shuffle on the Agility of Basketball Extracurricular Members at SMA Negeri 1 Singaparna.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya

The purpose of this study was to obtain information about the effect of ladder drill exercise: icky shuffle on the agility of basketball extracurricular members at SMA Negeri 1 Singaparna. The research method used is the experimental method. The population of this research is SMA Negeri 1 Singaparna, which consists of 14 people and all of the population is used as a sample. Based on the results of research, data processing, data analysis, and hypothesis testing. Then there is the effect of the ladder drill exercise: icky shuffle on the agility of the extracurricular basketball members of SMA Negeri 1 Singaparna.

Keywords: *Agility, ladder drill exercise: icky shuffle*