

## **ABSTRACT**

RAFLY MUHAMAD KHAIRUL KHATAMI. 2021. *The Effect of Forms of Agility Exercises on Increasing Agility in Futsal Athletes*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

*Agility is one of the important physical conditions in futsal games, with good agility futsal players can change their direction in all directions such as sideways, tilting left and right, turning and turning, this is appropriate when playing futsal in order to get past the opponent, passing, moving and making movements without the ball quickly without losing balance. Agility in futsal games must be trained in order to get good agility results to support futsal games. In this study, there are three forms of exercise, namely the zigzag run, boomerang run, and three corner drill. This study aims to determine the effect of forms of agility training on increasing agility in the futsal game of katana club players in Tasikmalaya City. This study uses an experimental method, with the research population being the Katana Tasikmalaya club as many as 25 people. The sampling technique in this study was purposive sampling, the consideration of sampling in this study was "already able to play futsal but still weak in physical agility". The research sample as many as 10 players katana club Tasikmalaya City. In this study, there was an initial test using the Illinois agility test, then the provision of an exercise program with 3 forms of agility training for 16 meetings and ended with a final test using the Illinois agility test, with the results of statistical calculations resulting in t count 8.26 and t table 1.83, which means there is a significant effect because t count is greater than t table. Thus there is a significant effect of the forms of agility training on increasing agility in futsal athletes.*

**Keywords:** *Agility, Exercise, Futsal*