

## ABSTRAK

DEDE ALI SIDIK. 2022. **Pengaruh Latihan Menggunakan Agility Ladder Terhadap Kelincahan Pemain Futsal Sman 6 Garut.** 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 pengaruh latihan *agility ladder* terhadap peningkatan kelincahan dalam permainan futsal pada ekstra kurikuler futsal sman 6 garut. 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*. Teknik analisis data menggunakan uji t'. Berdasarkan data yang diperoleh penulis akan membahas hasil pengujian hipotesis yang dilakukan dengan menggunakan pendekatan statistik. Pengujian hipotesis tersebut dilakukan untuk menjawab permasalahan penelitian atau hipotesis yang penulis ajukan. Adapun hipotesis yang penulis ajukan dalam penelitian ini adalah terdapat pengaruh secara berarti atau signifikan Latihan *Agility Ladder* terhadap peningkatan kelincahan dalam permainan futsal, hipotesis yang penulis ajukan bahwa  $t_{hitung} = 4,62$  lebih besar dari  $t_{tabel} 1,73$  berada di luar daerah penerimaan hipotesis nol, sehingga hipotesis nol ditolak dan hipotesis kerja diterima. 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 pada Ekstra Kurikuler Futsal SMAN 6 Garut”.

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

## **ABSTRACT**

**DEDE ALI SIDIK. 2022. the effect of training on the effect of agility ladder training on improving agility in futsal games at the ekstracurricular 6 garut senior high school.** Department 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 at the ekstracurricular 6 garut senior high school. 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. The data analysis technique uses the t test. Based on the data obtained, the author will discuss the results of hypothesis testing carried out using a statistical approach. The hypothesis testing is carried out to answer the research problem or hypothesis that the author proposes. The hypothesis that the author proposes in this study is that there is a significant or significant effect of Agility Ladder Exercise on increasing agility in futsal games, the hypothesis that the author proposes that  $t_{count} = 5.78$  is greater than  $t_{table} 1.73$  is outside the area of acceptance of the null hypothesis, so that the null hypothesis is rejected and the working hypothesis is accepted. 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 at Futsal Extra Curricular SMAN 6 Garut".*

**Keywords : Agility ladder training, agility, futsal**