

ABSTRAK

HILMAN YUSUP JULIAMAN. 2025. **Pengaruh Latihan *Cone Drill H-Movement* Terhadap Peningkatan Kelicahan Pemain Futsal SMPN 15 Tasikmalaya.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Kelicahan merupakan salah satu komponen penting dalam permainan futsal yang berperan besar dalam kemampuan seorang pemain untuk bergerak cepat dan efektif di lapangan. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *cone drill H-movement* terhadap peningkatan kelincahan pemain futsal di SMPN 15 Tasikmalaya. Metode penelitian yang digunakan adalah metode eksperimen dengan desain *one-group pretest-posttest design*. Subjek penelitian ini adalah 15 pemain futsal yang dipilih melalui teknik purposive sampling. Sebelum diberikan perlakuan berupa latihan *cone drill H-movement*, seluruh subjek penelitian menjalani tes kelincahan awal menggunakan *T-test* untuk mendapatkan data *pretest*. Latihan dilakukan selama 6 minggu dengan frekuensi tiga kali seminggu. Setelah periode latihan selesai, dilakukan tes kelincahan ulang (*posttest*) menggunakan metode yang sama. Data yang diperoleh dianalisis menggunakan uji-t untuk mengetahui signifikansi perbedaan sebelum dan sesudah perlakuan. Hasil penelitian menunjukkan bahwa terdapat peningkatan signifikan pada skor kelincahan pemain setelah diberikan latihan *cone drill H-movement*. Diperoleh nilai t_{hitung} sebesar 18,32 yang lebih besar dari nilai t_{tabel} sebesar 1,76. Peningkatan ini menunjukkan bahwa latihan *cone drill H-movement* efektif dalam meningkatkan kemampuan kelincahan pemain futsal SMPN 15 Tasikmalaya. Dengan demikian, latihan *cone drill H-movement* dapat dijadikan salah satu metode latihan yang direkomendasikan untuk meningkatkan kelincahan dalam futsal. Penelitian ini diharapkan dapat menjadi referensi bagi pelatih dan praktisi olahraga dalam menyusun program latihan yang lebih efektif.

Kata kunci: *cone drill H-movement*, futsal, kelincahan, latihan fisik.

ABSTRACT

HILMAN YUSUP JULIAMAN, 2025. ***The Effect of H-Movement Cone Drill Training on the Improvement of Agility in Futsal Players at SMPN 15 Tasikmalaya.*** Physical Education Department, Faculty of Teacher Training and Education, Siliwangi University.

Agility is one of the essential components in futsal that plays a significant role in a player's ability to move quickly and effectively on the field. This study aims to determine the effect of cone drill H-movement training on improving the agility of futsal players at SMPN 15 Tasikmalaya. The research method used is an experimental method with a one-group pretest-posttest design. The subjects of this study were 15 futsal players selected through purposive sampling techniques. Before being given the treatment in the form of cone drill H-movement training, all research subjects underwent an initial agility test using the T-test to obtain pretest data. The training was conducted for six weeks with a frequency of three times per week. After the training period ended, a follow-up agility test (posttest) was conducted using the same method. The data obtained were analyzed using a t-test to determine the significance of the differences before and after the treatment. The results of the study showed a significant improvement in the agility scores of the players after being given Cone Drill H-Movement training. The calculated t_{value} was 18.32 which was greater than the t_{table} value of 1.76. This improvement indicates that cone drill H-movement training is effective in enhancing the agility of futsal players at SMPN 15 Tasikmalaya. Thus, cone drill H-movement training can be recommended as a training method to improve agility in futsal. This research is expected to serve as a reference for coaches and sports practitioners in developing more effective training programs.

Keywords: cone drill H-movement, futsal, agility, physical training.