

## **ABSTRACT**

**RIYANDI NUR FADLILLAH. 2023. *The Effect of Ladder Drills Training on Agility*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya**

*This research aims to determine the effect of ladder drill training on agility (experiment on football athletes at the Galuh Boys' Football School, Tasikmalaya City in 2023). This research method uses an experimental method. The population in this study was SSB Galuh Putra U12-U13 soccer athletes in the city of Tasikmalaya, totaling 15 people. In this research, the sample will be taken using a total sampling technique, so the population that will be used as a sample is 15 people. The instrument for this research is a test that is carried out at the beginning before carrying out the exercise and a final test after carrying out the exercise. The test used to collect data in this research is the shuttle run test. The data analysis technique uses the t test. The results of the t test show that tcount is greater than ttable. This means that tcount is outside the acceptance of the null hypothesis and the working hypothesis is accepted. Thus, it is proven that forms of agility training have a significant influence on increasing the agility of members of SSB Galuh Putra, Tasikmalaya Regency.*

**Keywords: Training, Ladder Drill, Agility**