

## **ABSTRACT**

**IKHSAN FIRDAUS. 2023. *The Effect of Lateral Zig-Zag Hops Training on the Agility of Soccer Player*. Physical Education Departement, Faculty of Educational Science and Teachers' Training, Siliwangi University, Tasikmalaya.**

*This study aims to determine the effect of lateral zig-zag hops training on the agility of extracurricular soccer students at SMAN 1 Mandirancan. This research uses a one group pre test - post test design method, where in this research there is no comparison group. The population of this study was all students who took part in extracurricular football, totaling 20 people. This research instrument uses the Agility T-Test to measure agility time. The test results show that there is an influence of lateral zig-zag hops training on the agility of extracurricular soccer students at SMAN 1 Mandirancan. The hypothesis testing shows that the value  $t_{count} 5,84 > t_{table} 1,73$ , So this shows that  $H_0$  is rejected and  $H_a$  is accepted, which means that there is a significant influence on increasing agility skills after being treated with the lateral zig-zag hops training method.*

**Keywords : Agility, Football, Lateral Zig-zag Hops**