

ABSTRAK

ADE SLAMET. 2026. **Pengaruh Variasi Latihan Terhadap Peningkatan Kelincahan Anggota Ekstrakurikuler Futsal Di SMA Yasin Aرسال Basa Sukaratu**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Tujuan penelitian ini untuk menganalisis pengaruh variasi latihan terhadap peningkatan kelincahan. Penelitian ini menggunakan pendekatan kuantitatif Metode eksperimen dengan *one-group pretest-posttest design*. Data dianalisis menggunakan perhitungan statistik. Instrumen penelitian *illinois agility test* untuk mengukur kelincahan. Analisis data menggunakan uji t pada taraf signifikansi $\alpha = 0,05$. Jumlah sampel yang diambil yaitu 20 anggota ekstrakurikuler futsal SMA Yasin Aرسال Basa Sukaratu. Hasil penelitian terbukti secara signifikan terdapat pengaruh variasi latihan terhadap peningkatan kelincahan hasil nilai t-hitung $(17,07) >$ dari t-tabel $(2,093)$ nilai rata-rata dari pretest sebesar 19,17 dan posttest sebesar 17,79 maka terdapat peningkatan hasil dari latihan yang signifikan. Dengan demikian hipotesis nihil (H_0) ditolak dan hipotesis alternatif (H_a) diterima.

Kata Kunci : Kelincahan, dan Variasi Latihan

ABSTRAK

ADE SLAMET, 2026. ***The Effect of Variation Training on Improving the Agility of Futsal Extracurricular Members at SMA Yasin Aرسال Basa Sukaratu.*** Department of Physical Education. Faculty of Educational Sciences and Teachers' Training. Siliwangi University.

The purpose of this study was to analyze the effect of training variations on improving agility. This study used a quantitative experimental approach with a one-group pretest-posttest design. Data were analyzed using statistical calculations. The Illinois agility test was used to measure agility. Data analysis used a t-test at a significance level of $\alpha = 0.05$. The sample size was 20 members of the futsal extracurricular activity at Yasin Aرسال Basa High School, Sukaratu. The results demonstrated a significant effect of training variations on improving agility. The calculated t-value (17.07) was greater than the t-table (2.093). The average pretest value was 19.17 and the posttest value was 17.79, indicating a significant improvement in training results. Therefore, the null hypothesis (H_0) was rejected and the alternative hypothesis (H_a) was accepted.

Keywords: Agility and Training Variations