

ABSTRACT

IMAM RASYID TAQIYUDDIN. 2026. ***The Comparison of Boomerang Run and Envelope Run Training on Improving Base Running Agility among Softball Athletes of Siliwangi Sports Club.*** Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University.

This study was motivated by the low level of base running agility among several athletes of the Siliwangi University Softball Club, as indicated by slow directional changes, inefficient running steps, and decreased balance while rounding the bases. This research was based on training theory, the overload principle, the specificity principle, and the concept of agility as the ability to change direction quickly and accurately. The purpose of this study was to determine the effect of Boomerang Run and Envelope Run training and to compare the effectiveness of both training methods in improving base running agility. This study employed an experimental method using a pretest-posttest design. The population consisted of 46 athletes from the Siliwangi University Softball Club. The sample consisted of 20 athletes selected using a purposive sampling technique based on predetermined criteria and then divided into two training groups, each consisting of 10 athletes. Data were collected using the Illinois Agility Test and analyzed using the normality test, homogeneity test, and t-test. The results showed that both Boomerang Run and Envelope Run training had a significant effect on improving base running agility. However, Boomerang Run training was more effective, with an improvement of 17.18%, compared to 8.22% achieved by Envelope Run training. Therefore, Boomerang Run training is recommended as a more effective training method for improving base running agility among softball athletes.

Keywords: *Boomerang Run, Envelope Run, agility, base running, softball.*