ABSTRAK

Arya Panji Pratama (NIM 6181210004). Pengaruh Variasi Latihan Kelincahan Terhadap Peningkatan Kelincahan Pemain Futsal MTS. Muhammadiyah 01 Medan.
(Pembimbing Skripsi: Ayu Elvana)
Skripsi : Fakultas Ilmu Keolahragaan UNIMED, Medan 2025

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh variasi latihan kelincahan terhadap peningkatan kelincahan pemain futsal MTS. Muhammadiyah 01 Medan. Penelitian ini menggunakan metode eksperimen dengan desain *one group pre-test and post-test*. Sampel pada penelitian ini berjumlah 20 orang pemain futsal MTS. Muhammadiyah 01 Medan, dengan pengambilan sampel menggunakan teknik total sampling. Teknik analisis data menggunakan perhitungan uji-t yaitu *paired t-test*. Berdasarkan hasil uji hipotesis diperoleh nilai uji t = 0,001 < 0,05, Sehingga dapat disimpulkan bahwa terdapat pengaruh variasi latihan kelincahan terhadap peningkatan kelincahan pemain futsal MTS. Muhammadiyah 01 Medan.

Kata kunci : Variasi latihan, kelincahan, futsal

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ABSTRACT

Arya Panji Pratama (NIM 6181210004). ***The Effect of Variations in Agility Training on Increasing the Agility of MTS Futsal Players. Muhammadiyah 01 Medan.***
(Mentor: Ayu Elvana)
Thesis: UNIMED Faculty of Sports Sciences, Medan 2025

The aim of this research was to determine the effect of variations in agility training on increasing the agility of MTS futsal players. Muhammadiyah 01 Medan. This research uses an experimental method with a one group pre-test and post-test design. The sample in this study consisted of 20 MTS futsal players. Muhammadiyah 01 Medan, with sampling using total sampling techniques. The data analysis technique uses t-test calculations, namely paired t-test. Based on the results of the hypothesis test, the t test value obtained = 0.001 < 0.05, so it can be concluded that there is an influence of variations in agility training on increasing the agility of MTS futsal players. Muhammadiyah 01 Medan.

Key words: *Variation of training, agility, futsal*

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