

## ABSTRAK

Vega Ramadhana Syahdewa. 2026. Perbedaan Pengaruh Latihan *Zig-Zag Run* dan *Shuttle Run* terhadap Kelincahan Atlet Futsal Putra SMP Negeri 11 Madiun Tahun 2026. *Skripsi*. Program Studi Ilmu Keolahragaan, Fakultas Ilmu Kesehatan dan Sains, Universitas PGRI Madiun. Pembimbing (I) Titin Kuntum Mandalawati, S.Pd., M.Or. Pembimbing (II) Pratama Dharmika Nugraha, S.Si., M.Or.

Penelitian ini bertujuan untuk mengetahui: (1) pengaruh latihan *zig-zag run* terhadap peningkatan kelincahan atlet futsal putra SMP Negeri 11 Madiun, (2) pengaruh latihan *shuttle run* terhadap peningkatan kelincahan atlet futsal putra SMP Negeri 11 Madiun, dan (3) perbedaan pengaruh antara latihan *zig-zag run* dan *shuttle run* terhadap kelincahan atlet futsal putra SMP Negeri 11 Madiun. Penelitian ini menggunakan metode eksperimen semu (*quasi experimental*) dengan desain *pretest-posttest group design*. Populasi penelitian berjumlah 30 atlet futsal putra SMP Negeri 11 Madiun. Teknik pengambilan sampel menggunakan *total sampling*, kemudian pembagian kelompok dilakukan dengan *matching design* pola ABBA berdasarkan hasil pretest. Instrumen pengukuran kelincahan menggunakan *Illinois Agility Test*. Data dianalisis menggunakan uji *normalitas*, uji *homogenitas*, uji *paired sample t-test*, dan uji *independent sample t-test* dengan taraf signifikansi 0,05. Hasil penelitian menunjukkan bahwa: (1) latihan *zig-zag run* memberikan pengaruh yang signifikan terhadap peningkatan kelincahan atlet futsal putra SMP Negeri 11 Madiun ( $p < 0,05$ ); (2) latihan *shuttle run* juga memberikan pengaruh yang signifikan terhadap peningkatan kelincahan atlet futsal putra SMP Negeri 11 Madiun ( $p < 0,05$ ); dan (3) terdapat perbedaan pengaruh yang signifikan antara latihan *zig-zag run* dan *shuttle run* terhadap peningkatan kelincahan atlet futsal putra SMP Negeri 11 Madiun ( $p < 0,05$ ). Berdasarkan hasil analisis, metode latihan yang memberikan peningkatan kelincahan lebih besar adalah *shuttle run*. Berdasarkan hasil penelitian dapat disimpulkan bahwa kedua metode latihan efektif untuk meningkatkan kelincahan atlet futsal putra SMP Negeri 11 Madiun. Meskipun *shuttle run* terbukti memberikan peningkatan kelincahan yang lebih baik namun perbedaan dari keduanya tidak signifikan sehingga kedua latihan dapat direkomendasikan sebagai metode latihan untuk meningkatkan kemampuan perubahan arah, *akselerasi*, dan *deselerasi* atlet futsal tingkat SMP.

**Kata Kunci:** *zig-zag run*, *shuttle run*, kelincahan, futsal, *Illinois Agility Test*.

## ABSTRACT

Vega Ramadhana Syahdewa. 2026. *The Difference in the Effects of Zig-Zag Run and Shuttle Run Training on the Agility of Male Futsal Athletes at SMP Negeri 11 Madiun. Undergraduate Thesis. Department of Sports Science, Faculty of Health and Science, Universitas PGRI Madiun. Supervisor (I) Titin Kuntum Mandalawati, S.Pd., M.Or. Supervisor (II) Pratama Dharmika Nugraha, S.Si., M.Or.*

*This study aims to determine: (1) the effect of zig-zag run training on increasing the agility of male futsal athletes at SMP Negeri 11 Madiun, (2) the effect of shuttle run training on increasing the agility of male futsal athletes at SMP Negeri 11 Madiun, and (3) the difference in the effect between zig-zag run and shuttle run training on the agility of male futsal athletes at SMP Negeri 11 Madiun. This study used a quasi-experimental method with a pretest-posttest group design. The study population was 30 male futsal athletes at SMP Negeri 11 Madiun. The sampling technique used total sampling, then group division was carried out using an ABBA pattern matching design based on the pretest results. The agility measurement instrument used the Illinois Agility Test. Data were analyzed using normality tests, homogeneity tests, paired sample t-tests, and independent sample t-tests with a significance level of 0.05. The results of the study showed that: (1) zig-zag run training had a significant effect on increasing the agility of male futsal athletes at SMP Negeri 11 Madiun ( $p < 0.05$ ); (2) shuttle run training also had a significant effect on increasing the agility of male futsal athletes at SMP Negeri 11 Madiun ( $p < 0.05$ ); and (3) there was a significant difference in the effect between zig-zag run and shuttle run training on increasing the agility of male futsal athletes at SMP Negeri 11 Madiun ( $p < 0.05$ ). Based on the analysis results, the training method that provided a greater increase in agility was shuttle run. Based on the results of the study, it can be concluded that both training methods are effective in increasing the agility of male futsal athletes at SMP Negeri 11 Madiun. Although shuttle run was proven to provide better agility improvements, the differences between the two were not significant so that both exercises can be recommended as training methods to improve the ability to change direction, acceleration, and deceleration of junior high school futsal athletes.*

**Keywords:** *zig-zag run, shuttle run, agility, futsal, Illinois Agility Test.*