

ABSTRACT

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SCIENTIFIC WRITING

APPLICATION OF MULTI DIRECTION DRILLING AND LADDER PRACTICE TO INCREASING ABILITIES IN BADMINTON PLAYERS

Consists of 5 chapters, 34 pages, 6 pictures, 7 tables

Background and purpose of writing: the effectiveness and ability to anticipate movement can be improved by doing drills continuously. In the shooting technique, drill training is carried out by shooting the ball into the goal as much as possible. Because repetition of each movement made will strengthen the connection between stimulus and response, so that it can improve the player's ability to respond to the stimulus received. Then ladder practice training is one of the trainings whose function is to train speed, agility and synchronization of motion in a balanced manner. To practice this motion all you need is a tool that resembles a ladder placed on a flat plane or floor.

Research Methods: The main treatment in this case is in the form of multi-directional drills and ladder practice with the T-Test Agility measuring instrument to increase agility. Subject is Kids Club PB. Sportif Purbalingga. Given 3 (three) therapeutic measures with the problem of decreased agility.

Discussion: After 3 (three) times of therapy with multi-directional drill modalities and ladder practice and also using an agility measurement tool in the form of an Agility T-Test, it was found that there was an increase in agility.

Conclusions and suggestions: From the evaluation results obtained, multi-directional drills and ladder practice have an effect on increasing the agility of badminton players. Suggestions that can be given are that the provision of multi-directional drill modalities and ladder practice can be used as an effective option, especially for physiotherapy in providing treatment to patients with conditions of decreased agility in badminton players.