

ABSTRACT

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SCIENTIFIC WRITING

LADDER DRILL APPLICATION TO INCREASE SPEED AND AGILITY IN FUTSAL

Consists of 5 chapters, 47 pages, 5 pictures, 6 tables

Background and purpose of writing: *Ladder drill* is a training using a fitness equipment in the form of a ladder where later an athlete runs, jumps and jumps by moving his feet quickly through the ladder so that it can help develop the athlete's speed and agility. The purpose of the makers of this Scientific Paper is how the effect of ladder drill training with the T-Test Agility measuring instrument to increase speed and agility in futsal ball players.

Research method: The main treatment in this case is a ladder drill exercise with a T-test Agility measuring instrument to increase speed and agility. The subject is a student of Al Irsyad University, Cilacap. Therapeutic actions were given 3 times with the patient's problems with a decrease in speed and agility. The measuring instrument is T-Test Agility.

Discussion: After doing therapy 3 times with the ladder drill exercise modality and also using a measuring tool in the form of T-Test Agility, it was found that there was an increase in speed and agility.

Conclusions and Suggestions: From the evaluation results obtained, Ladder Drill has an effect on increasing the speed and agility of futsal players. Suggestions that can be given are that the Ladder drill modality can be used as an effective choice for physiotherapy in providing treatment to patients with conditions of decreased speed and agility in futsal players.

Keywords: *Ladder Drill, T-Test Agility*