

ABSTRACT

FAKHRI SETIAWAN 2023. THE EFFECT OF MIRROR DRILL TRAINING ON INCREASING AGILITY IN THE U-14 PUTRA KARAMATWANGI SSB FOOTBALL GAME. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The aim of this research is to obtain information about the effect of mirror drill training on increasing agility in soccer games among SSB Putra Karamatwangi U-14 members. The research method used is the experimental method. The population in this study was members of the SSB Putra Karamatwangi U-14 Men's Football Association with a total of 15 people with the sampling used being the total sample, namely taking all members of the SSB Karamat U-14 Men's Football Association, totaling 15 people, as the research sample. Based on the results of data processing using statistical tests, it turns out that empirically the results of this research show that Mirror drill training has a significant effect on increasing the Agility of SSB players, members of the SSB Karamatwangi U-14 Men's Football Association. Based on the results of the research above, the author suggests to various parties related to the sports sector, especially the sport of football, that they should always try to improve agility because football athletes really need to have agility.

Keywords: Mirror drill exercise