

ABSTRACT

The purpose of this study was to obtain information about the effect of alphabet or letter training on increasing agility in the sport of football in Hippo U-18 football school students. The research method used is the experimental method. The population of the research is 20 members of Hippo U-18 using the Saturated Sampling technique. Based on the results of data processing with statistical tests, it turns out that empirically there is a significant effect of the variation of the alphabet training on increasing agility in the soccer sport of Hippo U-18 football school students, the hypothesis results are accepted. Based on the results of the research above, the authors suggest to various parties related to the field of sports, especially with the sport of football, that to produce a movement to change direction, it is prioritized to train agility.

Keywords: agility, and the alfabet.