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The Effect of Ladder Drill Exercise on Increasing Extracurricular Student Agility at SMKN 1 Bengkulu City

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Abstract

This study aims to determine the effect of Ladder drill training on increasing the agility of extracurricular students at SMK Negeri 1 Bengkulu City. This study used a quasi-experimental method with a One group pretest-posttest design where in this study there was no comparison group. The population of this study were all students who took part in extracurricular volleyball and futsal, totaling 32 students. The instrument used is a test and measurement using the Illinois run agility test. The test results show that there is an effect of the Ladder drill training method on increasing agility. Hypothesis test shows the value of t count $22.4 > t$ table 1.694 .

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INTRODUCTION

Sport is generally an activity based on physical athleticism or physical agility, with the largest major competitions such as the Olympics recognizing a sport meeting this definition, and there are also other organizations such as the Council of Europe which use the definition that sport precludes activities without a physical element from being classified as a sport. . One of the factors that play a role in achieving sports achievements is physical factors, especially agility. Agility is one of the important factors for an athlete because by having good agility an athlete will have better abilities. Because many sports require agility such as futsal, basketball, soccer, volleyball and others.

Extracurricular is enrichment and improvement activities related to curricular and intracurricular programs. This activity can be used as a forum for students who have an interest in participating in these activities. Through teacher guidance and training, extracurricular activities can form a positive attitude towards the activities that are followed by students. According to (Noor, RM 2012). The existence of extracurricular activities aims to expand and improve students' knowledge, train and develop talents, interests and skills in an effort to build personal and character in the formation of a whole person.

According to (Scheunemann. T, 2012). Agility is the ability of a player to change direction and speed very well. Agility is a person's ability to change the direction of the position according to the desired situation or faced as quickly as possible. Agility is the ability to change the position and direction of the body quickly while moving without losing balance and awareness of body position (Nopiyanto et al., 2021). The conclusion is that agility is a person's ability to change the position and direction of the body quickly.

Agility is needed in the follow-up response movement after the athlete sees the direction of the ball, both fed and attacked by the opponent, the athlete must immediately position his body to adjust the position of the ball without losing balance and awareness of his body position so that he can receive and return the ball in a stable and directed manner according to the desired target. the athlete, either to a teammate or the opposing team. Volleyball is a fast tempo game, so playing reinforcements is very limited. A player if he does not master perfect technique will allow mistakes to be made. error technique which is certainly very detrimental to the team (Yanti, et al., 2021). Ball possession in the game volleyball is important for every player. This can be said, is a fundamental part in the process of playing volleyball to be successful in a match. So that to be able to control the ball well, a good mastery of basic techniques is needed as well (Achmad et al., 2019).

According to (Justinus, 2011) futsal is a dynamic sport because the ball is rolling quickly from foot to foot, where the players are required to always move and are needed. Skill good and determined. Futsal is a game that is almost the same as football but only five players where two teams play and fight for the ball between the players with the aim of being able to enter the ball into the opponent's goal and defend the goal so as not to concede the ball (Raibowo et al., 2021). With the futsal sports game, it is hoped that players will be able to hone their ball playing skills, especially the technique of dribbling speed and which can be exposed freely. This game also provides benefits for system endurance because almost throughout the game a player will run in all corners of the field, almost non-stop.

Based on a survey conducted by researchers on December 17, 2021, extracurricular volleyball and futsal

students at SMKN 1 Bengkulu City had agility percentages, 12% very good, 6% good, 19% moderate, 47% less, 16% very poor. Based on the data above, it can be concluded that in general extracurricular students at SMKN 1 Bengkulu City, do not yet have good agility so that this results in extracurricular students still not playing optimally during matches. This problem occurs because there are still students who are less serious in participating in the training, lack of agility training and the absence of special training to improve the agility of extracurricular students at SMKN 1 Bengkulu City.

As an alternative, agility can be improved by using the Ladder drill method. Ladder drill is a form of jumping exercise using one or two legs by jumping over a rope in the form of a ladder that is placed on the floor or ground. Participate in training where athletes will run, jump and jump with fast foot movements through the stairs so that they can help develop agility and speed. Stairs usually involve a set pattern through a ladder laid flat on the floor. By moving the feet inside and outside the steps, the goal is to increase speed and agility. (Ovanovic et al., 2011)

Based on the description above, the researcher wants to give Ladder drill treatment to extracurricular students at SMKN 1 Bengkulu City. With the aim of increasing the agility of extracurricular students at SMKN 1 Bengkulu City, so that student agility becomes better.

METHODS

This type of research is quantitative, with the research method used is the experimental method. Experimental research is research conducted to determine the consequences of a treatment given intentionally by the researcher. This research was divided into 3 stages, namely pretest, treatment, and posttest. The design used in this study was a one group pretest-

posttest design. The advantage of this design is that pretest and posttest are carried out so that it can be known for sure the difference in results due to the treatment given.

The collection technique in this study used a test. According to (Nopiyanto & Pujiyanto, 2021) the test is a series of questions or exercises as well as other tools used to measure skills. At this stage, a meeting was held with the entire sample and a general explanation was given regarding the process to be carried out, after which the initial data collection was held. The test used on This study, namely the agility Illinois run is to measure how good agility is. The equipment used included cones, whistles, stationery, stopwatches.

RESULT

Table 1. Results Test Calculation- t

Group	Dk (n-1)	Tcount	Ttable	Criteria
Experiment	31	22.4	1,696	There is Influence

Based on the table of the results of the t-test calculation, it is obtained that $t_{count} = 22.4 > t_{table} 1.696$, then H_a is accepted. So there is an effect of Ladder drill training on increasing the agility of extracurricular students at SMK Negeri 1 Bengkulu City.

Specifically, the results of the treatment can be known by calculating the difference between the mean and the average pretest, results percentage enhancement as follows :

Table 2. Percentage of Increase

Mean Difference	Mean Pre Test	Percentage Increase
12.8	43.1	29.69%

Based on the table above, it can be seen that the increase in agility of extracurricular students at SMK Negeri 1 Bengkulu City was

29.69% after being given Ladder drill training.

DISCUSSION

The results of the data analysis carried out showed that the t count was $22.4 > 1.696$ t table, these results showed that H_a was accepted, which means that there is a significant influence between the agility of students who take extracurricular activities at SMK N 1 Bengkulu City before and after being given training. Based on the comparison of the results of the average difference between the mean different and the mean pretest, it can be seen that the percentage increase in the agility of the students of SMK N 1 Bengkulu City increased by 29.69%.

Ladder drill is a form of jumping exercise using one or two legs by jumping over a rope in the form of a ladder that is placed on the floor or ground. Participate in training where athletes will run, jump and jump with fast foot movements through the stairs so that they can help develop agility and speed. Stairs usually involve a set pattern through a ladder laid flat on the floor. By moving the legs inside and outside the steps, the goal is to increase speed and agility (Ovanovic et al., 2011).

Agility can be improved with the Ladder drill training method. Many athletes are serious about using it, to practice this movement what is needed is a tool that resembles a ladder placed on a flat / floor. Ladder drill is a form of exercise tool using one or two legs by jumping over a rope in the form of a ladder that is placed on the floor or ground.

Based on research conducted by the agility of extracurricular students at SMKN 1 Bengkulu City, before the behavior was given, the initial test data had an average pretest score of 43.1, standard deviation 11.27, the highest value 68 and the lowest value 26 with the category agility it is less. After being given treatment with ladder drill exercises for 16

meetings, extracurricular students were tested again and the average value was 55.9, standard deviation was 9.57, the highest score was 71 and the lowest score was 38. Based on these data, extracurricular student agility increased by 12.8 with the category of being good. Agility is one of the important factors for an athlete because by having good agility an athlete will have better abilities. Because there are many sports that require good agility such as futsal, basketball, soccer, volleyball and others. According to (Scheunemann. T, 2012)

Based on research conducted by Muhammad firdaus, entitled "The effect of in-out shuffle training" Agility Ladder drill" on agility" totaling 26 people. From the research results can be concluded. Based on the results of t -count the significance level of the agility variable 0.013 in other words $p < 0.05$ which means there is a difference between the initial test and the final test on the agility variable. The increase in agility can be seen from the t -count on the agility variable of 3.014.

Based on t test obtained at the value of $t_{\text{count}} = 22.4 > t_{\text{table}} 1.696$ then H_a is accepted. So there is an effect of Ladder drill training on increasing the agility of extracurricular students at SMKN 1 Bengkulu City.

CONCLUSION

Based on the research that has been obtained, it can be concluded that there is a significant effect of ladder drill training on increasing the agility of extracurricular students at Smk Negeri 1 Bengkulu City, it is proven that the results of the calculation of the experimental group value t count ($22.4 > t$ table (1.696)). Then from the results of the mean pretest and posttest there is an increase with a difference of 12.8. This shows that there is a significant effect of ladder drill training on increasing the agility of

extracurricular students at Smk Negeri 1 Bengkulu City.

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