

PENERAPAN *LADDER DRILL* DAN *SHUTTLE RUN* TERHADAP PENINGKATAN *AGILITY* PADA PEMAIN SEPAKBOLA

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SUMMARY

Background: Sports are activities that play a very important role in a person's physical fitness and are also one of the important methods to reduce stress, one of the most popular and famous sports in the world including Indonesia is football. Football is a sport that requires a lot of technical skills and static, semi-dynamic, and dynamic balance. Football is a team sport that is competed by two teams by implying physical, mental, technical and tactical elements, and is applied with both teams of players competing and kicking a ball with the aim of scoring as many goals as possible into the enemy's goal and maintaining the goal from being conceded with the rules that have been determined as a reference. Agility is very important for football players because it is used to defend and attack. Promotive efforts to increase agility in football players require a medium of Communication, Education, and Information (KIE). **Objective:** To improve knowledge especially for soccer players about how to improve agility **Method:** The selected IEC media is video as IEC media because it has several advantages that are made by considering the guidelines from Universitas, Aisyiyah Surakarta. **Results:** The IEC media in the form of a video entitled "Implementation of Ladder drill and Shuttle run to improve Agility in soccer players" contains information about how to improve agility with ladder drill and shuttle run exercises. **Conclusion:** The video entitled "Implementation of Ladder drill and Shuttle run to improve Agility in soccer players" was chosen as a health promotion media targeting health practitioners especially soccer players.

Keywords: Football Players, Agility Improvement, Ladder drill, Shuttle run