

ABSTRACT

Efforts to Improve Agility With the Application of Shadow Exercises in Badminton Sports Games on Extracurricular MTs. Bustanul Ulum Ellak Daya Lenteng Sumenep 2019

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To improve agility in playing badminton, one of them is by doing shadow training, Shadow Badminton is one of the exercises where the athlete performs the movements solely or as if the athlete moves to hit the shuttlecocks anywhere on the field desired by the athlete. In this study, the authors chose extracurricular activities MTs. Bustanul Ulum in 2019, because at the time of training the agility of the player was still very lacking. The purpose of this study are: 1. To find out the increase in the agility component through shadow training in students participating in Badminton extracurricular MTs. Bustanul Ulum Ellak Daya Lenteng Sumenep 2019. 2. To find out how big is the application of shadow training for students of Badminton extracurricular participants MTs. Bustanul Ulum Ellak Daya Lenteng Sumenep 2019.

Researchers in conducting research using the experimental method with a research design is a design of how a study will be conducted. The research design used in this study is One Group Pretest-Posttest Design, which is a study that has an initial test (pre-test) before being given treatment (treatment) and the final result (post-test) after being given treatment (treatment). The population in this study were all students who participated in Badminton extracurricular activities MTs. Bustanul Ulum Ellak Daya Lenteng, amounting to 5 male students.

There is a significant effect of shadow training in increasing the agility of students in Badminton extracurricular participants MTs. Bustanul Ulum Ellak Daya Lenteng Sumenep 2019 is based on paired t-test on giving by looking at the Sig. (2-tailed) 0.015, It can be concluded that H_0 is rejected and H_a is accepted because of the Sig. 0.015 < value $\alpha = 0.005$. The percentage increase in the application of shadow training for Badminton extracurricular participants MTs. Bustanul Ulum Ellak Daya Lenteng Sumenep 2019 is equal to 12.14%.

Keywords: Agility, Shadow Training, and Badminton.