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Agility Profile of Phase C Students Participating in Futsal Extracurricular Activities at SDN 053 Cisitu Bandung City

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Abstract
This research explores the agility of Phase C students participating in Futsal extracurricular activities at SD Negeri 053 Cisitu, Bandung City. This research is descriptive quantitative research with a survey method. The sampling technique researchers use is purposive sampling, namely, Phase C students who participated in Futsal extracurricular activities with 23 boys. The data collection technique in this research used an agility measurement instrument for Phase C students from the Ministry of Education and Culture. Data were analyzed using descriptive percentage techniques. The results of data analysis show that the number of agility levels of Phase C students who took part in Futsal extracurricular activities in the poor category was two students (8.7%), in the moderate category was four students (17.4%), in the good category was 12 students (21.7%), and in the excellent category. as many as five students (52.2%). The conclusion of this research shows that the level of agility of Phase C students who participate in Futsal Extracurricular activities is in the "Good" category.
Keywords: *Futsal Extracurricular, Agillity, T-Test, Physical Condition*

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INTRODUCTION

The physical education learning process should be able to facilitate students to understand good and correct movements, be skilled in carrying out various dominant movement patterns, problem-solving techniques through a game, and strategies in invasion and play games.net game and teach them the ability to socialize and behave towards other people (Sun et al., 2017). Through physical activity learning packaged in games, the values of sportsmanship, honesty, cooperation, and the formation of healthy lifestyle habits can be increased (Arifin, 2017). This is because the implementation of physical education learning is not limited to conventional classroom teaching and theoretical studies. However, it can involve physical, mental, intellectual, emotional, and social elements, which are certainly needed in the future to form a superior person.

Physical education learning can encourage students to get involved in extracurricular sports activities and even make students involved in these activities achieve various achievements,

especially in sports (Bangun, 2016). The extracurricular activities that are generally available at school are futsal. Futsal is a defensive and attacking game activity played individually with a team of five people at a time, agreed upon by a match regulation (Wibowo, 2019). Then, the regulations implemented can train players to become disciplined and sportsmanlike individuals (Ghalib et al., 2023). Futsal is a sport played on a good field indoors, not outdoors. Each player on his team must be able to defend the opponent's goal and score as many goals as possible to win a match. The way to play futsal is by using your feet; you cannot use your hands except for the goalkeeper. This game is almost the same as football; the difference is that the ball used is smaller than that used in soccer, and this game requires agility and speed of movement of players (Debyanto et al., 2022).

Agility is, of course, one of the keys that Futsal players really need. Based on several categories of physical conditions, such as endurance, muscle strength, power, speed, agility, balance, coordination, accuracy, reaction, and flexibility, which can be supporting factors for functional playing skills, agility is one of the physical conditions that need to be continuously trained. by futsal players (Yusuf & Zainuddin, 2020). Agility is the skill to change one's direction of movement spontaneously and quickly without losing balance in movement (Rohman, 2015). Agility in a futsal match can be seen in a player's ability to dribble the ball. This is an ability that every player needs to have in order to avoid opponents, show good playing patterns, and be enjoyable for spectators to see in futsal matches (Yulianto, 2023). Therefore, agility is a physical condition that requires high speed in changing directions without losing balance. It plays a vital role for players when dribbling the ball to create a goal.

Students can obtain the above skills through extracurricular sports programs implemented by schools to develop their character and train their movement skills to make them better than before (Arifudin, 2022). SD Negeri 053 Cisitu, Bandung City, is a school that provides academic and extracurricular activities that can facilitate a passion for every student. Especially in the Futsal extracurricular, this activity has positively impacted the school. Based on the results of observations, various medals have been collected from various Futsal competitions at the sub-district and Bandung City levels, which class V therefore won; this research article focuses on examining the agility abilities of class V students who take part in Futsal extracurricular activities at SD Negeri 053 Cisitu, Bandung City using one of the agility instruments contained in the

Indonesian Student Fitness Test for Phase C from the Ministry of Education, Culture, Research and Technology. Republic of Indonesia. The 2022/2023 academic year.

Therefore, this research article focuses on examining the agility abilities of class V students who take part in Futsal extracurricular activities at SD Negeri 053 Cisitu, Bandung City, using one of the agility instruments contained in the Indonesian Student Fitness Test for Phase C from the Ministry of Education, Culture, Research and Technology Republic of Indonesia.

METHOD

Quantitative research was used in this research because the type of data collected can be measured directly (Bacon-Shone, 2021). The data collected by the researcher on this occasion is in the form of numbers or statistics. Then, the researcher will describe these numbers as a step to determine the level of agility possessed by students who participate in futsal extracurricular activities.

Population and Sample

The population in this study were all Phase C students at SD Negeri 053 Cisitu who participated in futsal extracurricular activities in the 2022/2023 academic year. Then, the research sample is determined using purposive sampling techniques, or sampling is carried out based on characteristics determined by the researcher (Janah & Kumaat, 2017). Based on the results of observations, there were 23 children in the school, consisting of 23 boys who were in Phase C. Therefore, seeing that the number of samples used as research subjects was > 100, the researchers took these 23 children as samples for this research (Nugraha et al., 2021).

Data Collection Techniques

Data was taken using the agility test instrument from the Ministry of Education and Culture in the TKSI Phase C guidebook, namely the Shuttle Run 8 x 10 m Test. This instrument is a measuring tool to determine the official level of student agility and has an instrument validity value of 0.645 (valid); validity decision-making is based on calculated values > tables with alpha = 0.05, a reliability value of 0.473 (medium reliability).

Data Analysis

The data analysis technique in this research uses descriptive statistical techniques, which means the researcher will only describe students' test results and classify the agility level categories of Phase C students.

Table. 1. Norma Shuttle Run 8 x 10m Test.

Prince	Score	Category
≤ 23.18	5	Excellent
23.19 - 27.19	4	Good
27.20 - 30.18	3	Currently
30.19 - 34.20	2	Less
≥ 34.21	1	Less than once

RESULTS AND DISCUSSION

Result

Based on data from agility test results obtained using test instruments, *Shuttle Run 8 x 10m Test.* Then, the data was analyzed and classified using SPSS according to the level of agility. It can be seen in Table 2 below.

Table. 2. Summary of 8x10m Shuttle Run Agility Test Results

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less	2	8.7	8.7	8.7
	Currently	4	17.4	17.4	26.1
	Good	12	52.2	52.2	78.3
	Very well	5	21.7	21.7	100.0
	Total	23	100.0	100.0	

Based on data from the results of agility tests carried out by 23 boys from Phase C who participated in Futsal extracurricular activities in Phase C for the 2022/2023 academic year. It is known that in the "Excellent" category, there were five people (21.7%); in the "Good" category, there were 12 people (52.2%); in the "Medium" category, there were four people (17.4%), and in the "Poor" category there were two people (8.7%). The following is a histogram of the agility test

results of students participating in Phase C futsal extracurricular activities at SDN 053 Cisitu.

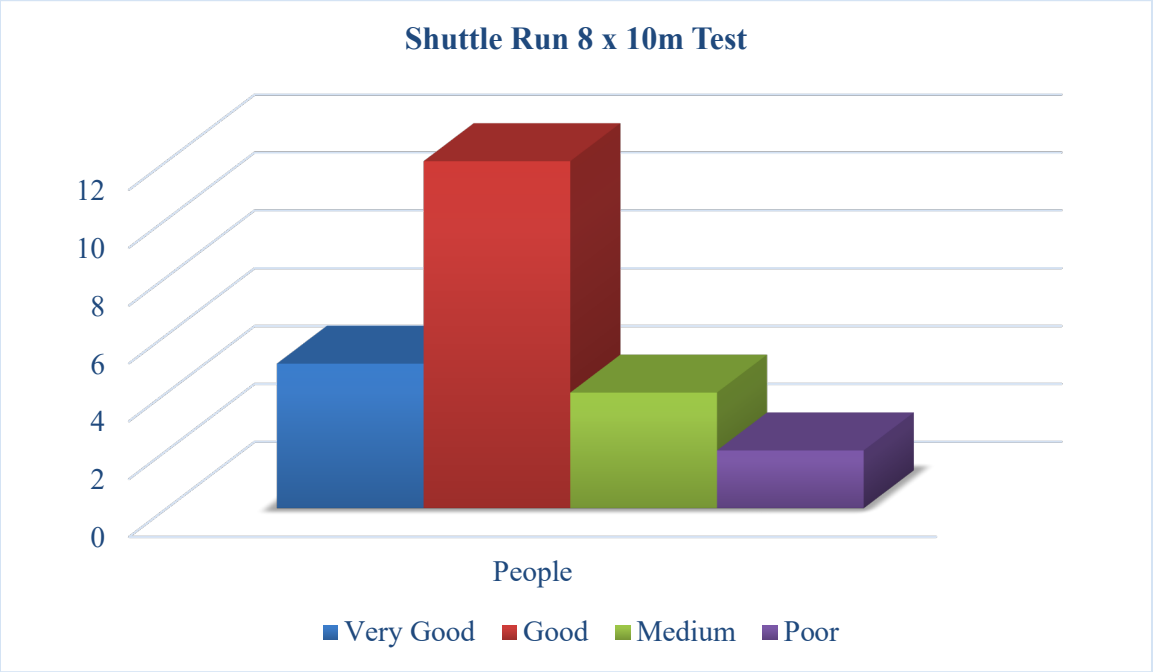

Figure 1. Histogram Shuttle Run 8 x 10m Test

Futsal extracurricular activities for class V are held every Wednesday and Thursday. Then, it is not uncommon for 5th-grade students at SD Negeri 053 Cisitu to win in Futsal matches. This can be caused by various factors, such as parental support and consistency of good futsal training, as well as the training methods provided by the coach. However, the coach also realized that not all of his students could move positions quickly or change direction to avoid the opponent's defense in the game of Futsal.

Discussion

Agility and speed in these various games can influence how well a player performs (Arsyad, 2019). Measuring the agility of futsal players can be done by analyzing their speed when moving, such as controlling the ball, changing direction, and reacting quickly in situations *on one* (Matitaputty, 2019). Based on 23 research samples, two people (8.7%) were in the category of lacking agility abilities. This can be caused by factors such as nutritional status, inadequate training, and health when taking the agility test.

His slower movements compared to his friends could also be caused by being overweight. Besides that, nutritional intake is also related to the nutritional status of futsal players, so it can

influence agility skills by influencing body mass index. Apart from body mass index, the flexibility and speed of a player's limbs influence the agility score. Special training will be needed to overcome the agility abilities of students still in the deficient category and develop better players. Furthermore, efforts to increase the agility of futsal players can be made with circuit training without a ball, and resistance training impacts the agility of futsal players. Zig-zag training has an impact on agility when playing futsal.

Many other factors influence player agility, physical activity outside of training, environmental conditions, and coaches. With these results, trainers or teachers can provide training programs that are physical, technical, and tactical and pay attention to other factors, such as nutritional intake and mental aspects, in encouraging students to achieve the training goals. The hope is that through extracurricular futsal activities, we will not only find or arouse interest and talent in futsal but also build motivation or character for achievement not only in futsal.

CONCLUSION

The level of agility of phase C students who took part in Futsal Extracurricular activities at SD Negeri 053 Cisitu was in the "Good" category. This can be proven based on processing data on the results of agility tests carried out by 23 Phase C boys who participated in Futsal Phase C extracurricular activities for the 2022/2023 academic year. It is known that in the "Excellent" category, there were five people (52.2%); in the "Good" category, there were 12 people (21.7%); in the "Medium" category, there were four people (17.4%), and in the "Poor" category there were two people (8.7 %).

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