

COMPARISON OF AGILITY PROFILE, SPEED AND POWER ATLET SPORTING GROUP INVASION AND NET GAME

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ABSTRACT

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Abstract.

The purpose of this research is to know the difference of agility ability, speed and power (explosive power) athletes of sports group invasion and net game. Research method using test and measurement. Subject athletes junior sports group sports (tennis court with table tennis) and invasion (basketball with football). Agility tests using T-Test agility, speed tests using 30 meter sprint, and explosive power tests using vertical jumps. Data analysis using non parametric statistics with wilcoxon. The results showed that there was no significant difference between agility ability, speed, and vertical jump basketball with soccer ($p > 0.05$). There was no significant difference between the ability of speed and vertical jump athletes with tennis on the table ($p > 0.05$), but there was a significant difference between the agility ability of the table tennis athlete and the tennis court.

Keywords: agility, speed, power, invasion and net game

Kata Kunci: *agility, speed, power, invasion and net game*