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THE EFFECT OF LATERAL RUN TRAINING, ZIG-ZAG RUN TRAINING AND MOTIVATION PRACTICE ON PLAYER'S AGILITY WOMEN'S FOOTBALL

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Abstract Based on the observation of the researcher is the low motivation to practice and the low agility of the female player Rajawali Football Club Padang The purpose of this study was effect of lateral run training, zig-zag run training, and motivation practice on player's agility rajawali women's football club Padang. This type of research is a quasi-experimental method that uses treatment with a Level 2 x 2 design, namely a factorial experiment involving two factors. The sample of this research is the female player Rajawali FC Padang who is 17 years old, totaling 20 people. Motivation practice data was measured using a questionnaire, and to measure football agility using the Illinois Agility test, then continued with testing requirements analysis of variance and data analysis using variance (ANAVA) 2 x 2. The results of data analysis showed that: (1) There was no difference in the effect of the lateral run training form and the zig-zag run training on the agility soccer players, (2) There was no interaction between the lateral run training, zig-zag run training and the player's motivation on the agility soccer players.

Keywords*: Agility; Motivation Practice; Lateral Run ; Zig-Zag Run Training*

INTRODUCTION

According to Ilham, et al (2018: 28) football is a type of team game that embodies all the movements in it. Meanwhile, according to Efendi and Widodo (2019:368) football is also a team game, each team consists of eleven people, one of which is a goalkeeper, and the football game is played in two halves (2x45 minutes) with a 15-minute rest time between the two halves. The goal of the game of football is that the player puts as many balls into the opponent's goal as possible and tries to keep the goal from conceding, Yarmani, et al (2020:10)

According to Lee, H and Gusril (2019: 268) in physical condition there are several basic components, namely in terms of the muscular concept including: endurance, strength, power, speed, flexibility, agility, balance and coordination. With an element of excellent physical condition, as well as being supported by good technique, tactics and mentality, the goal of this football game will be to score as many goals as possible.

Agility is one component of motor freshness that is indispensable for all activities that require the speed of changing the position of the body and its parts. Besides that, agility is a prerequisite for learning ang improving movement skills and sports techniques, especially movements that require movement coordination, Daryanto & Hidayat (2015:205).

According Sporis G et.al (2010:679) said: “agility is believed to be an importantphysical component necessary for successful performance inmany sports, particularly in soccer. It is alsofundamental for the optimal performance of soccer playersand often described as a quality possessing the ability tochange direction and start and stop quickly”.

Based on the above opinion, agility is a person's ability to change position from one place to another quickly, then agility is a prerequisite in improving coordination movements in sports, especially in soccer. The agility carried out by football players when practicing or competing depends also on the ability to coordinate the body movement system in response to the situations and conditions they face. In addition, it is also influenced by motivation to improve agility in football players. According to Idzhar, A (2016:223) "The word motive is often interpreted as the power within a person

to do something. Motive is defined as the power that drives someone to do something. Motives can be interpreted as the driving force in the subject to carry out certain activities in order to achieve a goal. Even the motive can be interpreted as an internal condition, (preparedness), starting from the word motive, then motivation can be interpreted as a driving force that has become active. Motives become active at certain times, especially when the need to achieve goals can be felt/urgent.

Motivation is the basic drive that moves a person to behave. This urge in someone moves him to do something that is in accordance with his inner urge, Uno, B (2016:1). In line with the opinion of Husdrata (2010: 37) motivation to practice is an impulse that occurs within the individual to always improve certain qualities as well as possible or more than what is usually done.

Based on the observations and interviews of researchers with the Putri Rajawali football club located in the city of Padang, that this club has been around since late 2019, for the competitions that they participated in, among others: the Effendi Cup 2nd place and winning several trophies between female players in West Sumatera. Then in terms of its application in the field, it is difficult for players to move wider in changing the direction of movement and it is still slow so that the ball is easily snatched by the opponent. Even when moving past the opponent it was still difficult and stiff. When they want to do a training session, there are players who arrive late and even lazy to do the training session.

According to what happened in the field, this requires further action against Putri Rajawali FC players. In terms of problems in the field, it is necessary to provide training to increase the agility of Rajawali FC's female players as well as provide direction and input to motivate in training. The training program given is in the form of a lateral run exercise and a zig-zag run exercise, for the intervening variable, namely the motivation to practice which is measured using a questionnaire.

METHOD

This type of research uses a quasi-experimental method that uses a treatment by Level 2 x 2 design, which is a factorial experiment involving two factors. This study examines the effect of independent variables on influence variables and attribute/moderator variables, namely: the form of lateral run and zig-zag run (A) as the independent

variable, the agility of Putri Rajawali FC players (Y) as the influencing variable (dependent variable), and motivation to practice (B) as attribute/moderator variables. The place of research was carried out in Padang City field. The time of the study was carried out on December 12, 2021 - January 9, 2022. With a sample of 17 year old girls, there were 20 people. Sampling was done by purposive sampling with certain considerations.

The test used is the Illinois Agility Test, which aims to train agility while playing. The research instrument used to collect agility data was taken from Widiastuti in the journal Rama, M & Bawono, R (2020: 89).

To analyze the data in this study is the Factorial by Level 2 x 2 design, then the data analysis technique uses the two-way Anova technique followed by the Tukey test with a significant level of = 0.05. Before the data was processed using the Anava analysis technique, the Anova requirements test was first carried out, namely the normality test using Liliefors and the homogeneity test of variance using the Bartlet test with a significant level of = 0.05

RESULT AND DISCUSSION

RESULT

A. Data Description

1. Motivation Practice

From the results of measurements carried out on a sample of Putri Rajawali FC Padang soccer players, the highest score was 265, the lowest score was 182. With an average of 233, standard deviation of 20.9. For more details, see the table below.

Table 1. Data on Practice Motivation for Putri Rajawali FC Padang Soccer Players

Interval	Frequency	Percentage
250-266	5	25%
233-249	7	35%
216-232	4	20%
199-215	3	15%
182-198	1	5%
	20	100%

Based on the calculations in table 1. It can be seen that as many as 5 players (25%) have motivation to train at class intervals of 250-266, 7 players (35%) have motivation to train at class intervals 233-249, 4 players (20%) had motivation to train at class intervals 216-232, 3 players (15%) had motivation to train at class intervals 199-215, and 1 player (5%) had motivation to train at class intervals 182-198. For more details can be seen in the graph below:

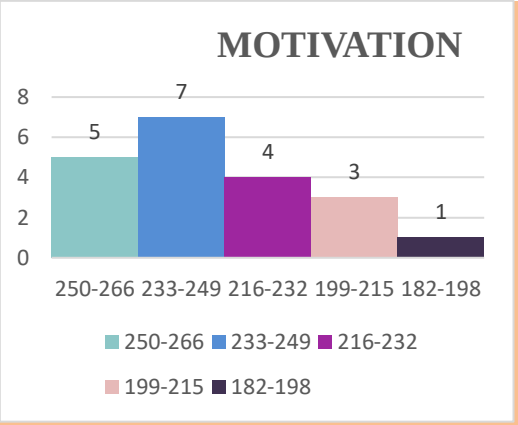

Figure 1. Graph of Frequency Distribution of Motivation to Practice

2. Illionis Agility Test Data

Based on the results of the agility measurement test in a group consisting of 20 people, the highest score was 18,29 and the lowest was 15,5. With an average of 17,07 and a standard deviation of 0,93. More details can be seen in the following frequency distribution table:

Table 2.
Data Distribution of the Illinois Agility Test

Interval	Frequency	Percentage
17,9-18,4	6	30%
17,3-17,8	5	25%
16,7-17,2	1	5%
16,1-16,6	6	30%
15,5-16,00	2	10%
	20	100%

From table 2 it can be seen that 6 players (30%) have agility in the interval class 17.9-18.4, 5 players (25%) have agility in the agility in the interval class 16.7-17.2, 6 players (30%) have agility in the interval class 16.1-16.6 and 2 players (10%) have agility in the interval class 15, 5-16.00. For more details, it can be seen in the agility frequency distribution above, it can be seen in the following graph:

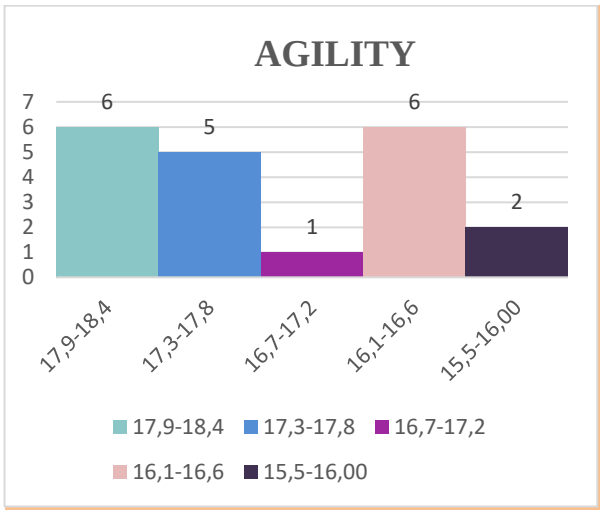

Figure 2. Histogram Graph of the Illinois Agility Test Data

a. Agility Data In the Lateral Run Excercises Group (A1)

The data from the measurement of football agility in this group consisted of 10 people, with a maximum score of 18.23, the lowest score of 15.55, an average of 16.70 and a standard deviation of 1.00. The frequency distribution of the agility of members of this group can be described in the following frequency distribution table:

Table 3.
Distibution of Agibility Data in the Lateral Run Exercise Group (A1)

Interval	Frequency	Percentage
18,3-18,9	1	10%
17,6-18,2	1	10%
16,9-17,5	2	20%
16,2-16,8	2	20%
15,5-16,1	4	40%
	10	100%

Based on table 3 that 1 person (10%) has agility in the class interval 18,3-18,9, 1 person (10%) has agility in the class interval 17,6-18,2, 2 people (20%) has agility in the interval class 16,9-17,5, 2 people (20%) had agility in the interval class 16,2-16,8, and 4 people (40%) had agility in the interval class 15,5-16,1. For more details, see the following graph:

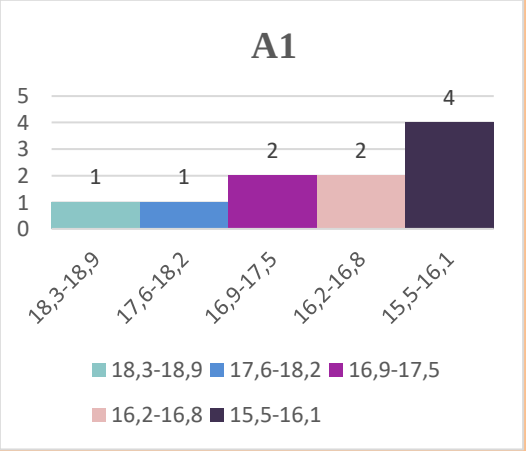

Figure 3. Histogram Graph of Agility Data in Groups Lateral Run Exercise (A1)

b. Agility Data In the Zig-Zag Run Excercises Group (A2)

The data from the agility measurement of this group consisted of 10 people, the highest score was 18.29 and the lowest score was 16.25. The average score is 17.44 and the standard deviation is 0.73. The following table shows the agility frequency distribution in this group:

Table 4.

Distribution of Agility Data in the Zig-Zag Run Exercise Group (A2)

Interval	Frequency	Precentage
17,97-18,39	4	40%
17,54-17,96	0	0%
17,11-17,53	3	30%
16,68-17,10	1	10%
16,25-16,67	2	20%
	10	100%

Based on the calculations in table 4, it can be seen that 4 people (40%) in the class interval 17,97-18,39, 0 people (0%) in the class interval 17,54-17,96, 3 people (30%) in the class interval 17,11-17,53 interval, 1 person (10%) in the 16,68-17,10 interval class and 2 people (20%) in the 16,25-16,7 interval class. For more details, see the distribution chart below:

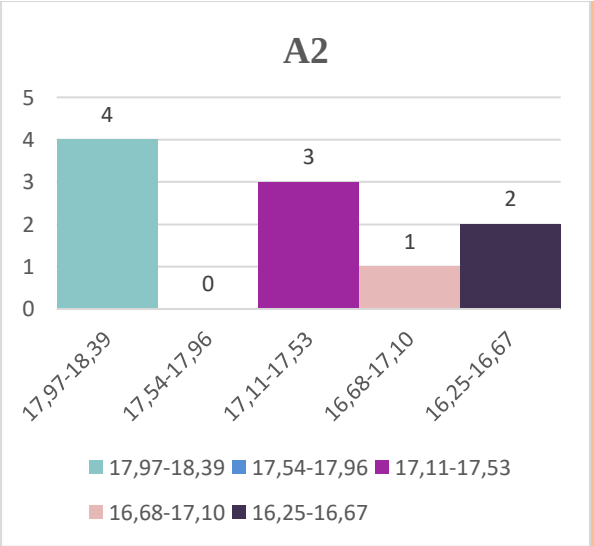

Figure 4. Histogram Graph of Agility Data in Groups Zig-Zag Run Exercise (A2)

c. Agility Data In the High Motivated Group (B1)

The agility measurement data in this group consisted of 10 people with the highest score of 18, the lowest score of 15,5, an average of 16.73 and a standard deviation of 0,84. The agility distribution of Putri Rajawali FC football players in this group can be described in the following frequency distribution table:

Table 5.

Distribution of Agility Data in the High Motivation Exercise Group (B1)

Interval	Frequency	Precentage
17,94-18,53	1	10%
17,33-17,93	1	10%
16,72-17,32	3	30%
16,11-16,71	2	20%
15,5-16,10	3	30%
	10	100%

Based on the calculations listed in table 5, it can be seen that 1 player (10%) in the interval class 17,94-18,53, 1 player (10%) in the interval class 17,33-17,93, 3 players (30%) in the 16,72-17,32 interval class, 2 players (20%) in the 16,11-16,71 interval class and 3 players (30%) in the 15,5-16,10 interval class. For details, see the graph below:

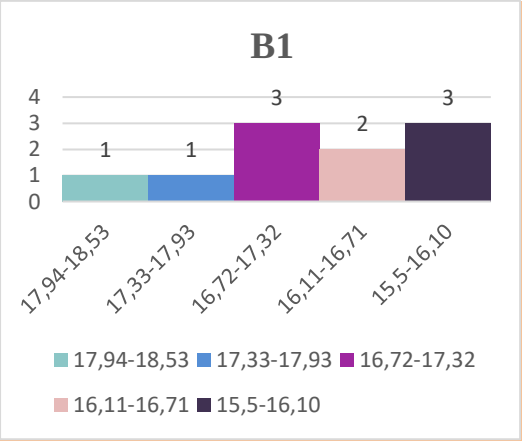

Figure 5. Histogram of Agility Data in Groups High Motivation Exercise (B1)

d. Agility Data In the Low Motived Group (B2)

The data from the agility measurement of Putri Rajawali Football Club players which consisted of 10 people in this group had the highest score of 18,29, the lowest score of 16,1, an average score of 17,41 and a standard deviation of 0,94. The distribution of the agility of Putri Rajawali Football Club players in this group is illustrated by the table below:

Table 6.

Distribution of Agility Data in the Low Motivation Exercise Group (B2)

Interval	Frequency	Precentage
18,18-18,69	3	30%
17,66-18,17	0	0%
17,14-17,65	2	20%
16,62-17,13	2	20%
16,1-16,61	3	30%
	10	100%

Based on the calculations listed in table 6, it can be seen that 3 players (30%) in the 18,18-18,69 interval class,

0 players (0%) in the 17,66-18,17 interval class, 2 players (20 %) in the 17,14-17,65 interval class, 2 players (20%) in the 16,62-17,13 interval class and 3 players (30%) in the 16,1-16,61 interval class. For more details, the description of the agility frequency distribution of Putri Rajawali Footbal Club players can be seen in the following graph:

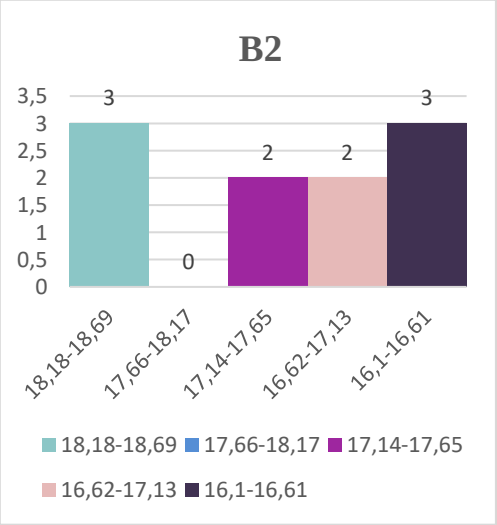

Figure 6. Histogram of Agility Data in Groups Low Motivation Exercise (B2)

e. Agility Data In the Lateral Run Exercise Group With High Motivation (A1B1)

The data from the measurement of football agility of the members of this group consisted of 5 people with the highest score of 17,5, the lowest score of 15,5, an average of 16,24, and a standard deviation of 0,83. The frequency distribution of the agility of women's soccer players is depicted in the following table:

Table 7.
Distribution of Agility Data in the Lateran Run Exercise Group with High Motivation (A1B1)

Interval	Frequency	Precentage
17,33-17,93	1	20%
16,72-17,32	3	60%
16,11-16,71	0	0%
15,5-16,10	1	20%
	5	100%

Based on the calculations listed in table 7, it can be seen that 1 player (20%) in the interval class 17,33-17,93, 3 players (60%) in the interval class 16,72-17,32, 0 players (0%) in the 16,11-16,71 interval class and 1 player (20%) in the 15,5-16,10 interval class. For more details, can be seen in the frequency distribution graph below:

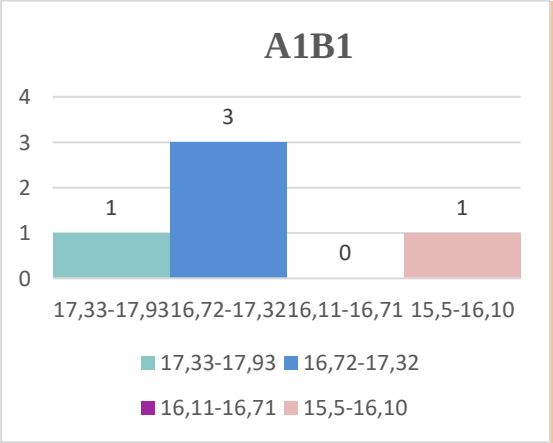

Figure 7. Graph of Agility Data in the Lateran Run Exercise Group with High Motivation (A1B1)

f. Agility Data In the Lateral Run Exercise Group With Low Motivation (A1B2)

The data from the agility measurement of Putri Rajawali FC Padang players in this group had the highest score of 18,23, the lowest score of 16,1, an average of 17,17 and a standard deviation of 1,02. The distribution of the agility frequency of Rajawali FC's female players is depicted in the following table:

Table 8.
Distribution of Agility Data in the Lateran Run Exercise Group with Low Motivation (A1B2)

Interval	Frequency	Precentage
18,05-18,69	2	40%
17,4-18,04	1	20%
16,75-17,39	1	20%
16,1-16,74	1	20%
	5	100%

Based on table 8 the results of agility calculations in the agility training group with low motivation, 2 players (40%) in the 18,05-18,69 interval class, 1 player (20%) in the 17,4-18,04 interval class, 1 player (20%) in the class interval 16,75-17,39 and 1 player (20%) in the class interval 16,1-16,74. For more details, see the graph below:

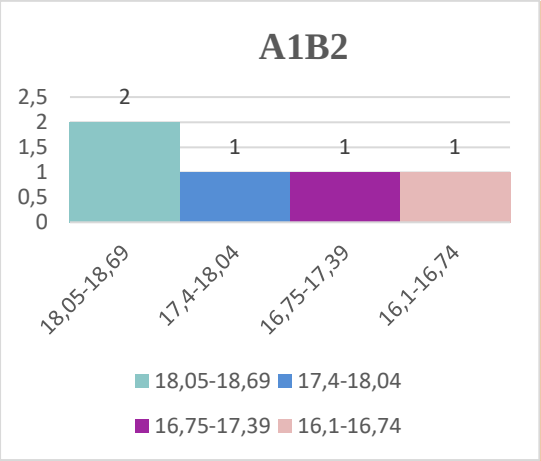

Figure 8. Graph of Agility Data in the Lateran Run Exercise Group with Low Motivation (A1B2)

g. Agility Data In the Zig-Zag Run Exercise Group With High Motivation (A2B1)

The measurement data in the agility training group consisted of 5 people with the highest score of 18, the lowest score of 16,5, an average of 17,23 and a standard deviation of 0,54. The frequency distribution can be described below:

Table 9.
Distribution of Agility Data in the Zig-Zag Run Exercise Group with High Motivation (A2B1)

Interval	Frequency	Precentage
17,88-18,33	1	20%
17,42-17,87	0	0%
16,96-17,41	3	60%
16,5-16,95	1	20%
	5	100%

Based on the distribution table in table 9 above, it is obtained that Putri Rajawali FC's agility training in this group is 1 player (20%) in the 17,88-18,33 interval class, 0 players (0%) in the

17,42-17,87 interval class, 3 players (60%) in the interval class 16,96-17,41, and 1 player (20%) in the interval class 16,5-16,95. For more details, see the graph below:

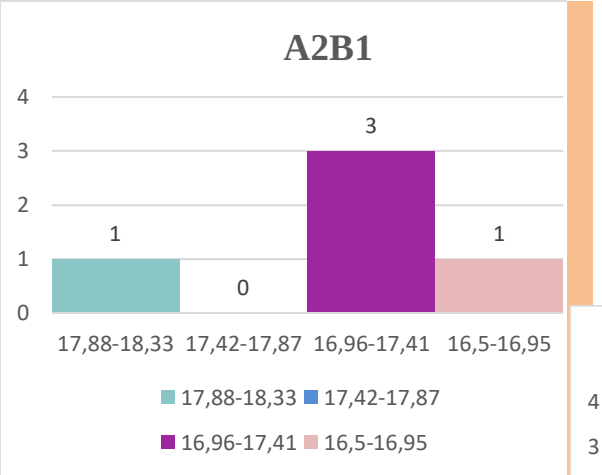

Figure 9. Graph of Agility Data in the Zigzag Run Exercise Group with High Motivation (A2B1)

h. Agility Data In the Zig-Zag Run Exercise Group With Low Motivation (A2B2)

The data from the measurement of football agility in this group consisted of 5 people, the maximum score was 18.29, the lowest score was 16.25, the average was 17.66 and the standard deviation was 0.89. The distribution of the agility frequency of Rajawali FC's female players is depicted in the following table:

Table.10
Distribution of Agility Data in the Zigzag Run Exercise Group with Low Motivation (A2B2)

Interval	Frequency	Precentage
18,14-18,76	1	20%
17,51-18,13	1	20%
16,88-17,50	0	0%
16,25-16,87	3	60%
	5	100%

Based on the calculations shown in table 10, it can be seen that there is 1 player (20%) in the 18.14-18.76 interval class, 1 player (20%) in the 17.51-18.13 interval class, 0 players (0%) in the 16.88-17.50 interval class and 3 players (60%) in the 16.25-16.87 interval class. For more details, see the frequency distribution graph below:

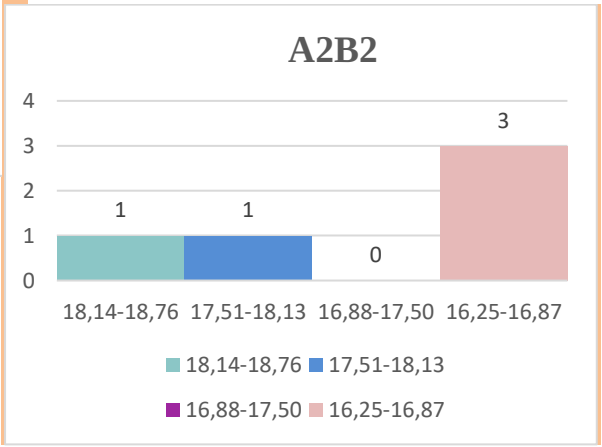

Figure 10. Graph of Agility Data in the Zig-Zag Run Exercise Group with Low Motivation (A2B2)

B. Analysis of Variance Testing Requirements

1. Normality Test

Tests were carried out for each group of data in each cell of the research design. Based on the results of the calculation of the normality test of the research design group, it was found that the observation price (Lo) obtained was smaller than the Ltable (Lt) price at a real level of 0.05, so it can be concluded that all data groups in this study were taken

from a normally distributed population so that it can be used for hypothesis testing.

Table 11.
Summary of Data Normality Test Results on the Form of Exercise and Motivation to Practice from the Research Design

Group	N	L_0	Lt	Conclusion
A_1	10	0,2088	0,258	Normal
A_2	10	0,1793	0,258	Normal
B_1	10	0,1207	0,258	Normal
B_2	10	0,1925	0,258	Normal
A_1B_1	5	0,1996	0,337	Normal
A_1B_2	5	0,2492	0,337	Normal
A_2B_1	5	0,2443	0,337	Normal
A_2B_2	5	0,2514	0,337	Normal

2. Variance Homogenity Test

Test the homogeneity of variance of the four data treatments using the Bartlet test. The test criteria are to accept H0 if X_2count < X_2table at a significant level = 0.05. The four treatment groups in question are; (1) the sample group was given a lateral run exercise with a high motivation category (A1B1), (2) a sample group was given a lateral run exercise with a low motivation category (A1B2), (3) a sample group was given a zigzag exercise run with a high motivation category (A2B1), (4) a sample group given the form of a zigzag run exercise with a low motivation category (A2B2). The summary of the results of the Bartlet test for the four groups is presented in table 12.

Table 12.
Summary of the Results of the Homogeneity of Variance Test of the Research Design Group

Kelompok	Varians Terpisah	Varians Gabungan	Harga B	X^2n
A_1B_1	0,68	0,70	-2,48	1,57
A_1B_2	1,05			
A_2B_1	0,29			
A_2B_2	0,79			

Based on table 12, the results of the homogeneity test of the criteria are Accept and accept Ho if X_2count < X_2table at a significant level = 0.05, thus it can be concluded that the data is homogeneous.

C. Hypothesis Test

Table 13.
Summary of Analysis of Variance (ANOVA) Calculation Results

Sumber Varian	JK	Db	RJK	Fhitung	Ftabel
Antar A	5,12	1	5,12	0,0027	3,01
ANTAR B	4,709	1	4,709	0,0025	3,01
Interaksi AB	2919,79	1	-2919,79	-15,963	3,01
Dalam (Error)	2926,55	16	182,909		
Total	16,59	19			

Based on table 13, it can be concluded that there is an effect of the lateral run training group and the zig-zag run training form on soccer agility or Fcount (A) = 27 < Ftable = 3.01 then Ha is accepted. There is no significant difference, with high motivation to train and low motivation to train on the agility of Putri Rajawali FC players Fcount (B) 0.0025 < Ftable 3.01 then Ha is accepted, there is no interaction between the form

of training and motivation to train on the agility of the female players. Rajawali FC Fcount (AB) -15.963 > Ftable 3.01 then Ho is accepted, Ha is rejected, so it can be concluded that there is no significant overall interaction between the form of lateral run and zig-zag run training with training motivation on the agility of Putri Rajawali FC Padang players.

With the proof of the research hypothesis which states that there is no significant interaction between the form of lateral run and zig-zag run training with the motivation to practice on the agility of Putri Rajawali FC Padang players, no further test was carried out (Tukey test).

DISCUSSION

There is no difference in the effect of the lateral run training form and the zig-zag run training form on the agility of soccer players

The results of testing the first hypothesis show that the overall average score of the exercise form in the lateral run group is the same as the exercise form in the zig-zag run group. In the lateral run exercise group the results were not much different or there was no significant difference in the effect of the zig-zag run form. Thus, it can be stated that these two forms of training have an influence in increasing the agility of Putri Rajawali FC football players.

The advantages of these two forms of training greatly determine the success of a given exercise, as stated by the lateral run exercise, the advantages in implementation besides being able to increase agility, help players think and react quickly. Because this form of exercise prioritizes individual abilities. According to Dhanaraj in Haryanto, et.al (2020:104) *"ladder training will improve our speed, coordination, timing and balance and also it will set our calves or fire. It means, that exercise with stairs will improve seepd, coordination, accuracy an balance".*

According to Schreiner, P (2003:7) "modern soccer is characterized by the speed at which it is a played. The players are under pressure to act quickly both when they don't. They have to make sprints into space, sudden changes of direction, switch from attack to defense and vice versa, etc".

Based on the opinion above, it is known that a soccer player must have the speed and ability to change direction, because in that game suddenly we can become an attacker to create goals and a defender when we lose the ball.

Therefore, this agility ladder can help players practice to improve agility.

The zig-zag run form of exercise has the advantage that this exercise can improve, avoid players from various obstacles and help players move agilely, quickly and avoid the risk of injury. This is in accordance with the opinion of Mawardi, M & Wahyudi, H (2021: 322) that the zigzag exercise passes through cones or barriers arranged at a certain distance. This exercise is very useful for athletes or players who improve their agility, besides the movements are not complicated, this exercise can be done anywhere and anytime.

Then the lateral run and zig-zag run exercises are influenced by one's agility. Agility is a person's ability to change the direction and position of his body quickly and precisely when moving, according to the situation faced in certain arenas without losing his body balance, Rohman in Maulana, Ilham L & Nurrochmah S (2021: 282). Agility is also very important in football games to move quickly to deceive opponents so that players can pass opponents easily, Fatmala in Maulana, Ilham L & Nurrochmah S (2021: 282). According to Hadi, et al (2016:216) the use of agility is very important, especially team sports and requires agility, especially football. Therefore, someone those who have good agility can easily change body position while maintaining balance, Nurwirhanuddin & Suprianto (2020:24). The sex of boys shows agility tends to be better than girls, this is clearly visible after puberty, because it can be seen from the body structure and physiological function that causes the difference. According to Soemardiawan & Yundarwati, S (2020:39) influencing factors agility decisive factor agility is reaction speed and movement speed, adaptability and anticipate, the ability to be problem-oriented, ability to balance, joint flexibility.

From the type of muscle fibers also affect agility, muscle fibers that tend to be dominant in Rajawali FC female players have these two muscle fibers, namely slow twitch and fast twitch, because it can be seen from the data obtained by researchers in the field. According to Umar (2014: 79) slow twitch is a type of slow muscle fiber because the myoglobin content is higher and the capillary density is also more than fast twitch. So that the amount of blood that causes the color to appear more red, is said to be slow muscle because the contractions are slower than

the fast muscle fiber type. However, these slow muscle fibers have high endurance, therefore they are suitable for sports that demand high endurance, such as soccer, which requires high endurance because it takes 2 x 45 minutes. Fast twitch muscle fiber type or also called fast muscle type, white muscle, anaerobic muscle. This type is suitable for anaerobic sports such as short-distance running, swimming, short-distance cycling, because for long-distance events, people of this type will tire quickly (low endurance). However, in the sport of football, speed and agility are needed when attacking, defending and transitioning.

The data obtained in the field shows that the players who take part in the training at this eagle club are novice players to start their careers to become professional athletes, so the training carried out is not optimal. Circumstances like this have resulted in the results of the research that have been studied not having a significant difference in value or both having an influence in increasing soccer agility. Besides that, this research still has many shortcomings and the need for strict supervision, due to the limitations of the researchers and inadequate knowledge.

Then the program that is run is not as expected, because the players are not disciplined, the load on the training is uneven which should be increasing day by day but on the contrary and the intensity of the agility training should be 100% instead the intensity of the players is decreasing day by day. According to Jan and Christian (2017: 5), to achieve the highest possible sports achievement, it is absolutely necessary to prepare a good and appropriate training program.

According to Harsono (2005: 90) exercise is a systematic process that is carried out repeatedly, with more and more increasing the number of training loads.

Meanwhile, according to Syafruddin (2012: 20) "exercise is a process of perfecting sports abilities which contains theoretical and practical material, using methods, and implementing rules with a scientific approach, using planned and regular educational principles, so that training objectives can be achieved on time.

In this form of lateral run training, players are more demanding to have speed in reaction and thinking, but in fact in the field there are still many players who are still having trouble doing this movement. So the researcher

had to give repeated demonstrations so that the player could perform movements on the lateral run. While in this form of zigzag run training, players must be guided to focus on avoidance and agility in passing every obstacle.

From the explanation and the results of the research above, the two forms of this exercise have no difference, it turns out that using this form of exercise the results have the same effect on increasing the agility of the Putri Rajawali FC Padang football players, or rather in this study there was no difference in the effect between groups given the form. lateral run and zigzag run exercises to improve the agility of the football game.

There is no interaction between the form of the later run exercise, the form of the zig-zag run exercise and the player's motivation for the agility of football players

From the results of testing the second hypothesis, it proves that there is no interaction between the form of lateral run and zig-zag run training with the motivation to practice on agility in playing football, or in other words, the proposed research hypothesis cannot be proven true. The effect of the interaction is shown visually in the following figure:

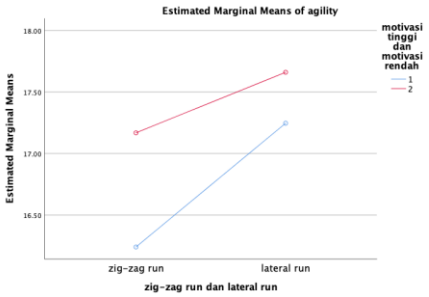

Figure 11. There is no interaction between training methods and training motivation on agility

In the lateral run exercise group, zig-zag run exercise on the high category of motivation to train and the lateral run exercise group, zig-zag run on the low category of motivation to train, both had no interaction. Thus, it means that there is no interaction effect between the form of training and the motivation to practice on the agility of the football game. This shows that the form of training and motivation to practice together has no effect on agility in the game of football.

According to Huitt, W in Suprihatin, S (2015: 74) says motivation is an internal condition or status (sometimes interpreted as a need, desire, or desire) that directs a person's behavior to actively act in order to achieve a goal. In other words, motivation provides giving to actively act in conducting training sessions, then the application of this form of exercise will be easy to carry out to achieve a training goal to be achieved. However, in reality on the

ground, based on research here, this Putri Rajawali FC football player has poor training motivation. This can be seen how researchers get data from research results and it can be seen that during exercise most of them come late and often relax when doing activities in training sessions.

According to Santrock (2007: 510) says that motivation is the process of giving encouragement, direction, persistence of behavior. This means that motivated behavior is behavior that is full of energy, directed and lasts a long time. So the absolute high motivation to practice should be owned by Putri Rajawali FC Padang football players in order to achieve a training program that aims to improve the agility of football players.

With a good training motivation, a good training program can be implemented, because with a good program implementation, a training goal will be achieved. Exercise is a systematic, structured and orderly process. In line with the opinion of Yuliandra, R & Fahrizqi, E (2020:62) training is an obligation for athletes who want to improve performance during matches, in training there are 4 aspects that need to be considered by the coach, namely: physical, technical, tactical and mental aspects .

In addition, the limitations of researchers who cannot control the psychology and nutrition of players, because of activities that are outside of training. According to Yoichi and Takeji (2011:372) "physical condition factors, technical factors, tactical factors and mental (psychic) factors, the cooperation of these four factors determines the development of sports achievement. According to Argantos & Z (2017: 44) increased achievement is also supported by various physical conditions, techniques, tactics, mentality, coaches, facilities and infrastructure, athlete status, nutrition, and others.

Based on the explanation above, it shows that to increase agility in football games, it is not only by using the form of training, but also determined by how motivated the players are to practice. Even though a coach has used this form of training well, without being supported by high motivation to train, players will not be enthusiastic in participating in the training process. This causes the goal to not go well and the practice material will not be absorbed perfectly by the players. Then to improve agility to play football, a coach must be

able to choose the appropriate form of training.

CONCLUSION

Based on the research findings and discussion of research results, it can be concluded as follows: There is no difference in the effect of the lateral run training form with the zig-zag run training form on the agility of Rajawali FC women's soccer players, seen from the two-way ANOVA calculation, there is no significant difference because Fcount < Ftable (Fh = 0.027 < Ft = 3.01). There is no interaction between the form of training and the motivation of the players on the agility of the women's soccer player of the Rajawali FC Padang club, it can be seen from Fcount (AB) = -15.963 < Ftable 3.01).

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