

EFFECT OF CORE STABILITY EXERCISE ADDITION ON CONE DRILL EXERCISE ON AGILITY IMPROVEMENT IN FUTSAL POST SPRAINED ANKLE CHRONIC PLAYERS.

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Abstract

Objective: This research was to determine the effect of adding core stability exercise on Cone Drill Exercise on agility improvement in futsal players after a chronic sprained ankle. This research conducted at the Universitas Esa Unggul basketball court and MD futsal Rawa Buaya, Cengkareng, from July 15, 2017, to August 15, 2017.

Method: Quasi-experimental research with pretest-posttest and control group design. The sample consisted of 24 people divided into two groups of 12 people each. Group I was treated with cone drill exercise, while group II treated with core stability exercise and cone drill exercise.

Results: This research showed that cone drill exercise, as well as a combination of core stability exercise and cone drill exercise, played a role in increasing agility in post-sprained ankle chronic futsal players ($P < 0.05$). The Whitney U Test showed that there was a significant difference between adding core stability exercise to cone drill exercise compared to only cone drill exercise ($P < 0.05$). This means that the addition of core stability exercise to cone drill exercise can increase agility in futsal players after a chronic sprained ankle.

Conclusion: The addition of core stability exercise to the Cone Drill Exercise can be used as an improvisation in futsal training in getting the results of agility improvement for futsal players.

Key Words: core stability exercise, cone drill exercise, sprained ankle chronic, agility, futsal