

DAFTAR PUSTAKA

- AJ, Galpin, Li, Y, Lohnes, C, and Schilling, BK. 2008. *A 4-week choice foot speed and reaction training program improves agility in previously non-agility-trained, but active, men and women*. *Pubmed* [Online]. [Dikutip: 12 Maret 2014.]
<http://www.ncbi.nlm.nih.gov/pubmed>
- Baechile, Thomas R dan Roger W. Earle. 2008. *Essentials of Strength Training and Conditioning. united states: human kinetics*
- Bandy, William D dan Sanders, Barbara. 2007. *Plyometrics. Therapeutic Exercise for Physical Therapist Asisstant*. United State: Wolters Kluwer.
- Brown, Lee E dan Vance A. Ferriqno. 2005. *Training for Speed, Agility, and Quickness. united states: human kinetics*
- Cratty BJ., 2002. *Clumsy child syndromes: Descriptions, evaluation and remediation*. Amsterdam: Harwood Academic Publishers
- Dawes, Jay dan Mark Roozen. 2012. *Developing Agility and Quickness. united states: human kinetics*
- Erlangga. 2011, *agility*, 4 april available at <http://agility-airlangga.blogspot.com/>
- Gilang, Moh, 2007. *Penjasorkes SMA kls 11*

Grimshaw, P dan Burden, A. 2007. *Sport & Exercise Biomechanics*. New York : Taylor & Francis Group.

Kisner, Carolyn and Lynn Allen Colby (2007), *Therapeutic Exercise*. fifth edition.

Bandy, William D dan Sanders, Barbara. 2007. Plyometrics. *Therapeutic Exercise for Physical Therapist Asisstant*. United State: Wolters Kluwer.

Little, Thomas and Alun G. Williams. 2005. *Specificity of Acceleration, Maximum Speed, and Agility in Professional Soccer Players*. *Pubmed* [Online]. [Dikutip: 12 Maret 2014.] <http://www.ncbi.nlm.nih.gov/pubmed>

Mason, 2011. *Ladder drill exercise*

McArdle, Katch, *Essential of Exercise Physiology*, 2004 (Philadelphia: Lea and Febiger)

Milanovic, Zoran, Goran Sporis, Nebojsa, Nic James and Kresimir Samija. 2013. *Effects of a 12 week SAQ Training Programme on Agility with and without the Ball among Young Soccer Players*. *pubmed*. [Online] 1 Maret 2013. [Dikutip: 30 November 2013.] <http://www.ncbi.nlm.nih.gov/pubmed>

Mueller, Mark and Eberstein (2010). *Agility.canada: john wiley and sons.copyright*

O'Sullivan, D, 2004, *Complexity Science and Human Geography*, Transactions of Institute of British Geography

Purwanto. 2008. *olahraga* available at <http://www.slideshare.net/dimaswi/pengertian-olahraga-kebugaran-jasmani>

Sands, William A, Jacod J. Wurt dan Jennifer K. Hewit. 2007. *Basics of Strenght and Coditioning Manual. united states: human kinetics*

Schreiner, Peter. 2003. *Effective use of the Agility Ladder for Soccer. Spring City*

Thompson, M., & Thompson, L. 2003. *The Neurofeedback Book*. Wheat Ridge, CO:Association for Applied Psychophysiology & Biofeedback.

Wiley. 2010. *Agility*. New Jersey

Willmore, Jack H. dan David L. 2004, *Physiology of sport and exercise*. Canada : Human Kineticks Publisher

Zumerchik, 2005. *Zig zag Run exercise* available at

<http://gscrenang.files.wordpress.com/2011/08/larizig-zag.jpg>

Esa Unggul