ABSTRACT

TE132760

The purpose of this study was to create training program to improve agility for basketball players. This program used to practice 30 Prince Royal Colledge, Chiang Mai province, basketball players, 6 weeks on Monday. Wednesday and Friday at 17.00 – 19.00 p.m. Pre - test and post - test agility by Semo Agility Test found that pre – test agility = 13.68 sec., post – test agility = 12.86 sec. at confident level $p < 0.001$. This training program could improve agility of basketball players.