

**ABSTRACT**

**THE CONTRIBUTION OF WAIST MUSCLE FLEXIBILITY TO HEADING  
ABILITY OF FOOTBALL PLAYERS  
AT SMA NEGERI 4 KAUR**

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*This study aims to determine the contribution of waist muscle flexibility to heading ability of football players at SMA Negeri 4 Kaur. This type of research is correlational research. The research sample consisted of 20 people. The instruments used in this research were a flexion of trunk test and a test of heading ability in a soccer game. Where the results of waist muscle flexibility for 2 people (10%) were in the Good category. A total of 10 people (50%) had the Fair category. A total of 6 people (30%) had the Poor category and 2 people (10%) had the Very Poor category and the heading ability results of 1 person (5%) had the Very Good category. A total of 9 people (45%) had the Good category. A total of 6 people (30%) had the Fair category and as many as 4 people (20%) had the Poor category. Based on the research results above, there was Waist Muscle Flexibility to Heading Ability of 68.00%.*

**Keywords: Waist Muscle Flexibility, Heading, Football**

