

TRAINING OF MINI TENNIS (ACE TENNIS) FOR TEACHERS OF SPORT AND HEALTH (PENJASORKES) OF ELEMENTARY SCHOOL IN SLEMAN REGENCY

by Drs. Ngatman, M.Pd.

ABSTRACT

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Abstract

The purpose of this community service program (PPM) of application of science and technology in sport is to introduce mini tennis game (ace tennis) among teachers of physical education, sports, and health in elementary school so that the game can be socialized in the society, especially for children of elementary school age. This PPM activity comes from the fact that the tennis achievement in 10 to 12 years old level (elementary school age) lately especially in Sleman Regency decreased. This mini tennis game whose the basic technique is very identic with the tennis game is so relevant if introduced in early childhood. It is expected that the game is becoming more popular in the community, especially for children of elementary school age.

The method used to conduct the PPM of application of science and technology in sport consisted of three, namely: (1) lecturing method, (2) prepared training method (drill), and task assignment method (recitation). With the lecturing method, trainees were equipped with various theories related to the history of mini tennis game, tools, and facilities used in mini tennis game, mini tennis game basic techniques, and training models and mini games models in mini tennis game. Once the participants were given with the theories, the participants were given intensive training of playing mini tennis basic techniques either individually or classically. Recitation method was used to assign tasks to the trainees to practice other forms of mini tennis game variations, either individually or in group.

The PPM results show that the level of enthusiasm of teachers of Penjasorkers (physical education, sport, and health) in elementary school in Sleman Regency in following the PPM program is very high. It can be proven that the 25 teachers invited are all present and actively participate from the beginning to the end of the training activities. In addition, all participants were still eager to practice the basic techniques of mini tennis game, and other forms of mini tennis game given by the speaker even though the weather conditions was drizzling. Thus, it can be concluded that the community service program (PPM) of application of science and technology in sport through mini tennis game can be used as a means to enrich game sports among children of elementary school age.

Key words: Mini Tennis, Physical education teachers, elementary schools, Sleman Regency

Kata Kunci: *Mini Tennis, Physical education teachers, elementary schools, Sleman Regency*