

# PHYSICAL TRAINING MODEL TRAINING WITH INTERVAL VARIATION ON THE ABILITY OF PHYSICAL COMPONENTS PRE DOMINANT VOLLEY PLAYERS FOR TRAINERS IN DIY

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## ABSTRACT

Community service activities in the form of physical training training models with varying intervals to the ability of the predominant physical components of volleyball players aim to have participants competence, knowledge (cognitive, affective and psychomotor domains) and skills in planning, organizing, implementing and evaluating their own programs. The trainer is also expected to be able to make physical training models that vary so that the predominant physical ability of volleyball players in DIY increases. The main target audience of this PPM activity are volleyball coaches who are members of PBVSI in the Special Region of Yogyakarta, amounting to 30 people. Participants in this training activity numbered 30 coaches and came from clubs in the Special Region of Yogyakarta. The training is conducted using lecture methods and field practice accompanied by questions and answers. The availability of adequate experts in training, enthusiasm of peserta, support from PBVSI Yogyakarta, for the implementation of activities and supporting funds from the faculties is a supporter of the implementation of this dedication activity. The benefits gained by the participants from the PPM activities include, among others, participants can increase their competence in how to model, arrange, implement and evaluate training programs, and be able to implement physical training models with varying intervals to the pre-volleyball's physical predominant physical abilities.

Kata Kunci: *Physical training model, varying intervals, volleyball players*