

# THE ACENTOS METHOD TENNIS TRAINING MODEL WORKSHOP FOR BEGINNER COACHES AND PE TEACHERS IN YOGYAKARTA

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## ABSTRACT

Community service activities based on research results and expertise downstream, with the title "Training on the Beginner Tennis Training Model "Acentos Method" for DIY PJOK Trainers and Teachers" aim to provide knowledge and practical experience to PJOK coaches and teachers in the Special Region of Yogyakarta regarding the method of training tennis using "Acentos Method". This community service is aimed at trainers and teachers of Physical Education, Sports and Health in the Special Region of Yogyakarta. The total target is 25 participants from various cities/districts in the Special Region of Yogyakarta. The material presented includes 1) Athlete Centered 2) Open Skills, 3) Action Method, and 4) Acentos Method. Practical experience is provided through peer teaching activities and reflection with the guidance of the presenter and training colleagues. The implementation of the training received a positive response from the administrators of IGORNAS DIY, PELTI DIY, as well as trainers and teachers as participants involved. The training participants thought that training activities could provide physical education teachers with new knowledge and experience in terms of training models. Participants enthusiastically took part in a series of training events. This can be shown by questions to resource persons and discussions between participants. Discussions are held during offline training and also online in the available forums. Based on the results of data analysis obtained from the questionnaire, it shows that the implementation time indicator is 78%, material is 80%, place is 79%, goal is 84 percent, development is 82%, resource person is 80%, and urgency is 81%.

Kata Kunci: *tennis, beginner, acentos, PE teacher, coach*