

TRAINING INCREASING THE CAPABILITY OF YOGYAKARTA CITY COACHERS

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ABSTRACT

This training activity aims to increase the understanding of trainers in sports coaching, especially in preparing to carry out training programs with the aim of achieving optimal performance. The design of this PPM is that this training is carried out by experts in their fields, both academics and practitioners. The target of service is trainers in the city of Yogyakarta.

The results of this service can be in the form of making it easier and providing an overview of how to train related to sports coaching disciplines so that coaches remain focused and highly confident when accompanying their athletes in improving athlete achievement in the city of Yogyakarta.

Kata Kunci: *Training, Trainers, Yogyakarta City*