

# **MENTAL IMAJERI TRAINING MODEL TRAINING TO INCREASE SKILLS TEACHING LAY-UP SHOOT FOR BASKETBALL EXTRACURRICULAR TRAINER TEACHERS IN SUB-DISTRICT PENGASIH KULONPROGO**

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## **ABSTRACT**

In various literature approaches from the point of view of the Sports Psychology aspect to improve difficult motion engineering skills in various sports, many have been carried out, including through imaginary MFIs. The aim of this PPM is to provide knowledge training and education on imaginary exercises on basketball branches. The method of activity uses two approaches, namely, theoretical approaches and practices. The method of activity uses a theoretical approach consisting of material exposure, discussion, and question and answer. The theoretical approach ends with evaluation. The program is held on Saturday-Sunday September 15-16 2018. The service location is held in the Pengasih UPT building. The total length of service is 16 hours, consisting of 8 hours of training and 8 hours of independent assignments. The number of participants who took part in the activity were 30 people. The implementation of this training activity is inseparable from supporting and inhibiting factors. Supporting factors in this training activity include: (1) the amount of interest of participants who took part in the socialization, namely 37 physical education / extracurricular trainers; (2) The conducive climate of socialization so that the implementation of the PPM runs smoothly. The inhibiting factors include: (1) Participants' knowledge about imaginary training is still low; (2) The timing of withdrawal from the plan is due to the many other activities which are at the same time.

Kata Kunci: *Imagery, Basketball, Physical Education, Extracurricular Trainers*