

PERFORMANCE OF PHYSICAL CONDITIONS ATHLETES OF PUSLATDA PON XX DIY 2020 PAPUA

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ABSTRACT

Comparing pre-PON physical performance data in 2019 and the beginning of the PON Puslatda 2020 is something that must be done and this is something very important, meaning that by knowing this data, physical exercise planning will be getting clearer. Therefore, regular physical tests need to be carried out by the parent organization and the coach so that the physical condition is as expected during the match.

This research is an observational research using tests. The data were obtained by carrying out physical tests carried out in the KONI DIY environment on all Puslatda PON 2020 athletes who passed the PB and KONI DIY criteria, both level 1 and level II. The test results are data that will be analyzed to provide an overview of the athlete's real condition. After that, the percentage will be used to determine the distribution of physical conditions, so that it can be determined which is low, medium or high. The results of the analysis will be used to determine the next training program, so that the hope is that athletes in Yogyakarta will not experience problems at the moment undergoing matches during PON 2020 in each sport.

Kata Kunci: *Performance, Physical Condition, DIY PON Athlete*