

# **TECHNICAL TRAINING OF MAINTENANCE PHYSICAL EXERCISE FOR KONI SPORTS BRANCH TRAINER, GUNUNG KIDUL REGENCY**

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## **ABSTRACT**

The Regional Sports Branch Parent Organization (Pengda) and the Regency/City Indonesian National Sports Committee (KONI) are the spearhead of achievement development, which is organizationally under the coordination of the Regional KONI. KONI is the only body responsible for collecting, fostering and coordinating all achievement sports activities in its territory, according to its level. The Law on the National Sports System (SKN) number 5 of 2005, article 3 paragraph 37 states that each Regency/City must foster at least 1 sport. In this regard, the KONI of Gunung Kidul Regency is trying to respond in order to achieve a proud achievement at the DIY Regional Sports Week (PORDA). It is known that the performance of Gunung Kidul Regency in the last PORDA was in the order of 5 out of 5 districts/cities. To boost it to the level of achievement above at least, it is necessary to formulate a strategic and systematic coaching program, both in the field of Human Resources (coaches, coaches and athletes), optimal facilities and support capacity. Human resource development can be carried out with regular training programs, starting with performance management training, then strengthening organizational skills. Training is a vehicle for refreshing, developing and strengthening knowledge which is expected to be able to crystallize in organizational activities. More than that, training is also a vehicle for exchanging knowledge and experience as well as unifying the concepts, theories, and the latest information related to sport performance. This unification is very important in facilitating communication and coordination between administrators in a sports organization within the KONI of Gunung Kidul Regency. The final estuary of this mentoring activity is the fitness condition of Kab. Gunung Kidul has a good fitness level and is ready to face PORDA in DIY in 2022.

Kata Kunci: *TECHNICAL TRAINING, MAINTENANCE, PHYSICAL EXERCISE*