

WOODBALL TRAINER TRAINING FOR JASMANI EDUCATION TEACHERS IN KULONPROGO DISTRICT, YOGYAKARTA PRIVATE VOCATIONAL SCHOOL

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ABSTRACT

Abstract

In general, the Woodbal trainer training aims to equip the short-term teachers in Kulonprogo DIY to have the ability to become Woodball trainers. In particular, Woodbal's training aims to: (1) Equip teachers to understand and get to know Woodball's equipment and facilities, (2) Equip teachers to understand history and techniques in Woodball, (3) Provide teachers to understand the rules of Woodball games, (4) Provide teachers to understand how to compile the Woodball training program, (5) Equip teachers to understand how to organize Woodball matches

The method used in this service is the method of lecture, discussion, demonstration, question and answer, implementation of tasks and field practice. The material in this training are: Woodball equipment and facilities, history and techniques in Woodball games, rules in Woodball games, preparation of training programs in Woodball games, practice exercises, and Woodball competitions. The evaluation in this training was carried out by: (1) Direct observation of the participants' activities during the training activities, (2) Observation of technical skills and mastery of game rules during training practice participants.

His community service is carried out in Nanggulan Kulonprogo National Vocational School, Yogyakarta Special Region, for 32 hours of meetings with 60 participants consisting of 25 elementary school teachers, 4 junior high school teachers, 10 senior high school teachers and another representing Woodball club in DIY. The results of this program are the activity and motivation of participants to actively participate in the activity very well. Active participants asked the resource person about various things they did not understand. Motivation in practice to master techniques and regulations is also very high, this can be seen from the enthusiasm of the exercise even though the equipment is inadequate. At the end of the activity, some participants were included by IWbA District Head Kulonprogo to take part in the Woodball circuit championship between regencies in Bantul and Kulonprogo.

Kata Kunci: Keywords: Woodball Training, Physical Education Teacher