

# **Imageri Mental Training Model for Improving Teaching Skills Lay Up Shoot for Teachers Intramural Training Coach Basketball**

**by Dimiyati, Lia Lumintuarso, Lismadiana, Sugeng Purwanto dan Widiyanto**

## **ABSTRACT**

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### **Abstract**

One psychological aspect of mental practice that is often trained as a mental exercise material is the imagery. In a variety of literature approach from the perspective of the aspect of Sport Psychology to improve the skills of difficult movement techniques in various sports has been done, such as through the exercise of mental skills (LKM) imajeri. On the basis of the theoretical analysis, the author has guided the thesis in 2016 under the title "Implementation Model Implementation Model to Improve Skills of Lay Up Shoot at Extracurricular Basketball Participants in SMA Batang Regency" (Haris Kurnianto, and Dimiyati, 2017). There is a professional and academic responsibility on the author's team to disseminate the results to the sports community, especially basketball coaches. Dissemination will be done through community service activities (PPM). This PPM activity is important because in general the trainers are less understanding about mental training.

The goal to be achieved through PPM activities is the increase of teacher knowledge Penjasorkes also as extra-curricular coach of sports basketball as Sleman Regency Yogyakarta. To achieve that goal, the method used is in the form of training on imaging MFIs. The target audience in this PPM activity is the Penjasorkes teachers who are also as extracurricular basketball coaches with a total of 30 people coming from 24 junior high schools in East Sleman District.

Based on the analysis of the results and discussion of the implementation of PPM activities can be summarized as follows: (1) Imagery mental training to improve the skills of lay up shoot techniques for teachers Penjasorkes who is also extra-curricular basketball coaches conducted on October 9, 2017 held at SMP N 1 Kalasan Sleman has done well and well; and (2) The training was attended by 30 participants who were teachers of Penjasorkes who were also the extracurricular trainers of SMP basketball in Sleman District and through this training were able to increase their knowledge and skills in applying mental exercises to improve the technique of lay-up shakes in Basket Ball

Kata Kunci: *Coaching, Basketball, Imagery training*