

TRAINING OF TRAINERS IN DEVELOPING SPORT TABLE TENNIS TRAINING PROGRAM PLANNING

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ABSTRACT

Referring to the grain situation analysis, problem descriptions partner, and partner agreements and devotee, then the problem KKG partners Pakem is often a conflict penjasorkes teacher at meetings KKG Pakem is planning sports or physical exercise to develop sports talent of students. Objectives PPM is to improve the knowledge of Master Penjasorkes in planning students' physical exercise, particularly sport of table tennis. Method PPM activities, there are two steps, namely the first step is using the Focus Group Discussion (FGD). The second step in conducting the training with lecture and discussion. The results of the implementation of PPM on October 22, 2016, includes lectures and interactive discussions to understand the physical exercise planning table tennis. Prestes was first performed, then the provision of material planning exercise with a lecture, followed by an interactive discussion. And at the end of the activities carried out a final test with observation and interview techniques. This results in increased knowledge of material planning exercise.

Kata Kunci: *Training, planning exercises, KKG penjasorkes*