

TECHNICAL GUIDANCE OF MAINTENANCE PHYSICAL CONDITION BASED ON MENTAL MANAGEMENT TOWARDS SUCCESS OF PORDA DIY 2022

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ABSTRACT

This BIMTEK activity aims to improve and expand the understanding of athletes, coaches, officials and administrators about how to train athletes' mental conditions, especially in preparing to carry out mental training programs to support prime conditions during matches.

The design for this service is BIMTEK or Technical Guidance. This is carried out by experts as well as academics and practitioners to BIMTEK for achievement sports. This service is carried out in Kab. Gunung Kidul DIY with the subject of devotion, namely the coaches, coaches, officials and athletes of PORDA Kab. South Mountain.

The results of this service are in the form of an alternative form of simplifying and providing an overview of how to train physically and mentally manage so that athletes remain focused and have high self-confidence when competing as well as the implementation of physical maintenance and the use of mental training in improving athlete achievement in the District. Gunung Kidul at the PORDA DIY event in 2022.

Kata Kunci: Management, Physical Quality, Mental Maintenance