

# **Mental training Techniques to improve Imajeri to shoot in Basketball**

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## **ABSTRACT**

The purpose of the activities of the PPM: developing the skills of teachers in the teaching and coaching basketball at the school, culture of nurturing students, doing repairs and improvement the service professional teachers in dealing with the process of learning and training in the sport of basketball. Methods of activities using two approaches, the theoretical approaches and practices that comprise the exposure material, discussion, and faqs. Each of these approaches in the end with evaluation. The indicators of success are characterized by the high motivation of the participants, he has the knowledge and skills in teaching or coaching the game of basketball. A team of servants also do mentoring to schools to evaluate the implementation of the activities as well as training in teaching the game of basketball. Training activities conducted on 21-23 July 2013. The second method of approach activities will end with evaluation. The theoretical approach using quisioner and evalusi approach to the practice of evaluation program RPP or Basketball training programs. A total of 32 hours of devotion, long consisted of training for 22 hours and mentoring implementation for 10 hours. This training model brings the atmosphere of innovative learning and training game basketball in junior high school and high school levels. In the end the conclusion can be drawn: (1) the implementation of the training game basketball as license C basketball coach for teachers of junior and senior high school, (2) implementation of training to teach or train the basketball games followed by 30 teachers junior high school and high school of Bantul Regency, (3) implementation practice basketball in 5 junior high school and 5 senior high school in Bantul Regency, (4) Target achieved success training graduation rate reaches 95%.

*Kata Kunci: Training, basketball, mental imajeri, shots*