

Workshop of Agility and Power Training Program for Yogyakarta Sport Trainer's

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ABSTRACT

This activity aims to improve the understanding and training of trainers in agility and strength training programs to achieve optimal performance, especially in preparing to carry out training programs with the aim of achieving optimal performance. The PPM design is a training carried out by experts in their fields, both academics and practitioners. The target is trainers in the city of Yogyakarta. The results of this service can be in the form of making it easier and providing an overview of how to make programs and train agility and athlete power so that what helps achieve optimal performance in the city of Yogyakarta.

Kata Kunci: *Workshop, Training Program, Agility, Power*