

OPTIMIZATION OF PHYSICAL TRAINING IN KONI, KEBUMEN CENTRAL JAVA DISTRICT BASED ON BIMTEK

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ABSTRACT

The Parent Organization of the Regional Sports Branch (Pengda) and the District / City National Sports Committee (KONI) are the spearhead of fostering achievement, which is organizationally under the coordination of the KONI Region. KONI is the only body responsible for gathering and fostering and coordinating all achievement sports activities in its area, according to its level. The National Sports System Act (SKN) number 5 of 2005, article 3 paragraph 37 states that each regency / city must foster at least 1 sport. In connection with that KONI Kebumen Regency trying to respond in order to achieve a proud achievement. As it is known that the achievements of Kebumen Regency in the last PORPROV ranked 35 out of 36 districts / cities (2018). To raise 2-3 levels above, a strategic and systematic coaching program is needed, both in the field of Human Resources (coaches, coaches and athletes), optimal facilities and carrying capacity.

Kata Kunci: *Optimization, Physical Training, KONI Kab. Kebumen*