

PHYSICAL CONDITION TRAINING FOR FIELD TENNIS COACHES IN SLEMAN REGENCY

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ABSTRACT

This community service activity aims to conduct Physical Condition Training for Field Tennis Coaches in Sleman Regency. The implementation of this training is one of the effective ways to increase the ability of Tennis Coaches' human resources in DIY on the importance of tests and / measurements for tennis athletes. This training was also carried out with the aim of socializing measuring test tools for reactive agility of tennis athletes so that the coaches hopefully have sports science insights and are motivated to develop ideas or various measuring instruments for tennis sports.

Kata Kunci: *Training, Physical Condition, Court Tennis Coach, Sleman Regency*