

STRENGTH CONDITIONING TRAINING FOR SPORTS-BLESSING SCHOOL COACHES IN DIY-JATENG FOR THE IMPROVEMENT OF ELITE YOUTH ATHLETES' ACHIEVEMENTS

by Nawan Primasoni, Siswantoyo, Danang Wicaksono

ABSTRACT

This training activity aims to improve the understanding of coaches related to strength conditioning in athletes, especially in preparing and implementing strength conditioning training programs to support the condition of being ready for matches. For the team of service of this activity as a form of tri darma college service to the community and establish cooperation with various parties in order to improve understanding and insight about strength conditioning. The method carried out in this devotion is Technical Guidance conducted by experts as well as academics and practitioners of sports coaching / sports achievement. This devotion is carried out to SKO / KKO coaches in DIY and Central Java with a total of 30 coaches. The results of this devotion in the form of IA and guidebooks and IA formulation strength conditioning according to the needs of the sport so that athletes remain focused and confident high when competing and the implementation of the use of physical exercise in improving athlete achievement in SKO / KKO.

The result of this devotion is the implementation of strength conditioning training.

for KKO DIY and Central Java coaches. The results of this devotional activity will be published in the IJRES Devotion Journal.

Kata Kunci: *strength conditioning*