

# HANDBALL TRAINING MODIFICATION FOR SPECIAL OLYMPICS TRAINING TRAINERS D.I. YOGYAKARTA

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## ABSTRACT

The expected goal of this PPM is to provide training for trainers or teachers who are in charge of Special Olympics in DIY to enrich themselves with the knowledge and skills about Modular Sports Mods for athletes.

The methods used to carry out these PPM activities are: (1) lecture method, related to Handball games and modifications for athletes with disabilities. (2) Practice of division and practice of playing Handball and its training. (3). Before the training is given, participants are given a preliminary test to know their knowledge of Handball games and how to share for athletes tunagrahita, after completion of the training completed the test to determine the success of the training.

The PPM results show an increase in knowledge about the unified sports concept of handball sport from 20% to 79%, improved understanding of Handball rules by 21% to 91%, increased understanding of physical learning from 30% to 80%, how to make distribution in previous Handball game 0% to 65% as well as an increase in playing Handball play which is still a lot to do continuation in playing Handball at the end of training that has been reduced and running smoothly.

Keywords: Handball, modification and distribution of Tuna grahita athletes

Kata Kunci: *Handball, modification and distribution of Tuna grahita athletes*