

PHYSICAL CONDITION TRAINING FOR DIY VOLLEYBALL COACHES AND DIY PRA-PON ATHLETE IN 2023

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ABSTRACT

Achieving achievements in the sport of volleyball requires systematic and sustainable efforts. The quality of training is one of the supporting factors in achieving achievement. The trainer is the spearhead of quality training. Physical condition training activities for DIY volleyball coaches and DIY Pre-PON athletes in 2023 are one of the efforts to optimize the quality of volleyball training in DIY in order to prepare themselves to face Pre-PON.

This activity method is carried out using theory and practice. Theory about flexibility, strength and power training material, plus practical material about measuring body fat and fat percentage. The material is provided offline using theoretical and practical methods.

The results of physical condition training activities for DIY volleyball coaches and DIY Pre PON athletes in 2023 were attended by 90 DIY volleyball coaches and DIY Pre PON volleyball Pelatda athletes. The activity will be held on Monday, May 22 2023 at the Mandala Krida Stadium. Training activities generally ran smoothly. This training activity was held thanks to the collaboration between UNY and PBVSI DIY, especially through the R&D and Binpres sectors

Kata Kunci: *physical condition, coach, athlete, volleyball*