

COACHING PROGRAM TRAINING FOR COACH KULON PROGO

by Fauzi, Endang Rini Sukanti, Tomoliyus, Risti Nur Fadhilah

ABSTRACT

This training activity aims to improve understanding and Knowledge of coaches in terms of sports coaching to achieve optimal achievements, especially in preparing to carry out an exercise program with the aim of achieving optimal achievements. Ppm design on this is this training conducted by experts in their fields both academics and practitioners. The target of devotion is the coach in Kulon Progo Regency. The results of this service can be in the form of facilitating and providing an overview of how to train related disciplines in the field of sports coaching so that coaches remain focused and confident when accompanying their athletes in improving optimal achievement in Kulon Progo Regency

Kata Kunci: *Keywords: Training, Coach, Kulon Progo.*