

## Coaching Training Basic of Rugby in DIY

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### ABSTRACT

Rugby has existed in Indonesia for a long time but only started to become known a few years ago the largest after it was first competed at the 2016 Olympics in Brazil and also competed at the 18th Asian Games in 2018 in Indonesia. Rugby in Yogyakarta started development since Rugby was introduced at UNY in 2015. Rugby will be even more developed if there are competent trainers in the Rugby field. In the Special Region of Yogyakarta there is only one (1) Coach who has an international license (Level 2) and two (2) Coach of the National License B. Therefore, through Community Service collaborate with the Indonesian Rugby Union Indonesian Province (Pengprov PRUI) DIY appointed a basic level of Rugby training in DIY.

Community Service activities carried out three days, namely Friday, Saturday and Sunday, 12, 13 and 14 July 2019. The total number of participants was 30 people, consisting of athletes, students, teachers of Physical Education. While the activities went smoothly without being meaningful. Implementation of community service using training methods. The training was held for three days, which contained theories in the classroom and practice outside the classroom / field. Further training about participants with discussion. Each participant is given the task to train a training session and conduct training in accordance with a plan that has been made with other participants to be athletes / students.

Rugby, Rugby development programs, Rugby for women, Rugby for women, Rugby for Rugby values ??(Rugby Values). The trainees also discussed about how to make a training session and how to train well (Best Ptactise) in accordance with World Rugby standards.

Kata Kunci: *Training, Coach, Sports, Rugby*