

Pelatihan Pelatih Klub Bulutangkis PBSI Kabupaten Sleman

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ABSTRACT

The purpose of PPM activities is to increase the number of qualified badminton coaches. The PBSI Regional Government of Sleman Regency to gain theoretical and practical experience regarding interesting and fun training in developing or compiling training programs for students in their respective clubs. The target of implementing PPM activities is 22 badminton coaches in Sleman Regency, who become trainers in clubs / associations of PBSI members in Sleman Regency, PPM collaborates with PBSI Sleman Regency. PPM is carried out online using a zoom meeting. The method of implementing PPM activities is through tutorials and practice. Evaluation of the implementation of activities using observation sheets and product assessment sheets. Data analysis used percentage descriptive analysis. The results of the PPM activities are as follows: (1) the results of the evaluation of the process are that the PPM participants get satisfaction, suit their needs, the PPM participants are enthusiastic and the participants understand how to formulate a special physical exercise program, (2) the results of the product evaluation are 22 draft training programs for training, and (3) the results of the meaningful evaluation that this PPM activity is meaningful in the very good and good categories. So it can be concluded that this PPM activity can equip trainers about the preparation of training programs and be able to make them individually.

Kata Kunci: *Badminton coach, Physic conditioning*