

TRAINING of 3M (MENTAL MAINTENANCE MANAGEMENT) COLLABORATION WITH KONI KEBUMEN TO SUCCESFULL of PORDA IN CENTRAL JAVA 2018

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ABSTRACT

This TRAINING activity aims to improve and broaden the understanding of athletes, coaches, officials and administrators around how the pattern trains mental conditions in athletes, especially in preparing to carry out mental training programs to support prime conditions during matches.

The design of the service in this service is Training and Technical Guidance which is carried out by experts as well as academics and sports/sports performance achievement practitioners. This service is carried out in Kab. Kebumen Central Java with the subject of dedication, namely coaches, coaches, officials and PORPROV athletes in Kab. Kebumen Central Java.

The results of this service can be to simplify and provide an overview of how to train mentally and manage mentally so that athletes stay focused and have high self-confidence when competing and the implementation of the use of mental training in improving the performance of athletes in the Regency. Kebumen at the 2018 Central Java PORPROV event.

Kata Kunci: *Management, Mental Maintenance, Mental related anxiety.*