

# **PENINGKATAN DAYA SAING ATLET DIY MELALUI PEMBERDAYAAN PELATIH DALAM PERENCANAAN LATIHAN (MENTAL DAN PHYSICAL TRAINING)**

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## **ABSTRACT**

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The DIY athlete capability to compete in national level tends to decline. This is caused by the increase use of science and technology in many parts in Indonesai. This program was designed to promote coaches skill and knowledge in physical and mental training.

This community services was delivered by conducting discussion and socialization on how physical and mental training should programmedby coaches. This activity was supported by Trainig and Education Division KONI DIY to 50 invited coaches. The services was conducted in Juli 2013 in GOR UNY. The result of the service revealed that there was an increase of coaches capability in programming physical and mental training to their athlete. The coaches also had opprtunity to discuss their problem and receive the solution from pannelis and also from their colleague.

*Kata Kunci: Coaches, atlete competitive ability, physical and mental training.*