

TECHNICAL GUIDANCE ON PHYSICAL CONDITION TRAINING FOR REGIONAL TRAINING CENTERS IN YOGYAKARTA

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ABSTRACT

Abstract

This community service in the form of technical guidance on strength training aims to provide understanding or refresh strength training for puslatda trainers under KONI Yogyakarta Special Region who are preparing their athletes for Pre PON and PON 2020 in Papua.

The implementation of technical guidance on strength training is carried out with several methods, among others using lecture or presentation methods that are theoretical, then continued with general strength training practices and motion harmonization and the last to find out whether the material can be accepted is by the assignment method which then the participants make presentations about their respective tasks.

The results of this technical guidance include; 1) Knowing the ability of DIY trainers under KONI to physical exercise, 2) Participants are able to understand the strength training technical guidance material, 3) Participants are able to do tasks regarding strength training for each sport, 4) Participants are able to practice clean and jerk training which is a movement harmonization exercise with loading.

Kata Kunci: *Keywords. Trainer Guidance, Physical Condition*