

IMAJERIC MENTAL TRAINING MODEL TO IMPROVE LAY-UP SHOOT TEACHING FOR JUNIOR HIGH SCHOOL TEACHER OF YOGYAKARTA

by Ermawan Susanto, Dimiyati, Joko Purwanto, Komarudin

ABSTRACT

In various literature approaches from the point of view of the Sports Psychology aspect to improve difficult motion engineering skills in various sports, many have been carried out, including through imaginary MFIs. The aim of this PPM is to provide knowledge training and education on imaginary exercises on basketball branches. The method of activity uses two approaches, namely, theoretical approaches and practices. The method of activity uses a theoretical approach consisting of material exposure, discussion, and question and answer. The theoretical approach ends with evaluation. The PPM program was held on Friday, June 14, 2019 and Wednesday June 19, 2019. The service location was held at the PJOK Middle School MGMP in Gunungkidul District and the training was held in the Playen 2 Junior High School Hall of Gunungkidul. The total length of service is 32 hours, consisting of 16 hours of training and 16 hours of independent assignments. The number of participants who took part in the activity were 35 people. The implementation of this training activity is inseparable from supporting and inhibiting factors. Supporting factors in this training activity include: (1) the amount of interest of participants who took part in the socialization, namely 35 physical education / extracurricular trainers; (2) The climate of socialization is conducive so that the implementation of PPM runs smoothly, (3). Get full support from the audience and related stakeholders. The inhibiting factors include: (1) Participants' knowledge about imaginary training is still low; (2) The timing of the withdrawal from the plan is due to the many other activities which are at the same time.

Kata Kunci: Imagery Training, Basketball, PE, Middle School