

## REACTIVE AGILITY TEST TRAINING FOR DIY TENNIS COACHES

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### ABSTRACT

This community service activity aims to provide physical condition training, especially reactive agility tests for tennis coaches in DIY. For the service team, this activity is a form of service to the Tri Dharma of Higher Education to the community, especially to the DIY PELTI Pengda, the Regency and City KONI Management in DIY and the tennis coaches in DIY by providing training in order to increase the competence of coaches and understanding of tennis coaches.

This training activity was attended by tennis coaches in DIY with a total of 50 participants consisting of trainers, athletes and FIKK UNY students. This activity was carried out on the FIKK UNY tennis court.

The result of this service was the implementation of Reactive Agility Test Training for DIY Tennis Coaches. With this activity, it is hoped that the quality of trainers' knowledge will improve, especially from the aspect of physical training and sports science insight as a provision in developing athletes. The output of this PkM is a Collaboration Manuscript (IA) and the results of this PkM will be published in an accredited journal.

Kata Kunci: *Training, Reactive Agility Test, DIY Tennis Coach*