

Technical Guidance on Developing Motor Ability Performance-Based Training Programs in Soccer at the Special Sports Class of State High School 2 Playen, Gunungkidul

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ABSTRACT

Abstract

Community Service (PkM-DLK) was conducted with the aim of enhancing knowledge, understanding, and skills in developing a motor ability performance-based training program for soccer players. The content covered in this PkM-DLK activity includes identifying physical components (motor ability performance) relevant to the dominant sport and their application to each fundamental technique in soccer (dribbling, short-passing, receiving and controlling, and shooting). The target audience for the implementation of this Community Service is coaches, trainers, and students in the special sports class at the high school level in State High School 2 Playen, Gunungkidul Regency, Special Region of Yogyakarta.

The results of the PkM-DLK implementation show a good ability to comprehend issues in developing a physical condition-based training program (motor ability performance), particularly in practical field applications.

Kata Kunci: *technical guidance, motor ability performance, soccer, special sports class*