

ACHIEVEMENT OF SPORTS DEVELOPMENT CONSTRUCTION KONI KEBUMEN REGENCY IN PORDA 2018 CENTRAL JAVA

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ABSTRACT

This mentoring activity aims to improve and broaden the understanding of athletes, coaches, officials and administrators around how the pattern trains physical conditions in athletes, especially in preparing to carry out physical training programs to support prime conditions during the competition.

The design of service in this service is Training and Technical Guidance is carried out by experts as well as academics and practitioners of sports training / sports achievements. This service is carried out in Kab. Kebumen Central Java with the subject of dedication, namely coaches, coaches, officials and PORPROV athletes in Kab. Kebumen Central Java.

The results of this service can be to make it easier and provide an overview of how to train physically and manage physically so that athletes stay focused and have high self-confidence when competing and the implementation of the use of physical training in improving the performance of athletes in Kab. Kebumen at the 2018 Central Java PORPROV event.

Kata Kunci: Management, Physical, Physical Maintenance related to Peak Performance