

# **TRAINING TO INCREASE THE CAPACITY OF COACHES IN IMPROVING THE ACHIEVEMENTS OF THE DISTRICT SPORTS OF KONI MEMBERS, KULON PROGO REGENCY, 2023**

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## **ABSTRACT**

This Lecturer Activities Off-Campus (DLK) activity aims to carry out Training to Increase the Capacity of Trainers in Improving the Achievements of the Kulon Progo Regency KONI Member Sports District in 2023. For the service team, this activity is a form of service to the Tri Darma of Higher Education to the community, especially to the Regency KONI Kulon Progo by providing training in order to improve the competency of Trainers in Kulon Progo Regency.

This training activity was attended by sports coaches from KONI Kulon Progo Regency with a total of 40 sports coaches from KONI Kulon Progo members. This activity was carried out at the Sadewa Building, Disdikpora, Kulon Progo Regency, Unit I. The result of this service was the implementation of Trainer Capacity Building Training in Increasing the Achievement of the Sports District Government of KONI Members of Kulon Progo Regency. With this activity, it is hoped that it can improve the quality of trainers' knowledge and increase trainers' motivation in preparing training programs and preparing athletes for the upcoming 2025 DIY PORDA event which will be held in Gunungkidul Regency. The output of this DLK activity is a Cooperation Manuscript (IA), the activity report and results of this DLK will be published in the International Journal Humanitarian Responsibilities, Education & Sport Sciences (IJHRESS) and published in print media or on the website of the Department of Sports Coaching Education, Faculty of Sports and Health Sciences Yogyakarta State University.

*Kata Kunci: Training, Increasing Trainer Capacity, Increasing Achievement, Sports Regency, KONI Members, Kulon Progo Regency in 2023*