

WEIGHT TRAINING METHOD TRAINING AT THE FITNESS CENTER FOR VOLLEYBALL COACH SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

A coach is someone who has the professional ability to be able to reveal the potential of an athlete or team. The purpose of this service is to provide training on weight training methods at the Fitness Center for volleyball coaches from the Special Region of Yogyakarta.

The main target audience for this community service activity (PPM) is volleyball coaches in the Special Region of Yogyakarta. The training participants were attended by 26 trainers. The time of this service is February - September 2021 with the implementation of the training on April 11, 2021. The method of activity uses two approaches, namely a theoretical approach and a direct practice.

The results of the implementation of the ppm activities were carried out face-to-face and field practice at the UNY HSC Fitness Center. The activity begins with an interview to find out how competent the volleyball coach is with the training material. From the results of interviews, the following data was obtained as many as 26 trainers who took part in the activity had never participated in weight training at the fitness center for volleyball coaches in the Special Region of Yogyakarta, both organized by PBVSI and from related agencies. Of the 26 trainers as many as 22 coaches have not implemented physical exercise using the gym (fitness center) with various problems, including the type of needs and financial (financial) of the club. There are 4 trainers who have implemented a physical exercise program using weight training. Training activities for weight training methods at the fitness center for volleyball coaches from the Special Region of Yogyakarta received high appreciation from the participants, marked by the enthusiasm and enthusiasm of the participants in participating in the activities provided from the beginning to the end of the activity. Weight training activities at the fitness center for volleyball coaches from the Special Region of Yogyakarta are given to provide additional knowledge and provisions for trainers in implementing physical exercise programs. Trainers are expected to have competence in terms of physical exercise, especially weight training methods at the fitness center so that volleyball players can maximize their abilities, especially physical abilities.

Kata Kunci: *Weight training method, fitness center, volleyball*