

Exploratory Study of Knowledge Level of Training Program for KONI Kulon Progo Coach

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ABSTRACT

Background: The success of a coach in developing the potential of his athletes is not only able to carry out training, but more importantly a coach must be able to make training plans according to the athlete's condition, time available, facilities owned and targets to be achieved. The level of the coaches knowledge of training program determines the success of achieving optimal performance in athletes. Purpose: to explore the Knowledge Level of Training Program on the Sports Coach of KONI Kulon Progo. Methodology: This study uses an exploratory quantitative approach. The subjects of this study were 24 coaches of the KONI Yogyakarta. The instrument in this study was a questionnaire. Result: The results showed that the majority of KONI Kulon Progo sports coaches had a good level of knowledge about training program with a percentage of 41.67% of the total 24 research respondents.

Kata Kunci: *Exploration, Knowledge, Training Program, Coach*