

PHYSICAL AND MENTAL PERFORMANCE EVALUATION GUIDELINES FOR THE ATHLETES OF THE GUNUNG KIDUL PORDA TEAM IN 2022

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ABSTRACT

This TRAINING activity aims to improve and broaden the understanding of athletes, officials and administrators about how to achieve the achievement of training performance in athletes, especially in preparing to carry out training programs to support prime conditions during matches.

The design of this service is Technical Guidance carried out by experts as well as academics and practitioners of sports / sports achievements. This service is carried out in Kab. Gunung Kidul D.I.Yogyakarta with the subject of service, namely the management of sports organizations, coaches, coaches, officials and athletes in the District. Gunung Kidul D.I. Yogyakarta. The result of this service is a management formulation for physical training, especially as a mental booster (a combination of physical and mental enhancement) according to the needs of the sport so that athletes remain focused and confident when competing as well as the implementation of physical exercise in improving athlete achievement in Kab. Gunung Kidul D.I.Yogyakarta in general and specifically in the context of the 2022 PORDA Training Center. From the results of the service, it was found that 88% of the participants were very enthusiastic and aware of the importance of harmony between the physical as the basic supporting component of the athlete's quality and mental completeness as the main determining factor competitive success. In PORDA 2022, the results of Kab. Gunung Kidul managed to move up to 4th place out of 5 PORDA participating regions. This is an extraordinary achievement and a milestone for the sports community of Kab. South Mountain.

Kata Kunci: *Physical, Mental, Evaluation and Measurement Test*