

Analysis of Volleyball Sports Coaching Pplpd Aceh Athletes In 2020/2021

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Abstract

Coaching is as one of the efforts or activities carried out to improve and obtain better results, through a concept of coaching and training continuously and measurably. Formulation of the problem of how to foster the sport of volleyball pplpd aceh athletes in 2020/2021. The purpose of this study: (1) to find out the recruitment system of PPLPD Aceh volleyball athletes. (2) to find out the quality of coaches in the coaching of volleyball sports PPLPD Aceh. (3) to find out the training program implemented in the construction of PPLPD Aceh volleyball. (4) to find out the completeness of the facilities and infrastructure in the construction of PPLPD Aceh volleyball and (5) to find out the achievements achieved by PPLPD Aceh volleyball athletes in 2020/2021. This research uses a qualitative approach with descriptive types of research. The subjects in this study were 16 Pplpd Aceh volleyball athletes, 2 people as pplpd aceh coaches and 2 moneyev teams or supervisors. Research instruments are observations and questionnaires. Data analysis techniques are data collection, reduction, display and verification. Conclusions are as follows: (1) The volleyball coaching pattern of PPLPD Aceh club starting from the player recruitment stage to the coaching implementation stage is good enough (2) The quality of the volleyball coach of the PPLPD Aceh club is selected based on the coach's certificate that has been verified according to the criteria for coaching networking (3) The training program designed by the coach is quite varied and designed with consideration of the factors of athlete improvement needs aimed at getting athletes excited in participating in training. (4) Facilities and infrastructure have met the standards so that they can help athletes achieve maximum achievements, but improvement and maintenance are still needed and (5) The achievements of PPLPD volleyball athletes have not increased can be seen from most athletes who only participate in regional and provincial level championships.

Keywords: *Sports coaching, volleyball*

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I. Introduction

The maximum achievement of athletes is required continuous, tiered and continuous coaching and supported by adequate support, to obtain optimal achievements of an athlete, in addition to intensive and sustainable training is also needed. The history of achievements of PPLPD coaching achievements has succeeded in contributing a number of national junior athletes and PPLPD alumni in several sports to represent Indonesia in the Regional and International arenas. The achievement of peak achievements in sports can only be

achieved through a systematic, planned, orderly and continuous coaching process. (Dirjen olahraga dan Depdiknas, 2004:1)

The nursery aims to provide and prepare athlete colons in various sports that are involved. The nursery is done to find and capture the talents of athletes in a sport to get better achievements in the future. To achieve high sports achievement requires a long time with the correct exercise process and must be adjusted to the age of development of the child. In order to obtain quality sportsmen seeds need to be prepared early on, namely by holding a distribution program that is carried out by moving early childhood to carry out sports activities thoroughly and continuously, especially the sport of volleyball. The purpose of self-use is to instill the basics of skills in children. Cholik (2007: 140) The environment is very influential on the development of individu including how the environment gives opportunities for individuals to respond to successes ranging from the closest environment such as the family environment to more global environments such as political situations and government policies.

In addition to the distribution and breeding to attract talented athletes to achieve a maximum achievement, continuous coaching is needed. Mathis (2002:112) "Coaching is a process by which people achieve a certain ability to achieve organizational goals, therefore this process is related to various organizational goals. Cholik (2007:139) However, it must be realized that the emergence of high-achieving athletes is not single-channeled, solely determined by the potential that exists in athletes, but also influenced by environmental factors where the potential of athletes is actualized. Many novice athletes fail to achieve success not because of the lack of potential, but because of the environment that does not allow them to achieve, for example the absence of the support of parents or qualified coaches, therefore the environment is an important part of the study of athlete achievement. The environment is defined as something that exists outside the athlete's self and affects him in achieving achievements. The environment includes the atmosphere, climate, samangat, traditions and relationships that exist in the environment.

The effort to achieve achievement is a comprehensive effort that involves many factors both internally and externally: the quality of training is the main support for achieving sports achievements, while the quality of the exercise itself is supported by internal factors, namely the ability of athletes in the form of talent and motivation. As well as external factors include: knowledge and personality of the coach, facilities, utilization of research results, and matches.

The Regional Student Training Center or better known as PPLPD Aceh is an official agency established by the Youth and Sports Office in 2000 which is located in Lhong Raya in the area of the Banda Aceh nation's hope stadium complex. PPLPD Aceh is one of the centers where the best athletes are trained in Aceh province at this time, where at that place each athlete is trained and guided in accordance with their respective sports. The Aceh government through the Youth and Sports Office conducts the training of PPLPD and PPLP training athletes as a continuation of the coaching process that has been carried out in the sports of Football, Volleyball, Karate, Pencak Silat, Taekwondo, Kempo, Athletics, Sepak Takraw, Archery, Badminton, Tarung Derajat, Weightlifting, Rowing and Fencing, which have concentration in their respective sports.

The sport of volleyball in PPLPD Aceh was first formed in 2007 by recruiting several talented athletes from various regions in The Aceh Privinsi and continues to grow until now. The process of recruiting players is carried out with several stages of the test, such as; physical tests and playing skills tests. So it is expected to produce talented athletes and be able to achieve maximum achievements. From this perspective, the author assumes that in the coaching of volleyball athletes PPLPD Aceh still experiences obstacles and obstacles in the coaching process so that not all athletes have good ability in playing volleyball. The reason researchers chose the PPLPD Aceh volleyball club was because they wanted to know and uncover the extent of coaching. So it is necessary for the author to conduct a study entitled: "Analysis of the coaching of volleyball sports PPLPD Aceh athletes".

II. Research Methods

This research approach uses a qualitative approach using analytical methods. Creswell (2016: 245) explains that: qualitative methods have a more diverse approach, qualitative procedures still rely on data in the form of text and images, have unique steps in data analysis and are sourced from different studies. The subjects in this study were coaches, PPLPD Aceh volleyball athletes and money supervisors/ teams. Data is collected by observation and questionnaire. Data analysis techniques are as follows: data collection, data reduction, display and verification.

III. Research And Discussion Results

The results of the analysis of the coaching of the Aceh PPLPD volleyball club include the recruitment of athletes, the quality of coaches, training programs, infrastructure and achievements as follows:

1. Recruitment of PPLPD Aceh Volleyball Athletes.

The implementation of athlete admissions carried out by the PPLPD Aceh volleyball club is through selection as it should be done to achieve maximum achievements. Juwanda (2021: 73) argues that the selection and qualification process of athletes is carried out openly as needed to meet the applicable provisions and is based on the needs of the Aceh PPLPD volleyball branch. The recruitment system of PPLPD Aceh volleyball athletes is carried out by the process of selecting new athletes strictly by applying test parameters in accordance with the characteristics of volleyball sports obscurity. The recruitment system for new athletes of PPLPD Aceh volleyball, based on the results of data analysis on 2 PPLPD aceh volleyball coaches gave answers as many as 1 person stated quite transparent and as many as 1 person stated very transparent and there was no cheating in any form.

In achieving maximum achievements, a club must have talented athletes in sports as well as athletes fostered by the PPLPD Aceh volleyball club, each athlete has talents according to their respective fields and has a different height, even though height is one of the supporters for the development of volleyball skills. Based on the results of the analysis of research data on 16 athletes, the height of PPLPD Aceh volleyball athletes obtained 56.3% has a height of ≤ 175 cm and as many as 43.8% have a height of ≥ 175 cm. Furthermore, in the process of selecting and searching for coaching athletes, the manager is always involved in the process. Adhi (2007:164) It is argued that talented athletes cannot automatically achieve the highest achievements if they are not supported by good coaching. PPLPD Aceh volleyball coach in recruiting new athletes, has selected athletes according to the criteria and needs of PPLPD Aceh volleyball club.

2. Quality volleyball coach PPLPD Aceh.

A qualified coach must start from the selection of coaches in the PPLPD Aceh volleyball coaching implementation program, the coach admission process is quite appropriate. PPLPD volleyball coaches already have certificates of licensed coaches at the regional and national levels. Mr. BahrumSyah is trusted to manage the PPLPD volleyball club as the head coach and Temon Iskandar as the assistant volleyball coach of PPLPD Aceh. Juwanda (2021: 73) in his thesis stated that the selection of PPLP and PPLPD coaches was good and carried out in accordance with the stipulated provisions. The results of the analysis of the achievements achieved are very suitable.

3. Exercise Program.

The training program on volleyball achievement coaching PPLPD Aceh has the aim of improving achievement ability as much as possible. Rumini (2016: 6) stated that maximum achievement will be achieved by the factor of qualified athletes and qualified coaches with good training program planning. In obtaining the success of the PPLPD Aceh volleyball club, the coach is quite instrumental in developing the athlete's ability to achieve achievements. Irmansyah (2017:36) He argues that achievement is not only the result of a good coaching program, but the vision and mission of a great coach who has high ability and loyalty in developing volleyball. Furthermore, the results of the analysis include aspects of the implementation of the exercise program very well. The training program implemented by the coach is varied, the success of the exercise system must be designed using a daily exercise program for long, medium and short-term exercises and using a special program when approaching the match. Juliana (2020:70) Stated that the exercise program carried out is to improve the physical ability and playing ability of athletes. Coaching analysis includes an exercise program is an important tool or handle for the coach to be used as a guideline for planning exercises, therefore exercise planning must be arranged in a directional, theoretical, and futures and structured manner.

4. Facilities and Infrastructure

Facilities and Infrastructure are everything that can support the success of a process carried out, what is meant here is the equipment used in the training process while the infrastructure is a place or volleyball court (Ratna Sari. 2018: 11). Based on the results of the analysis of research data on the facilities and infrastructure of the training ground according to PPLPD Aceh volleyball athletes that 81.3% of infrastructure facilities are quite feasible and 18.8% say it is not feasible, but still need improvement and improvement. Facilities and Infrastructure are everything that can support the success of a process carried out, what is meant here is the equipment used in the training process while the infrastructure is a place or volleyball court (Ratna Sari. 2018: 11). Based on the results of the analysis of research data on the facilities and infrastructure of the training ground according to PPLPD Aceh volleyball athletes that 81.3% of infrastructure facilities are quite feasible and 18.8% say it is not feasible, but still need improvement and improvement. The facilities used in the coaching of pplpd aceh volleyball branches are indoor and outdoor volleyball courts, net volleyball, 15 volleyball and fitness facilities and other supporting facilities such as all athletes living in the same dormitory and given pocket money for each month, most PPLPD Aceh volleyball athletes are schooled in the same school environment, provision of training equipment in the form of training uniforms, training and shoes.

5. Achievement

Coaching has not increased it can be seen that the average athlete has participated in regional and regional championships achieved by pplpd aceh volleyball club and individually athletes. Based on the results of a descriptive analysis of the achievement data of PPLPD Aceh volleyball athletes, it can be known from 16 athletes obtained as many as 43.8% stated that they had achieved district-level achievements, as many as 25% stated that they had achieved provincial-level achievements and as many as 31.3% had never received achievements, so volleyball players in aceh PPLPD clubs still had very few participated in championships at the national level. However, the PPLPD Aceh volleyball club has not succeeded in achieving the targets set, namely national and international achievements are still very lacking. To improve the achievements to be achieved by volleyball players, in addition to routine training in their daily lives, it is also necessary to be trained through participation in various match events must be pursued regularly. It aims that every PPLPD Aceh volleyball player matures and is ready to display the movement skills he has mastered in controlled and controlled conditions, so that volleyball players are ready to become maximum achievement players both individually and in teams.

IV. Conclusion

Based on the results of research and data analysis can be concluded as follows: 1) Pplpd Aceh volleyball athletes who are recruited have met administrative requirements and technical requirements in accordance with the characteristics of volleyball sports, 2) PPLPD Aceh volleyball coaches are selected based on certificates and trainer licenses that have been verified and according to the criteria for coaching, 3) training programs designed in coaching are in accordance with the ability of PPLPD Aceh volleyball athletes, 4) The facilities and infrastructure for coaching the pplpd Aceh volleyball sport are quite feasible, 5) The achievements that have been achieved have not experienced a significant increase, from 16 athletes obtained by 9 PPLPD Aceh volleyball players have excelled at the district and provincial levels, and there are still 7 players who have never predicted at any level, so it needs to be improved the quality of pplpd Aceh volleyball achievement coaching patterns.

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