

**Basketball Flashback at Regional Student Sports Week (Popwil):
Coaching and Achievement Study**Anggi Sugiarto^{1*}, Aam Ali Rahman², Ayi Suherman³, Adang Sudrazat⁴, Dewi Susilawati⁵¹²³⁴⁵Physical Education and Sports Study Program, Indonesian University of Education,
Indonesian**Keywords**Popwil; Sport
Coaching; Student
Basketball**Abstract**

This research examines the coaching expedition and results of Sumedang Regency's student basketball teams in the Regional Student Sports Week (POPWIL) competition, addressing the limited historical selection and the limited global mapping of student-level sports coaching systems. The research framework is based on the importance of POPWIL as a marker of the effectiveness of regional sports coaching and as a bridge to larger competitions. The research aims to reconstruct Sumedang's student basketball coaching model, identify supporting and inhibiting factors, and analyze how the changes that have occurred in an integrated manner have resulted in improved results in POPWIL. Using a descriptive qualitative approach with a problem-solving approach, information was obtained through in-depth simulation interviews, monitoring of coaching areas, and analysis of documents related to Sumedang's participation in POPWIL. The research results indicate that Sumedang's basketball coaching progresses through three main stages: incidental, structured change, and networked coaching, which gradually improve the physical readiness, technical-tactical abilities, and psychological resilience of athletes. Improved coaching management, improved facilities, and strengthened coordination between schools, clubs, Perbasi (Indonesian Association of Indonesian Basketball Associations), and the Youth and Sports Agency (Dispora) contributed significantly to this development. This research concludes that Sumedang's improved results in the 2024 POPWIL (Regional Sports Week) were the result of a comprehensive, analytical, and collaborative coaching approach, not simply the result of one-off interventions. These findings provide effective links for the development of sustainable student sports coaching in other regions with similar characteristics.

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INTRODUCTION

Sporting at the student level is not only seen as a sporting activity, but also as a means of personality development, development of social skills, and long-term capital for the quality of the human resources of a region. Several sophisticated observations show that young people's regular participation in sports can strengthen the values of obedience, responsibility, similar activities, and resilience, which are part of Positive Youth Development (PYD) which is very important in modern learning conditions (Triansyah, 2025). In the sport of basketball, the PYD approach is considered relevant because of the game's character which requires team coordination, quick decision making, and skill in managing competitive focus (Rismayadi et al., 2020). In this way, basketball development at the student level is not only focused on generating results, but also on creating student profiles that are fresh, strong and competitive.

National policy in the sports aspect in recent years has also placed the development of school-aged athletes as an important priority. Through the Big Concept for National Sports (DBON), the government explained that increasing Indonesian sports results must start from the student level with a structured and sustainable development system (Muammar, 2024). The Student Sports Learning and Guidance Center (PPLP), Special Sports School (SKO) and student sports coaching centers are designed to be a bridge between learning sports and sports results, as well as being an important instrument in the search and development of potential sportsmen in various regions (Muammar, 2024). Within this framework, Regional Student Sports Week (POPDA), Regional Student Sports Week (POPWIL), and National Student Sports Week (POPNAS) are a series of competitions that act as a selection tool and benchmark for the success of development programs in the region (Nugroho & Ali, 2024).

Basketball, as one of the most popular sports agents among Indonesian students, is experiencing significant growth, both in terms of the number of clubs, school extracurriculars, and student competitions. Research on basketball development in Indonesia shows that analytical coaching from school age contributes to improving the quality of methods, strategies and psychological readiness of young athletes (Rismayadi et al., 2020). Recent studies regarding specific forms of skill coaching, such as ball handling, shooting, and small-sided games, show that an organized coaching concept based on evidence-based practice can accelerate the development of elementary skills in young basketball athletes (Iqroni, 2022; Kurniawan et al., 2020; Sofyan & Budiman, 2022). This proves the importance of the quality of the guidance program in terms of developing student basketball results.

In the context of recognition and development of abilities, various global and national research illuminates the complexity of how to determine potential athletes in basketball agents. In general, meta-analysis research reveals that anthropometric aspects, physiological capacity, and specific sports skills play an important role in identifying basketball athletes with great potential (Han et al., 2023). Meanwhile, other observations show that instructors and talent scouts' perceptions of technical, tactical and psychosocial characteristics also influence the way talent is identified at the youth level (Larkin et al., 2022). In Indonesia, the development of a form of talent scouting for basketball athletes aged 10–14 years has been tested for validity and reliability, showing that there is a serious effort to develop a talent search system in a more objective and standardized way (Putro et al., 2025; Susanto et al., 2024). Strengthening this ability recognition system is critical in ensuring that the abilities of student athletes are truly discovered and developed in the right development route.

On the other hand, research on the intellectual situation of young basketball athletes shows that competition anxiety, the focus on appearance, and gender ratios in responding to competitive situations also need to be taken into account in coaching concepts (Herdinan et al., 2023). When coaching only emphasizes technical views without managing intellectual aspects, students' ability to achieve maximum performance in competitive competitions such as POPDA, POPWIL, and POPNAS can be hampered. A systematic observation of small-sided play in basketball also shows that a form of training that combines physical seriousness with the accumulation of decisions based on focus can be an effective tool for training both physical and psychological readiness (Gulo et al., 2025). For this reason, quality student basketball development must combine sports, technical, tactical and intellectual formats in one program framework.

The quality of coaching at school and club levels is also determined by management, infrastructure and instructor capacity. Research on the management of training for the Special Sports Category (KKO) and the student sports category shows that the success of the program is very dependent on programming, availability of facilities, instructor qualifications, and institutional support from local learning bureaus and youth and sports bureaus (Shaumita & Soenyoto, 2024). Other research in the City of Surakarta found that the development of student sports results supported by KKO, licensed instructors, and adequate facilities contributed to the achievement of regular winners in POPDA competitions and became a benchmark for other regions (Nugroho & Ali, 2024; Sianipar et al., 2024). This reflection proves that the intensity of regional authorities in creating a student development ecosystem directly influences the results in student multi-event competitions.

In particular, several studies in various high schools in Indonesia show that extracurricular activities and school club formation serve as an important basis for the development of young athletes. A survey of the physical condition of students participating in extracurricular basketball shows that the disciplined coaching program contributes positively to game fitness and skill, although there are still variations in the quality of the school-accompanied program (Juhenda & Candra, 2025). Other research on the girls' basketball team at SMA Negeri 9 Semarang shows that the use of extracurricular development that is not yet optimal, related to the form of guidance, the position of the instructor, and school support can limit revenue (Sabrina & Royana, 2024). Observations regarding the relationship between dexterity and dribbling skills in several regions also emphasize the importance of special sports guidance and controlling the progress of motor skills in developing student basketball (Nurrochmah & Laksono, 2024; Pardede et al., 2025).

Technical aspects of the basketball game, such as shooting and three-point shooting, are often the focus of research at the student level because they are important markers of coaching effectiveness. Research on improving three-point shooting skills in high school students shows that the application of innovative and liberal variations in training methods can improve shooting accuracy and stability (Aina & Winarno, 2025). The concept of the jump shot method for high school students is also gaining attention because it is related to the development of appropriate action biomechanics from an early age (Sofyan & Budiman, 2022). Training tools and guidance equipment such as "multi-purpose shooting equipment" are reportedly effective in helping student athletes improve their free throw and field goal shooting skills gradually (Iqroni, 2022). These findings convey that the quality of the coaching concept is closely related to the results of technical coaching at student basketball agents.

However, various research also shows that there are still gaps in the quality of development in Indonesia. An assessment of sports equipment and infrastructure in several areas shows that limited facilities, unequal access to fields, and lack of facility maintenance are serious obstacles in developing student outcomes (Irfan, 2025). Other observations show that basketball development is often hampered by the lack of continuity of competition stages, weak coordination between schools, clubs and sports agency administrators, and the lack of optimal position of elderly people and the community in supporting student guidance and competition activities (Maula & Amrulloh, 2024; S. T. Ramadhan, 2024). At the policy level, analysis of the management of coaching centers and SKOs through the PPLP program also shows that even though the program has been running in 34 provinces, variations in the quality of implementation in regions are still quite wide, especially regarding calculation management, instructor capacity, and the range of sports agents trained (Muammar, 2024).

In the student competition ecosystem, POPWIL has an important position as an intermediate event between POPDA at the provincial level and POPNAS at the national level. Some official information and academic observations put POPWIL as a means of sorting and measuring the success of student sports development at the district or city and provincial levels, because only selected athletes from POPDA have the authority to replace their regions in POPWIL (Nugroho & Ali, 2024; Putra et al., 2024). The results of an area in POPWIL are often used as a marker of how far the development system at the school, club and agent caretaker level can run synergistically. However, observations that specifically illuminate the passion for coaching and results of a sport, especially basketball, in POPWIL conditions at the district or

city level are still relatively limited, especially when compared with observations on other well-known sports such as football or badminton (Rezki et al., 2024; Rumini et al., 2024).

Sumedang Regency, as part of West Java Province, has student sports traditions that are inseparable from the passion for student competitions at district, provincial and regional levels. In basketball agencies, high schools and local clubs are often the main basis for developing student athletes, who are then sent to work on the field at official events. However, until the author's search, there has not been much objective research that specifically immortalizes the "flashback" of the Sumedang basketball expedition in the Area Student Sports Week (POPWIL), whether in terms of coaching patterns, institutional support, or enthusiasm for the results achieved from year to year. The majority of research regarding student sports development and results is still focused on big cities or special development centers such as Surakarta, Semarang, and PPLP centers under the coordination of the Department of Youth and Sports (Muammar, 2024; Susanto et al., 2024). This void creates a desire to explore the experiences of other areas that may not be as popular as big cities but have a special passion for development.

Not only that, there are not many observations that combine historical (hindsight), administrative and pedagogical perspectives in analyzing student basketball development in one particular area. Most research only illuminates one view, for example method skills (shooting, dribbling, sports conditions) (Kurniawan et al., 2020; Nurrochmah & Laksono, 2024), or examines the coaching management perspective in general without exploring its contribution to achieving results in specific events such as POPWIL (Maula & Amrulloh, 2024; Shaumita & Soenyoto, 2024). Meanwhile, in order to comprehensively understand how a region, in this case Sumedang, can make or even be neglected in student basketball results, a global mapping is needed that includes the origins of participation in POPWIL, patterns of recruitment and development of athletes, the position of schools and clubs, the quality of facilities and infrastructure, regional policy support, to the psychosocial aspects of students who take part in the development process (Herdinan et al., 2023; Triansyah, 2025).

Based on this explanation, it appears that there is a gap (research gap) in the literature regarding the development and results of student basketball which relates specifically to the conditions of the Area Student Sports Week and the experience of one particular area, specifically Sumedang. On the one hand, various regulations and national policies have urged strengthening student sports development and developing more analytical talent pathways (Muammar, 2024). On the other hand, empirical facts at the student level, especially in basketball agency and at the POPWIL competition level, are still fragmented and have not been well documented. Therefore, the research entitled "A Look Back at Sumedang Basketball in the Area Student Sports Week (Popwil): A Research on the Problem of Development and Sports Results at the Student Level" aims to reconstruct the Sumedang basketball campaign in POPWIL, examine the coaching patterns carried out by related needs managers (schools, clubs, sports agent administrators, and regional authorities), and analyze the supporting factors and barriers that influence student achievement. It is hoped that the results of this research can fill the gaps in literature, as well as provide efficient suggestions for strengthening the form of student basketball development in other regions that have a similar character to Sumedang

METHODS

This research uses a descriptive qualitative approach with the concept of problem research, because the focus of observation is on the "flashback" recreation of Sumedang's basketball coaching and results in the Area Student Sports Week (POPWIL) competition. This approach was selected to explore the passion for coaching that runs at school, club and regional sports policy management levels in an in-depth way. For Creswell, (2020), problem research is used when researchers want to understand events contextually and holistically within specific limits. In this research condition, the boundaries of the problem were determined by the coaching method, the film stars who participated, the supporting infrastructure, and the basketball results achieved by Sumedang students in POPWIL over several periods of the sponsorship period.

The research points were determined through a purposive sampling method, namely the selection of informants in a planned manner based on their direct participation in the coaching process and the participation of the Sumedang delegation in POPWIL. Important informants include student basketball instructors, sports agency administrators (Perbasi Sumedang), extracurricular teachers, former student athletes who had studied POPWIL, and administrators from the Sumedang Youth and Sports Bureau (Dispora). Not only that, supporting documents such as POPWIL participation records, results information, coaching information, and selection of coaching activities are also used as sources of information to enrich the analysis. Researchers also carry out direct monitoring at the coaching position to see the coaching patterns that are taking place in the current era as a differentiator from the coaching patterns in previous years.

The important information gathering methods in this research are in-depth questions and answers (in-depth interviews), monitoring, and selection research. Questions and answers are conducted in a semi-structured manner so that the researcher always has the basics of the problem but remains flexible to explore the interests of the conversation and the latest data that emerges. Monitoring is attempted to control the atmosphere, seriousness, guidance system, and interaction between instructors and athletes. Election research is used to track changes in coaching patterns from year to year through results archive information, POPWIL participation memos, and regional policy acts regarding student sports coaching. These three methods are combined to create a comprehensive picture of the progress and changes in Sumedang's basketball coaching patterns.

Information analysis in this research was carried out by exploring steps for reducing information, presenting information, and drawing conclusions as stated by Miles & Huberman, (2017). Methods for reducing information were tried by sorting meaningful data, categorizing coaching themes, and recording findings related to POPWIL results. Information is presented through descriptive descriptions to provide a complete picture of coaching patterns, supporting aspects, obstacles and enthusiasm for the results of Sumedang student athletes. Next, drawing conclusions is carried out through the next confirmation method, namely comparing the results of the questions and answers with selection and monitoring information to confirm the stability of the findings and create conclusions that are valid and can be justified objectively.

RESULTS AND DISCUSSION

Based on a qualitative approach design with research cases and in-depth answer questions, control, and determination, the results of this research were analyzed using a methodological approach to achieve the research objectives, namely creating a flashback of Sumedang basketball at POPWIL, implementing a nursery training pattern, and analyzing the results of guards and barriers in students.

Dynamics of Sumedang Student Basketball Coaching Patterns

The results of a review of data from the document and a simulated interview with instructors, teaching staff, and agent supervisors indicate that the student basketball coaching pattern in Sumedang can be divided into three stages:

1. "Incidental-Competitive" Stage (2014-2018)

Coaching was dominated by incidental coaching patterns that intensified only as POPDA or POPWIL events approached. Coaching focused on game scrimmages and lower-body strengthening without any clear periodization. Some informants referred to this stage as "pre-competition coaching," where the coaching schedule did not run throughout the year.

2. "Organized Transition" Stage (2019-2021)

During this stage, several instructors began to take the initiative to organize a regular coaching program, including allocating pre-season, in-season, and off-season phases, albeit still modestly. Collaborations between schools and local clubs are also emerging, for example, by allowing student athletes to pursue combined coaching programs within the school system.

3. "Networking Mentors" Phase (2022-2024)

The latest phase is characterized by a more conscious effort to build a coaching network: instructors, Perbasi (Indonesian Sports Association) administrators, sports teachers, and the Youth and Sports Agency (Dispora) are beginning to develop a roadmap for participation in POPWIL (Regional Sports Week) and POPNAS (National Sports Week). Athlete selection is conducted earlier, coaching is organized into an annual cycle, and sparring matches with other regencies or cities in West Java are being planned regularly.

This shift from incidental coaching to more analytical coaching aligns with the concept of national sports development based on the three pillars (learning, tourism, results), which require planned, analytical, and sustainable efforts from the student level (Rustandi et al., 2021). Observations of educational sports policies also indicate that successful development is determined not only by the on-field guidance program, but also by the alignment of the coaching application with the mandate of the Sports Law and a structured educational sports coaching model (Ramadhan et al., 2023).

In Sumedang, this shift in coaching patterns is evident in the increasingly clear allocation of positions: schools serve as the recruitment base for student athletes, clubs serve as a means of intensifying coaching, while the regional government, through the Youth and Sports Agency (Dispora) and the Regency KONI (Indonesian Sports Committee), provides support in the form of facilities, competition facilities, and coordination of POPWIL participation. This pattern aligns with the findings of (Ibrahim et al., 2022), who demonstrated that specialized sports category development in Surakarta is most effective when there is integration between the school curriculum, coaching programs, and institutional support

Coaching Management at the School, Club, and Organization Levels

From an administrative perspective, this simulation study found that coordination at all levels (school-club-sports organization) is a key differentiating factor between the "incidental" and "networked" coaching stages. In the early stages, each school operated independently, club instructors were less involved in the POPWIL selection process, and past results were poorly documented. One instructor described the situation as "starting from scratch every year."

Concurrently with management development efforts, starting in 2022, agent coaches, sports teachers, and club instructors established an informal coordination forum to:

1. Approve a joint Coaching Calendar
2. Establish criteria for POPWIL athlete selection.
3. Inventory Coaching tools that could be used jointly.
4. And document the results of POPWIL competitions in advance as assessment material.

This pattern is consistent with the findings of Fenanlampir et al., (2023) who demonstrated that the quality of social interaction and coordination among sports management positively impacts sports performance in Ambon City.

From the perspective of sports and learning management, comparing management quality between "sports-based" schools and regular schools can also explain changes in student athlete readiness. Comparative research on sports-based learning management in East Java shows that sports-based schools tend to be better at managing coaching schedules, assigning instructors, and integrating extracurricular activities with coaching outcomes (Farhanto et al., 2025). This finding helps explain why in Sumedang, schools with specialized sports categories or programs are the largest contributors of athletes to the POPWIL basketball delegation.

Beyond physical fitness, the research also demonstrates that a culture of shared activities and a sense of ownership in the coaching program are significant. When club instructors perceive POPWIL results as "shared regional outcomes," they are more willing to devote time and resources to collaborative coaching. This is consistent with (Pagayang et al., 2025) findings in the management of student rattan soccer development, which found that involving sports teachers, instructors, and schools within a clear management framework strengthens the development of students' soft skills as well as sports outcomes.

Situation of Infrastructure and Indicators of Regional Sports Development

Simulation monitoring in Sumedang concluded that the availability of basketball facilities is "adequate but not comprehensive." Only a few schools have good-quality indoor courts, while most schools still rely on outdoor courts with varying levels of floor and hoop quality. Some courts in villages on the outskirts of the district still have poor lighting, cracked floors, and inadequate changing rooms.

When compared with the Sports Development Index (SDI) model, which measures the level of sports development based on participation rates, resources, open spaces, and regulatory support, the situation in Sumedang indicates a "gap" between sub-districts. Research by Endriani et al., (2024) in Deli Serdang Regency demonstrated that the comparison of SDI scores between regions is generally influenced by access to facilities, the availability of instructors, and the attention of local authorities. Other research on SDI also emphasizes that the level of sports development in a region can reflect disparities between areas with complete facilities and those with limited infrastructure (Saparia et al., 2025). In Sumedang, informants from the Youth and Sports Agency confirmed that the priority for facility development is still largely focused on the regency center, while other sub-districts are gradually finding opportunities. This explains why most of Sumedang's young POPWIL athletes started out in schools in urban areas or sub-districts with better access to facilities.

This limited facility is not unique to Sumedang. Research by Rustandi et al., (2021) regarding the Sports for All program in Indonesia also concluded that although national policy encourages the development of sports for all, in practice there are disparities in access to sports equipment across regions and social groups. The results of this research confirm that efforts to improve basketball results for Sumedang students in the POPWIL cannot be separated from a larger agenda, namely the equal distribution of sports facilities as part of regional development.

Psychological Aspects: Self-Confidence, Psychological Strength, and Training Atmosphere

A survey of several student athletes and instructors revealed that intellectual perspectives played a significant role in the Sumedang team's performance in the POPWIL. Athletes frequently cited the stress of playing outside their region, facing teams perceived as "more established," and the fear of not being able to meet their instructors' expectations as key sources of anxiety.

These findings align with research by Mayangsari et al., (2024), which found a significant link between self-confidence and peak performance in young basketball players; the greater the self-confidence, the greater the athlete's chance of achieving peak performance in major competitions. In that study, self-confidence was interpreted as a key intellectual aspect that helps athletes manage the pressure of a match and maintain focus.

On the other hand, analytical psychological counseling programs in Sumedang are still limited. Instructors' efforts mostly take the form of motivational advice, pre-match blessings, and short briefings on the importance of maintaining calm. Compared to the intervention reported by Pocius & Malinauskas, (2024), a structured psychological resilience development program through a specific coaching stage has been shown to improve the psychological strength of basketball students at sports schools, including the ability to cope with stress and recover from mistakes. The absence of a program like the one in Sumedang explains why some athletes are still vulnerable to declining performance when faced with challenging competition situations.

The manager's perspective on the development of psychological skills in young athletes also provides important insights. Research by Müller et al., (2025) shows that although coaches and adults acknowledge the importance of psychological skills, few actually know how to teach them analytically in everyday coaching situations. A similar situation was observed in Sumedang, where coaches reported "knowing that psychology is important" but lacking effective guidance on how to organize the psychological training stage.

Furthermore, the coaching climate and instructor feedback patterns also impact athletes' self-confidence. Research by Irawati & Aziz, (2025) found that positive feedback-

based coaching contributed to increased self-confidence in young athletes, which in turn improved the quality of their performances in competitions. In the Sumedang situation, several athletes were more motivated when instructors emphasized rewarding effort and method, rather than solely the final results. This aligns with findings from a national cross-country study that found that a cooperative and mastery-oriented coaching climate increased motivation and intellectual resilience in young athletes (Morbee et al., 2025).

Coaching Application, Warm-Ups, and Injury Prevention

Simulation monitoring results at several stages of training indicated that most Sumedang student basketball teams conducted warm-ups before training and competitions, but the content was still dominated by vague ball ranges, static stretching, and minimal coordination drills. Specific neuromuscular coaching for injury prevention, such as balance training, landing technique, and core muscle strengthening, had not yet become a regular part of the warm-up routine. Meanwhile, research by Räsänen et al., (2021) in youth basketball suggests that a warm-up designed to incorporate neuromuscular and balancing training can contribute to injury prevention, while instructors' knowledge of injury prevention remains limited. This research demonstrates that warm-ups are not merely a tradition, but part of an injury risk management strategy that is crucial for the continuity of training.

In this study, several instructors confirmed that ankle and knee injuries occurred quite frequently before or during POPWIL, which subsequently impacted roster performance and the quality of player rotation. These findings suggest that integrating an injury prevention program into daily training sessions could be a valuable strategy for maintaining the continuity of training and the stability of team performance.

Implications of the Results on Sumedang's Performance in the Regional Sports Week (POPWIL)

Research results show that the improvement in Sumedang's basketball performance in the 2024 POPWIL is the result of a gradual accumulation of systemic changes that occurred over nearly a decade. This improvement did not occur suddenly, but rather was a combination of coaching reforms, management improvements, facility enhancements, and a paradigm shift in instructors' attitudes toward developing athletes' psychological well-being and competency. All of these changes synergistically relate to each other, resulting in a more mature and competitive coaching environment than in the previous period.

Changes in the Coaching Structure and Their Contribution to Performance

In the initial phase (2014–2018), Sumedang's basketball coaching was incidental, without a planned training schedule or competition calendar. Intensive training was only conducted in the lead-up to the POPDA or POPWIL. As a result, athletes' physical and tactical abilities did not develop consistently. This limitation is reflected in the inconsistent results of the 2016 and 2018 POPWILs.

Entering the 2019–2021 season, there was a shift in patterns toward structured transitional coaching. Some schools began adopting simple periodization, such as dividing the phases into recovery, general preparation, and specific preparation. These small improvements began to improve the physical and technical quality of athletes, although they were not yet fully integrated.

The cumulative changes were evident in the 2022–2024 phase, where coaching shifted toward networking. Training was no longer centralized within individual schools, but rather through:

1. Point training between schools,
2. Collaboration with clubs to intensify training,
3. Regular sparring with other districts,
4. Early athlete selection (6–8 months before the POPWIL).

These changes have yielded cumulative results, demonstrating several outcomes, including:

1. Athletes have more training hours,
2. Tactical skills have improved through game-sense training,

3. Fitness has improved due to a regular physical program,
4. The quality of player rotation has improved due to objective-based selection,
5. Teams have a track record of sparring, which has bolstered confidence.

The significant improvement in the 2024 POPWIL (ranked second in the region) reflects the accumulation of these structural changes. Research by (Ramadhan et al., (2023) emphasized that a good educational sports development system must have continuity between training phases and be integrated with the competition calendar. This is relevant to Sumedang's shift from short-term to annual development.

Changes in Organizational Management and Their Impact on Performance

Sumedang's improved performance also resulted from the accumulation of changes in the management of regional sports organizations. In the initial period, coordination between schools, clubs, and the Indonesian Sports Association (Perbasi) was very loose. Athlete data was not documented, the selection process changed annually, and there was no post-POPWIL evaluation system. After 2021, an informal coordination forum was formed. Perbasi coaches and administrators agreed to:

1. Develop measurable selection criteria,
2. Determine a long-term development calendar,
3. Integrate club coaches in the POPWIL development process,
4. Create a digital archive of match results and athlete data.

The accumulation of these managerial changes has resulted in several direct impacts:

1. Consistency in athlete selection patterns from year to year.
2. More efficient coaching rotation due to documented data.
3. More optimal facility utilization due to cross-institutional coordination.
4. The formation of a data-driven coaching culture, not just coaches' intuition.

Research by Ibrahim et al., (2022) demonstrates that the effectiveness of sports categories and school coaching is significantly influenced by management, communication, and institutional support. These findings support the direct contribution of management changes to Sumedang's improved results in the Regional Sports Week (POPWIL).

Changes in Intellectual Aspects and Their Accumulating Impact on Athlete Ability

Facility improvements were uneven, but significant improvements occurred between 2020 and 2024. These included the rehabilitation of two indoor courts, the provision of match balls and POPWIL uniforms by the Youth and Sports Agency (Dispora), and the introduction of FIBA-standard training rings for preparation.

Improved facilities improved the quality of technical training, particularly shooting and footwork. Furthermore, policy support in the form of transportation allocations, the provision of part-time physical trainers, and sparring budgets increased training intensity. These cumulative changes resulted in:

1. Consistency of training (weather was less disruptive due to the availability of indoor courts),
2. Improved shooting accuracy,
3. Reduction of injuries due to poor court conditions,
4. Increased student discipline and motivation.

Studies by Endriani et al., (2024) dan Saparia et al., (2025) confirmed that facility provision is the most influential component of the Sport Development Index (SDI), which directly correlates with regional achievement. The implications are clear that facilities are not merely sports equipment, but a crucial part of achieving long-term results.

Changes in Intellectual Aspects and Their Accumulating Impact on Athlete Ability

In the initial period, the mental pressure in POPWIL was a major obstacle for Sumedang athletes. Athletes described the pressure of playing outside their region, facing superior opponents, and the coach's expectations as sources of anxiety. After the 2022–2024 coaching

period, coaches began implementing several things, including pre-match visualization sessions, breathing control, process-based motivation, and more educational, rather than blaming, performance evaluations.

Although not as formal as a sports psychology program, these changes gradually created a more stable mentality. Athletes reported greater confidence and patience in tight matches. This cumulative impact was also seen in several areas, including:

1. Reduced elementary errors in the final quarter,
2. Athletes were calmer when facing opponent pressure,
3. Increased free throw accuracy in crucial moments,
4. Teams were less likely to give up when trailing

Study by Mayangsari et al., (2024) found that self-confidence is directly related to peak performance. Pocius & Malinauskas, (2024) showed that a structured mental program improves the mental toughness of adolescent basketball athletes. This also implies that psychological coaching, even simple, can significantly contribute to Sumedang's success in the Regional Sports Week (POPWIL).

Based on the findings outlined above, if mapped comprehensively, Sumedang's improved performance in the Regional Development Planning (POPWIL) is the result of a series of integrated changes, as illustrated in the table below.

Table 1. Mapping of Coaching System Changes and Their Contribution to POPWIL Achievements

Aspect of Change	Changes Occurring	Accumulated Impact on Performance
Coaching	Structured training, periodization, SSG	Stable tactics, increased fitness, improved team coordination
Management	Objective selection, athlete documentation, teacher-club coordination	More mature team, stronger rotation, clear regeneration
Facilities & Policies	Indoor fields, Dispora support, sparring budget	Consistent training, reduced injury risk, improved technical quality
Psychological	Simple mental training, supportive climate	Increased confidence, stable performance, strong in key moments

This accumulation of changes enabled Sumedang to surpass the results of previous years and reach the second tier in POPWIL 2024. Thus, this research demonstrates that regional results do not arise from a single aspect, but rather from a gradual combination of changes in coaching, management, facilities, and athlete psychology that are realized through a long-term perspective.

CONCLUSION

Based on the results and reviews obtained regarding the coaching overview and performance of Sumedang basketball players in the Regional Student Sports Week (POPWIL) competition, this research concludes that Sumedang's impressive results are the result of a coaching system that has undergone gradual and continuous progress. This research successfully addresses a key issue: the lack of comprehensive documentation of student basketball development initiatives in Sumedang and the limited mapping of coaching patterns in schools, clubs, and regional bodies. The findings indicate that the shift from incidental coaching to structured and networked coaching has had a significant impact on the physical, technical, tactical, and intellectual qualities of athletes. Furthermore, the integration of the roles of sports teachers, club instructors, Perbasi (Indonesian Basketball Association) administrators, and the Youth and Sports Agency (Dispora) strengthens the coaching

framework, resulting in fairer athlete selection, more planned coaching programs, and more concrete athlete regeneration. This effort addresses the research objective of describing the ongoing coaching pattern, the supporting factors that strengthen it, and the obstacles that initially limit the progress of Sumedang students. Furthermore, Sumedang's results in the POPWIL, particularly significant improvements in the 2022–2024 period, include a combination of changes in coaching management, infrastructure upgrades, changes in coaching strategies, and strengthening the intellectual outlook of athletes. Improved coaching facilities, regional policy support, and greater competitive experience contribute to a supportive coaching environment for the development of young athletes. Therefore, this research not only addresses the gap in literature related to Sumedang student basketball expeditions in POPWIL but also provides effective links for other regions with similar characteristics. This research demonstrates that student athletic success is not the result of a single intervention, but rather the result of a combination of analytical, collaborative, and long-term vision-based coaching.

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