



Cilacap's Volleyball Club Coaching

Teguh Priyanto^{1✉}, Agung Wahyudi², Sugiharto Sugiharto²

¹. SMK Al Mu'allim Kesugihan, Cilacap, Indonesia

². Universitas Negeri Semarang, Indonesia

Article Info

History Articles

Received : 11 January
2020

Accepted : 3 April 2020

Published : 15 April 2020

Keywords:

Coaching, Volleyball,
Cilacap.

Abstract

Volleyball is one of the most popular team sports in the world, characterized by explosive movement, fast and nimble position, jumping and blocking. Coaching a club is very important to achieve goals, namely achievement. Thus, it became the background for the researcher conducted research on volleyball clubs in Cilacap Regency. This research used qualitative approach namely problem discussed which was aimed to describe or show situation based on a complex order, a holistic picture, data collection technique s using observation, interview, and documentation. The object of this research was *Pelindo* Cilacap, men's and women's *Imigrasi* Volleyball Club, *Bea Cukai* Volleyball Club, men's and women's *Pertamina* Volleyball Club, men's and women's *Holcim* Volleyball Club, *Polres* Volleyball Club, and *Pemda* Volleyball Club. The results of the research conducted on coaching volleyball clubs in Cilacap Regency, they are: 5 men's Volleyball clubs (*Pelindo*, *Imigrasi*, *Bea Cukai*, *Pertamina* and *Holcim* men's club). Then, 5 women's Volleyball clubs namely, *Pertamina*, *Holcim*, *Pemda*, *Polres*, and *Imigrasi*. However, there are only 2 clubs, that are still active in the formation of players, namely, men's and women's *Pertamina* volleyball clubs and then men's and women's *Holcim* volleyball clubs. Coaching is focused on the city while the Cilacap area is wide, and distance has a huge influence, the need for structured coaching for junior athletes. Facilities and infrastructure owned by the club in the form of outdoor grass and sandy fields, do not yet have an indoor field. The indoor court of Cilacap Regency government is not used by the clubs for volleyball training. Additionally, the condition of *Wijayakusuma's* Hall is also inadequate in terms of stands and lighting

✉ Correspondence address:

Jl. Kemerdekaantimur No.06 Kesugihan Kidul Kecamatan Kesugihan
Kabupaten Cilacap
E-mail: teguhpriyanto05@gmail.com

p-ISSN 2252-648X
e-ISSN 2502-4477

INTRODUCTION

Volleyball is one of the most popular team sports in the world, characterized by explosive patterns of movement, agile and fast positions, jumping and blocking as revealed by Tine Stattler (2015: 1).

Achievement in volleyball can be achieved with regular exercise, besides that there are also several other factors that support. According to Hana PuspitaSantoso (2017: 133) in a journal entitled Development of badminton in the City of Magelang stated that "The achievement of peak achievements in sports can be achieved through a systematic, planned, organized and continuous coaching process. Therefore, the achievement of peak achievement needs to be spelled out in a holistic concept in a tiered coaching pattern. Sports coaching and development are carried out by the parent organization of sports branches both at the regional and central levels. "

Coaching players is very influential on achievement, with good coaching and right will produce quality players. The success of a sports coaching must be supported by various factors and are interrelated. Supporting factors in the athlete's coaching process are professional coaches, adequate training infrastructure, systems and methods, appropriate training programs, professional management and a supportive environment. ErniWijayanti, (2015: 94)

The development of volleyball sports achievements in Cilacap Regency is still lacking, especially for an early age as well as age class competitions are still rarely found, this is directly proportional to the achievements of the Cilacap Regency in championships such as regional competition (kejurda), student sports week (popda) ornational sport week games(porprov). Furthermore, there are 5 clubs men's volleyball and women's volleyball registered in Indonesian Volleyball Association (PBVSI) of Cilacap Regency, which managed by government agencies.

Theseclubs are contributing volleyball athletes to Cilacap Regency in championships

such as the Regional Championship, student sports week (popda) ornational sport week games(porprov). Endang Rini Sukamti (2011: 20) in a journal entitled "Mapping the achievements in Special Region of Yogyakarta (DIY) gymnastics athletes" states that "To improve the achievements and abilities of an athlete, one of the keys is coaching that is scheduled as a routine and regular competition. By doing the regular competition, it can be seen the level of ability and success of an athlete in the practice he lived.

The volleyball condition in Cilacap Regency which is very loved by the people and high enthusiasm is not in line with the expected achievements.It is proved by the implementation of national sport week games championship, the performance of CilacapRegency was bad, Cilacap's team has never been on semi-finals of 3 times national sport week games events recently, moreover, men's volleyball also didn't pass Banyumas' national sport week games event. This is certainly chores for PBVSI of Cilacap Regency to improve the performance of Cilacap Regency volleyball team better, they must make a better coaching program to achieve the highest achievement.Besides, facilities and infrastructure is also necessary to consider,to support the athletes training when training..

PBVSI which is the parent of Indonesian volleyball is trying to develop activities both inside and outside the country, AfriRiskaNugraheni (2017:226). PBVSI of Cilacap regency will propose for procurements of rubber pads, to support the training of volleyball in Cilacap Regency. The program, which is made by PBVSI of Cilacap Regency, still lag and hasn't shown the positive impact to the development of volleyball on Cilacap. If we look at the program of PBVSI Banyumas Regency, the program has been already run routine for age class championship to capture potential junior athelets. Inadequate condition of facilities and infrastructure also occurs in the fostered clubs PBVSI Cilacap Regency both male and female, lack of facilities and infrastructure owned by each club such as not having indoor or semi-indoor courts besides that

there is still a lack of balls owned by each club. The poor performance of the volleyball Cilacap Regency in national sport week games (porprov) in several times its implementation certainly can't be separated from the coaching of clubs in Cilacap Regency.

Facilities and infrastructures in the club is very important to support achievement, as stated by Kristianto Wibowo (2017: 11) in a journal entitled "Evaluation of basketball sports performance achievements in Magetan Regency" states that "Facilities and infrastructure or facilities are things which must be fulfilled by a sports organization. The progress or improvement and the addition of the number of existing facilities will greatly support an achievement progress and at least with adequate facilities will increase achievement".

PBVSIL Cilacap Regency needs to pay attention to better and professional volleyball, Mukhtar Ahsanul Rizky (2016: 454) in a journal entitled "Analysis of training and nursery gifting for volleyball talented sports in Sidoarjo Jaya Sidoarjo Regency" states that "Sports development needs to get more professional attention through management, systematic planning and implementation in national development.

METHOD

This research used qualitative approach namely problem discussed which was aimed to describe or show situation based on a complex order, a holistic picture, data collection techniques using observation, interview and documentation, arranged in words, reporting detailed views of the informants and carried out in a natural setting.

The subject of this research is: Athletes, coach and The subjects of this study were players, coaches and administrators at the Cilacap Regency volleyball clubs, namely: the Pelindo Cilacap Putra Club, Immigration, Customs, Pertamina and Holcim Bapor, Holcim women's club, Pertamina Bapor, Cilacap Regional Police, Immigration and Local

Government. Respondents are a group of subjects who respond to researchers' questions.

The objects of this research are both men's and women's volleyball club in Cilacap Regency, they are: Pelindo Cilacap, Immigration both men and women, Customs, Pertamina and Holcim (men and women), Cilacap Regency Police and Government Regency. Then, 3 information used to purposive sampling methods; they are: 1. Athletes with the following conditions active as a player, criteria needed by the club, registered as the club member; 2) Coach with the condition as followed: coach at the club and having coach license; 3) Management with the condition as followed: active on managing a club, expert on volleyball. Then, if the data is still needed, the information will be added by using snowball sampling methods. In order that the researcher can deliver the appropriate data as well as the expectation of the researcher.

Suharsimi Arikunto (2010:129) stated that the sources of the data is collected from three object, namely: paper, place and person. *Paper* is the source of data for documents, books, magazines or other written material. Both in the form of research report theory, etc. *Place* is the source of data in the form of a place that becomes the object of observation with a variety of people's behavior or actions at that place. *Person*, which is the source of data in the form of people (respondents) to meet, ask and consult.

RESULT AND DISCUSSION

Results

The results of the research conducted on coaching volleyball clubs in Cilacap Regency, they are: 5 men's Volleyball clubs (Pelindo, Imigrasi, Bea Cukai, Pertamina and Holcim men's club). Then, 5 women's Volleyball clubs namely, Pertamina, Holcim, Pemda, Polres, and Imigrasi. However, there are only 2 clubs, that are still active in the formation of players, namely, men's and women's Pertamina volleyball clubs and then men's and women's Holcim volleyball clubs and the other was stopped.

The results of interviews with researchers Pertamina and Holcim trainers obtained data that both Pertamina and Holcim trainers do not have a training license and also do not make a written training program, meaning that each exercise is not well scheduled. Support from PBVSI is still minimal, the lack of good communication mentioned Pertamina coaches are also the reason.

Player coaching did not work. The players registered at Pertamina and Holcim clubs all come from the Cilacap City area. Facilities and infrastructure owned by the club in the form of outdoor grass and sandy fields, do not yet have an indoor field. The indoor court owned by the Cilacap Regency government is not used by the club for volleyball training, Gor Wijayakusuma's condition is also inadequate in terms of stands and lighting.

Another breakthrough made by PBVSI Cilacap Regency is to hold an 18-year-old volleyball tournament held on September 21-22, 2019 in collaboration with the Cilacap Regional Police with the name of the Kapolres Cup 2019. Cilacap especially in the 18 years age group.

Discussion

Analyzing the training program for volleyball clubs in Cilacap Regency.

Coaching program planning must be made in advance, to determine what targets will be achieved and what methods will be used to achieve these targets. The coaching process must also be consistently carried out to be able to achieve the targets that have been determined. The mapping of coaching needs to be carried out by PBVSI Cilacap Regency, considering that, Cilacap Regency is broad and long, this needs to be done to accommodate players from all regions of Cilacap Regency, who have potential in volleyball. The evaluation must be carried out to determine whether the program that has been carried out is effective or not, whether the program can be continued, revised or stopped.

Analyzing the implementation of volleyball clubs on Cilacap Regency.

According to the interview results and research observation, the coach requirement process is used to pointing directly by club manager and the requirement of athlete is also used reference from the government employees. One of the criteria for being a coach at the club is dedication to train and has not been facilitated to have a coach license, which should be very important for every coach.

Training programs throughout the club are still origin of training or have not been well structured so that the training is not well programmed. The training program must be in writing.

Analyzing Facilities and Infrastructure of Cilacap's volleyball clubs.

The results of field research on facilities and infrastructure, found that there are still many clubs did not yet have a complete breakfast complete, because the facilities and infrastructure itself has a very important influence in the training process of each clubs and the main factors in supporting the club's achievement.

Analyzing the role of Cilacap's Indonesian Volleyball Association (PBVSI) toward coaching volleyball clubs on Cilacap.

PBVSI Cilacap Regency started on August 2019, provide guidance for elementary, junior high, high school levels in Wijayakusuma's Hall Cilacap on Tuesday and Saturday. It is supported by the geographical location of Cilacap district, which will be made 3 broad areas, namely: city center, west, and east in which running just the center city of cilacap. The reason for the regeneration did not work was one of them because the distant location PBVSI Cilacap Regency starting in 2019 also held a U-17 men's volleyball tournament to capture junior athletes in collaboration with Cilacap Regional Police with the name Kapolres Cup, before this PBVSI did not hold such a program

CONCLUSION

There are 5 clubs of men's volleyball, they are: Pelindo, Immigration, Customs, Pertamina

and Holcim men's club. Then, there are 5 clubs of women's volleyball, namely: Pertamina, Holcim, Regional Government, Police, and Immigration. However, there are only 2 clubs, that are still active in the formation of players, namely, men's and women's Pertamina volleyball clubs and then men's and women's Holcim volleyball clubs and the others was not. The situation happened because there is no regeneration or there are no more junior players participating in training at the club until training at the club is stopped..

The most players who registered on Pertamina and Holcim volleyball club, comes from Cilacap city. Furthermore, coaching is focused on the city while the Cilacap area is wide, and distance has a huge influence, the need for structured coaching for junior athletes.

Another breakthrough was made by PBVSI Cilacap Regency is to hold an 18 years old age group volleyball tournament held on 21st-22nd of September, 2019 in collaboration with Cilacap Regional Police, called as The Cup Kapolres 2019. The activity was aimed to catch young athletes on under 18th years old and to stimulate volleyball in Cilacap Regency particularly in the age group of 18 years.

Facilities and infrastructure owned by the club in the form of outdoor grass and sandy fields, do not yet have an indoor field. The indoor court of Cilacap Regency government is not used by the clubs for volleyball training. Additionally, the condition of Wijayakusuma's Hall is also inadequate in terms of stands and lighting.

REFERENCES

- Arikunto, Suharsimi. 2010. *Prosedur Penelitian. Suatu tindakan praktik*. Jakarta: PT. Rineka Cipta
- Nugraheni, Riska, Afri. 2017. "Evaluasi pembinaan olahragaprestasi bola voli pantaiputeri klub vivojo di Kabupaten Kudus Tahun 2016". *Journal of Physical Education and Sports*. 6(3):226
- Rizky, Ahsanul, Mukhtar. 2016. "Analisis pembinaan dan pembibitan olahragaberkatbolavoli Sidoarjo Jaya Kabupaten Sidoarjo". *Jurnal Kesehatan*. 6(2):454.
- Staller, Tine. 2015. "Vertical jump performance of professional male and female volleyball players: effects of playing position and competition level". *Journal of Strength and Conditioning Research*. 29(6):1486.
- Santoso, Puspita, Hana. 2017. "Pembinaan Bulutangkis di Kota Magelang". *Journal of Physical Education and Sports*. 6(2):133.
- Sukanti, Rini, Endang. 2011. "Mapping Prestasi Alet Senam DIY". *Sport Performance Journal*. 7(1):20.
- Wibowo, Kristianto. 2017. "Evaluasi Pembinaan Prestasi Olahraga Bola Basket Di Kabupaten Magetan". *Jurnal media ilmukeolahragaan*, 7(1):11.
- Wijayanti, Erni. 2015. "Evaluasi program pembinaan sepahtakraw pengurus persatuan sepahtakraw Indonesia Kabupaten Jepara". *Journal of Physical Education and Sports*. 4(1):94.