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*by* Rinda Darista

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## ACHIEVEMENT COACHING AT THE BOLA VORJAS PALEMBANG VOLLEYBALL CLUB

Rinda Darista<sup>1</sup>, Liza Murniviyanti<sup>2</sup>, Farizal Imansyah<sup>3</sup>

Universitas PGRI Palembang<sup>1,2,3</sup>

[rindadarista@gmail.com](mailto:rindadarista@gmail.com)<sup>1</sup>, [lizamurniviyanti@gmail.com](mailto:lizamurniviyanti@gmail.com)<sup>2</sup>, [farizal@univpgri-palembang.ac.id](mailto:farizal@univpgri-palembang.ac.id)<sup>3</sup>

### **Abstract**

*This study aims to examine the Achievement Coaching Process at the Vorjas Palembang volleyball club. The method used in this study is descriptive qualitative. The subjects of the study consisted of Administrators, Coaches, Athletes, and Parents of Athletes. Data were collected through observation, interviews, and documentation, then analyzed using data reduction, presentation, and verification techniques. Data validity was obtained through data triangulation. The results of the study indicate that the Vorjas Palembang volleyball club focuses on Coaching Beginners. The organizational structure of the Vorjas Palembang club is well managed. The coach is nationally licensed. The training program is carried out in a disciplined manner six times a week. The club's facilities and infrastructure are adequate. Club funding comes from monthly athlete contributions. Social support also comes from parents and families of athletes. The club's Achievement Coaching is running well thanks to a clear organizational structure, effective funding management, and competent coaches.*

**Keywords:** Coaching; Achievement; Athlete; Volleyball

### **INTRODUCTION**

Sports have many benefits for maintaining body exercise. Each type of sport can be done individually or in groups. One of the popular sports in Indonesia is volleyball, which has grown rapidly. Volleyball is included in the category of achievement sports. Achievement sports are sports that are carried out with coaching and developing athletes in a planned, tiered, and sustainable manner through competition, in order to achieve achievements with the support of science and sports technology. This coaching process starting from the district, provincial, to national levels. The goal is to ensure that the planned programs can be implemented optimally (Apriyanti & Wahyudi, 2020). Sports coaching and sports achievement are interrelated and mutually supportive.

Sports achievement is a real and measurable result, which shows that sports are carried out with a scientific approach, starting from talent identification to the coaching stage. Achievement of sports achievements is obtained through planned efforts or methods, supported by sports knowledge and technology. Sports coaching and development are important issues that must receive attention. Sports coaching

and development, which are <sup>1</sup> part of efforts to improve the quality of Indonesian people, are directed at improving the physical, mental and spiritual of the community, and are aimed at forming character and personality, high discipline and sportsmanship, and increasing achievements that can arouse a sense of national pride (Fajar, 2022). Systematic and sustainable sports development is a long-term investment to build a healthier and more successful nation. By increasing community participation in sports from an early age and developing young talents, we can achieve proud sports achievements and inspire future generations. Currently, attention to sports development is still lacking, so it is necessary to improve physical education and sports development programs in order to achieve achievements according to the set targets. This process involves a number of stages that are systematically designed to produce competitive athletes. General stages in sports development include marketing, breeding, and achieving achievements (Rizqi & Amrulloh, 2024).

<sup>9</sup> Vorjas Club is one of the volleyball clubs in Palembang, precisely located at Jasdarn II Sriwijaya Jl. Letjen Harun Sohar, Kebun Bunga, Sukarami District, Palembang City, South Sumatra. The Vorjas volleyball club was founded in 2021. Along with the growing public interest in this sport, many volleyball clubs have begun to develop coaching programs from an early age. At an early age, children have extraordinary potential to learn and hone basic sports skills, including volleyball. The Vorjas volleyball club focuses on children who are just starting to practice. According to (Rizqi & Amrulloh, 2024) Volleyball talent development is not only limited to the school environment, but can also be done in clubs that operate in the surrounding community. Currently, both at the training and national levels, volleyball competitions are often held with the aim of improving the quality and skills of the players. In addition, this competition also aims to identify and develop the potential of high-achieving players, especially in volleyball clubs in Indonesia, especially in Palembang City, in the early age group. According to the Vorjas Volleyball Club, as one of the clubs engaged in this field, it faces challenges in fostering children who are just starting training from an early age.

Based on the results of the researcher's observation and initial interview

activities with the Vorjas volleyball club coach, the coach said that this club was formed in 2021, the Vorjas volleyball club focuses on fostering achievement at the early age level for this Vorjas club has not had any achievements, because matches at the beginner age level are rarely competed because of that the Vorjas volleyball club is interesting to study when viewed from the coaching aspect. Lack of understanding of the importance of the right approach in fostering achievement often hinders the development of children in achieving their best potential. Seeing these conditions, it is important to explore various aspects of fostering achievement in

Vorjas volleyball club, especially those that focus on children who are just starting to practice. This aims to create an effective training program that is in accordance with the needs of early childhood, in order to produce volleyball athletes who excel in the future. Therefore, this study aims to find out through continuous and planned coaching, the Vorjas Palembang volleyball club. Based on the background that has been explained, it is not yet known for sure about the Implementation of Achievement Coaching at the Vorjas Palembang Volleyball Club.

## **8** **METHOD**

The research method used in this study is a qualitative descriptive method that aims to describe achievement coaching at the Vorjas Palembang volleyball club. The data source in this study is primary data, namely data obtained directly from management, coaches, athletes, and parents of athletes. The data source consists of 1 administrator and coach, 7 athletes, and 2 parents of athletes and documentation obtained during the observation and interview process. Data collection was carried out using observation, interview, and documentation methods. Data validity checks using data and source triangulation techniques. Data analysis techniques consist of 1. Data reduction, is data from the results of interviews that researchers have conducted. The data is recorded according to the actual interview results. 2. Data presentation, this data presentation is the result of interviews that have been conducted and presented in the form of descriptions according to the research results. 3. Drawing conclusions, after the data is presented, conclusions or data

verification are carried out. Based on the data that has been reduced and presented, researchers can make conclusions supported by evidence from the data collection stage regarding achievement coaching at the Vorjas Palembang volleyball club

## **RESULT AND DISCUSSION**

This study aims to determine the achievement coaching at the Vorjas Palembang volleyball club. <sup>5</sup> The results of the study showed that the marketing program carried out by the Vorjas Palembang club until now is to find children who are interested in playing volleyball, the method is with the help of children inviting village friends who are interested in playing volleyball and the role of the coach in implementing the marketing program is as a mentor and sports activities carried out by carrying out a series of sports activities and activities such as running and jogging. <sup>5</sup> The results of the study showed that the obstacles in carrying out sports activities at the Vorjas Palembang volleyball club were obstacles to natural factors such as rain, and there were also children who went to school from day to evening and sometimes they couldn't practice for tests.

In physical coaching, an explanation was first given, especially regarding the aspects of speed, defense, flexibility, and endurance, as well as conducting physical training for sprint running and ball control. Introduction of physical activity in Vorjas Palembang volleyball club is done by adjusting the level of load and intensity of the training, such as these children are not the same, some are still young and some are seniors so we have to differentiate such as hurdle training, the height of the hurdle is different, repetitions and sets, running is also reduced for new children.

Health criteria owned by Vorjas Palembang Club, Healthy, tall posture and there is a desire to be able to play volleyball. Anthropometry or body dimensions of athletes to become members of the Vorjas Palembang club, namely the body does not have to be tall, we need the desire of the children to learn volleyball. Testing the physical abilities of the Vorjas Palembang club, running, sprinting, and ball control. The results of the interview stated that the psychological ability testing of the Vorjas Palembang volleyball club, namely looking at the children's match practice with fellow clubs or other clubs. The results of the interview also stated that hereditary factors can be used as a determinant. The results of the study found that the duration

of training applied at the Vorjas Palembang volleyball club was 6 times a week, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday for the time Tuesday, Thursday, Saturday from 4 to 9 o'clock. And Wednesday, Friday, Sunday from 4 to 6 o'clock. The results of the interview stated that the implementation of training that was adjusted to the age of the athletes at the Vorjas Palembang club was routine and gradual training.

The growth criteria in fostering achievement at the Vorjas Palembang volleyball club growth must be adjusted to the income and expenditure of children's nutrition, the harder the training, the more nutrition must be. The results of the study stated that for the development criteria in fostering achievement at the Vorjas Palembang volleyball club, the more training time the faster the performance and quality of training will increase. The results of the study found that the Vorjas club assessed the correct and effective training process seen from the discipline of the children when doing the training. The results of the study found that the training process at the Vorjas Palembang volleyball club was carried out from an early age, and the obstacles were that the children were still in school on average, their training time was sometimes hampered, some went to school in the afternoon, some went to school in the morning and for early childhood there were no age group championships. Furthermore, the results of the interview found that the training stages were adjusted to the levels applied by the Vorjas Palembang volleyball club, the training stages were gradual, passing, smashing, and game training.

#### **CONCLUSION**

<sup>6</sup>Based on the results of the study, it can be concluded as follows The Vorjas Palembang volleyball club is a club that focuses on children who are just starting to practice, where the main goal is to provide a basic understanding of volleyball techniques and tactics. In the marketing program carried out by the Vorjas Palembang club until now, it is looking for children who are interested in playing volleyball, the method is with the help of children inviting village friends who are interested in playing volleyball and the role of the coach in implementing the marketing program is as a mentor. Introduction and physical training at the Vorjas Palembang volleyball club is carried out by adjusting the level of load and intensity

of training according to the athlete's ability. The health criteria that must be met include healthy physical and mental conditions, tall posture, and having a strong will and motivation to train. the duration of training applied in the Vorjas Palembang volleyball club is 6 times a week, the implementation of training is adjusted to the age of the athlete, namely routine and gradual training.

The training process is carried out from an early age, and the obstacles are that the children of that age are mostly still in school, their training time is sometimes hampered, some go to school until the afternoon and for early childhood there is no age group championship. The facilities and infrastructure at the Vorjas Palembang volleyball club have reached adequate standards, and funding for the Vorjas Palembang club comes from monthly contributions from athletes. The funds are managed by the club management to support various coaching program needs in athlete development. Social support also comes from parents and families of athletes, who are the main pillars in accompanying their journey to achieve achievements in the sport of volleyball.

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