



Coaching achievements for young volleyball athletes at the sportive discipline club (diasporas) of Kendal regency

Wahyu Arifin^{1ABCD*}, Aziz Amrullah^{1BCDE}

¹Universitas Negeri Semarang, Indonesia

*Author's correspondent: Wahyu Arifin, Universitas Semarang, Indonesia, Email: wahyuarif1399@students.unnes.ac.id

Authors' Contribution: A – Study design; B – Data collection; C – Statistical analysis; D – Manuscript Preparation; E – Funds Collection

Info article	Abstract
<p>Filed in: 2025-07-13 Accepted: 2025-11-30 Published: 2025-11-30</p> <p>Keyword: <i>performance development, diasporas, funding, facilities and infrastructure, training programs</i></p>	<p>Performance coaching is one form of training programs that organizations can implement to develop athletes to excel. Proper coaching will create a generation of quality athletes in their fields. The objective of this research is to analyze the performance coaching of volleyball athletes in the Diasporas Club of Kendal Regency. The research method used is quantitative, Data collection techniques include questionnaires, observations, and interviews. Data analysis techniques use descriptive statistics. The research results show that the performance coaching conducted by the Diasporas Club of Kendal Regency is categorized as good. The nurturing process is considered good. The coaches involved are professional coaches. The facilities and infrastructure owned by the Diasporas Club of Kendal Regency are categorized as good. However, in terms of funding, Diasporas Kendal Regency still needs assistance to develop its training programs.</p>

1. Introduction

Achievement sports are sports that train and develop athletes in a planned, tiered, and sustainable manner through competition to achieve accomplishments with the support of sports science and technology (UU No.3 2005). Achievement sports aim to reach the highest and best accomplishments,

which involve various processes in the form of training stages that require a long and continuous time (Arifin & Rumini, 2024). Volleyball is a very popular sport, and according to experts, it is currently recorded as the second most popular sport in the world after soccer (Adzani & Irsyada, 2022). Similarly in Indonesia, volleyball is a sport that has become popular in schools, government and private institutions, universities, and the general public (Apriyanti & Wahyudi, 2021).

The Volleyball Association of Indonesia (PBVSI) as the governing body of volleyball in Indonesia, in order to advance performance training, will strive to promote volleyball by holding competitions or matches at the junior/senior age group level and by developing talented players through organizations or volleyball schools in the regions (Nor et al., 2024). Sports coaching is a very important factor in advancing and improving sports performance, because the development or progress of the sports world depends on the sports coaching itself, whether it is coaching in the community, schools, regions, or coaching in training centers (Hummell et al., 2025). The role of sports development must be optimally programmed to organize the training process according to the systematically arranged program. An athlete's performance is greatly influenced by the quality of the coach and their training program, which is why clubs are established as a training and development platform for athletes (Indrianto & Nurdin, 2024).

Sports coaching specifically aimed at identifying potential athlete prospects, with the intention of nurturing athletes from an early age so that they can achieve maximum performance during their golden years through various sports disciplines (Ismiyati et al., 2023). Development is carried out at the district, provincial, and national levels. Achievement coaching aims to nurture and advance sports achievements so that they can grow and produce maximum results in each sport (Maula & Amrullah, 2024).

The implementation of sports coaching must have an organization to manage all activities and programs that have been created to help athletes

achieve the highest possible achievements (Muslih et al., 2024). In addition, the facilities and infrastructure in the implementation of coaching are very important as they serve as tools and materials for an athlete to carry out a training program. Funding in the implementation of coaching must be adequate in order for the execution to be successful and to produce optimal achievements for athletes in a gradual and sustainable manner (Rahman et al., 2024).

The Diasporas Kendal District Volleyball Club is one of the volleyball clubs located in the Central Java province. According to preliminary observations made by the researcher on the development of the DISSPORSA Kendal District Volleyball Club, many athletes are active and have considerable potential. Currently, the Diasporas Kendal District Volleyball Club is one of the successful clubs among other volleyball clubs in Central Java and is the largest contributor of volleyball athletes in Central Java, both for regional championships and national level competitions, even for prestigious sports events like PROLIGA.

Based on the explanation above, this research will conduct an assessment of Performance Development for Youth Volleyball Athletes at the DISSPORSA Club in Kendal Regency.

2. METHOD

The type of research used in this study is quantitative research. Quantitative research is research that is positivist in nature, used to study a certain population or sample, data collection uses research instruments, data analysis is quantitative or statistical in nature, to test established hypotheses (Sugiyono, 2022). The research method used in this study is descriptive quantitative research. Descriptive research is research that describes a phenomenon, event, and occurrence that takes place.

This research will be conducted at the DISSPORSA club in Kendal Regency in June 2025. The population is a group of objects or subjects that are located in a

certain area and meet certain criteria related to the research issues (Arikunto, 2018). The population in this study is teenage volleyball athletes in the DISSPORSa club of Kendal Regency. A sample is a portion of the quantity and characteristics possessed by the population. The determination of the sample in this study was carried out using Purposive Sampling namely with the sample criteria of adolescent athletes participating in the DISSPORSa club of Kendal Regency.

Data collection techniques are an effort to obtain the necessary data for research. The data collection techniques used are interviews, questionnaires, and observations. The data analysis technique used in this research is quantitative descriptive because it describes the physical condition of the athletes. The descriptive analysis used is percentage. Descriptive percentage is a technique for analyzing data by describing the data that has been collected, where there is no intention to draw general conclusions.

3. RESULTS AND DISCUSSION

Based on the research results, information was obtained regarding the vision and mission of the DISSPORSa Club. The vision of the DISSPORSa Club is to popularize volleyball by educating, nurturing, and producing virtuous volleyball athletes to achieve the highest possible achievements, thereby benefiting community life and being useful for the nation and state. To achieve the established goals, the DISSPORSa Club has formulated a mission, which is to organize education and training for the youth according to age groups consistently, with discipline, enthusiasm, dynamism, sportsmanship, and responsibility. This club has 20 teenage athletes (aged 13-16 years), with the main motivation of wanting to excel at the regional level. There is currently no physical data and initial skills of each athlete available, and it has not been analyzed regularly.

Based on the research results, the data description for athlete development at the DISSPORMA club in Kendal Regency can be elaborated as follows:

Table 1. Description of athlete training

Result	Frequency	Percentage (%)
Very inappropriate	1	4.5
Not Appropriate	2	9.1
According to very suitable	12 7	54.5 31.8
Total	22	100.0

Based on the data processing results of the research on athlete breeding conducted at the DISSPORMA Club in Kendal Regency regarding the statement that the club conducts selection for each new athlete, the majority answered that it was appropriate. The frequency description tabulation results showed that 7 people answered very appropriate, 12 people answered appropriate, 2 people answered not appropriate, and 1 person answered very inappropriate. This result indicates that the majority or most respondents answered that the statement related to the club conducting selection for each new athlete is in accordance with the conditions in the field.

Based on the research results, the data description for the achievement coaching at the DISSPORMA club in Kendal Regency regarding the club's statement of seeking professional instructors can be outlined. Based on the results of the data processing from the research on the recruitment of coaches conducted at the DISSPORMA Club in Kendal Regency regarding the statement that the club is looking for professional educators, the majority responded that it is appropriate. The frequency tabulation results showed that 5 people answered very appropriate, 13 people answered appropriate, 2 people answered not appropriate, and 2 people answered very inappropriate. This result indicates that the majority or most respondents answered that the statement related to the club looking for professional educators is appropriate with the conditions in the field.

Table 2. Description recruitment of trainers

Result	Frequency	Percentage (%)
Very inappropriate	2	9.1
Not Appropriate	2	9.1
According to	13	59.1
very suitable	5	22.7
Total	22	100.0

Based on the results of data processing from the athlete nurturing research conducted at the DISSPORSa Club in Kendal Regency regarding the statement that the club conducts selection for nurturing every new athlete, the majority responded that it is appropriate. The frequency tabulation results showed that 7 people answered very appropriate, 12 people answered appropriate, 2 people answered not appropriate, and 1 person answered very inappropriate. This result indicates that the majority or most respondents answered that the statement related to the club conducting selection for nurturing every new athlete is in accordance with the conditions on the ground.

The discussion of achievements made by a club has its own rhythm that is designed and formulated based on the club's knowledge structured in the team's or club's work program. A club requires a process in creating coaching to optimally achieve the athletes' performance. All of this is inseparable from the cooperation of all units within the management of a club. The sport of volleyball has caught the attention of the community and schools after a beginning that started from volleyball players/athletes, who have regional coaching certifications and are now coaches at the DISSPORSa Club in Kendal Regency since 2016. This brought the volleyball sports branch in the DISSPORSa club of Kendal district to the main focus among schools and the community. The development system for the volleyball team at the DISSPORSa club of Kendal district started in 2016, so by 2016, the DISSPORSa club of Kendal district could start participating in competitions or events, although the results were not yet evident.

The facilities and infrastructure owned by the DISSPORSa club of Kendal Regency do not yet meet the standards, but are quite good, and the Pagerwojo Limbangan Volleyball Court is the training place for players and athletes from the DISSPORSa club of Kendal Regency. For funding the achievement development of volleyball at the DISSPORSa club of Kendal Regency, it still relies on assistance from personal funds and former athletes, as well as contributions from participants who join the volleyball training at the DISSPORSa club of Kendal Regency, as there are no external donors from the government or sponsors.

An organization is a system of cooperative activities carried out by two or more people. From this understanding, it can be concluded that an organization must have interactions among its members. Within it, there are various elements or components that on one hand must be able to work independently, but on the other hand are also required to collaborate with other components. Meanwhile, in addition to being able to manage the components within to ensure good cooperation, an organization is also expected to interact and adapt to the environment; this is absolutely necessary for an organization to continue to exist and develop according to its hopes and goals.

The results of the data analysis show that the organizational condition in the DISSPORSa sports club of Kendal Regency is already well-coordinated, even though its management is quite simple. The role of the management in achieving performance is also significant, although the attendance of the management is not as regular as that of the coaches. However, the management has not been able to carry out activities as they should. Harmony within an organization greatly depends on communication and cooperation among the elements present. Communication in an organization is very important because it allows individuals to connect with each other and exchange ideas, which can broaden one's perspective in working or going about daily life.

The coach in fostering cooperation within the group will eventually be used to build coordination of movement and direction that aligns with the movement and direction of the organization. To achieve coordination in this cooperation, it is very important to carry out communication as accurately and effectively as possible, so that coordination and cooperation are implemented as precisely as possible. Decision-making also requires the most accurate communication because the outcome of the decision-making process should reflect the existence of coordination and cooperation that has been created within the organizational environment.

The completeness of training facilities and infrastructure plays an important role in the development process of athletes. The availability and completeness of facilities such as fields, balls, nets, whistles, buildings, team uniforms, and other equipment that support the training process will greatly affect the quality of the training itself. It cannot be denied that to pursue the availability and completeness of these requires substantial support from management, sponsors, and the government.

The coach at DISSPORSIA Club in Kendal Regency has become a professional coach and has gained a lot of experience over time. The coach of DISSPORSIA Club in Kendal Regency has participated in several training sessions, including regional and national coach training, as guidelines for achievement development at DISSPORSIA Club in Kendal Regency. The coach of DISSPORSIA Club in Kendal Regency has a good foundation in training, especially in terms of mental aspects, but is still lacking in structured and specific program planning according to the players' needs. Without a clear syllabus, the coach may have some difficulty determining the priorities of material (technique, tactics, physical) in each session, and player development may not be optimal.

The coach at the DISSPORSIA club in Kendal Regency has become a professional coach and has gained a lot of experience over time. The coach of the

DISSPORA club in Kendal Regency has attended several training sessions, including regional and national coaching courses as guidelines for the development of the DISSPORA club. The training provided has also been quite varied. Additionally, the coach of the DISSPORA club in Kendal Regency is strict in every coaching process to ensure that the athletes follow discipline in all aspects. Furthermore, the coach always arrives on time.

4. CONCLUSION

The achievement development conducted at the DISSPORA Club in Kendal Regency is considered good. Recruitment of new athletes, professional coaches, good physical training programs, emotional training, adequate facilities and infrastructure, as well as transparent fund management are present. The factors that hinder the achievement development of the DISSPORA Club in Kendal Regency include insufficient funding, which cannot yet be used for optimal operations. Additionally, the absence of a structured training syllabus also makes the training material ungraded, thus making it difficult to measure player development.

5. REFERENCES

- Adzani, I. A. A. Al, & Irsyada, M. (2022). Manajemen Pembinaan Prestasi Cabang Olahraga Bolavoli Di Pbv Gajah Mada Kabupaten Mojokerto. *Jurnal Prestasi Olahraga*, 59–65.
- Apriyanti, E. P., & Wahyudi, A. (2021). Pembinaan Prestasi Cabang Olahraga Bola Voli di Klub DPU Pati Tahun 2020. *Indonesia Journal for Physical Education and Sport*, 2(4), 119–124.
- Arifin, H., & Rumini. (2024). Survei Pembinaan Prestasi Kelas Khusus Olahraga SMP Negeri 1 Bodeh di Kabupaten Pematang. *Indonesian Journal for Physical Education and Sport*, 5(1), 338–348. <https://journal.unnes.ac.id/journals/inapes>
- Arikunto, S. (2018). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Rineka Cipta.
- Hummell, C., Shaikh, M., & Bean, C. (2025). Current state and future directions for youth sport evaluation practices: an empirical study. *Managing Sport and Leisure*, 30(3), 377–398. <https://doi.org/10.1080/23750472.2023.2184714>

- Indrianto, N., & Nurdin, A. (2024). Evaluation of Primary School Inclusive Education Curriculum Based on Context, Input, Process, and Product (CIPP) Model. *Al-Hayat: Journal of Islamic Education*, 8(2), 408. <https://doi.org/10.35723/ajie.v8i2.471>
- Ismiyati, F., Asmawi, M., Dlis, F., Samsudin, S., Taufik, M. S., & Hanief, Y. N. (2023). Evaluation of the Program of Indonesian Potential Young Athlete Training Centers. *International Journal of Disabilities Sports and Health Sciences*, 102–1112. <https://doi.org/10.33438/ijdshts.1378260>
- Maula, A. R., & Amrullah, A. (2024). Pembinaan Prestasi Olahraga Bola Voli Di Klub Satria Sejati Kota Semarang Tahun 2024. *Sport*, 8(2), 449–472.
- Muslih, M., Supriadi, D., Ishak, M., & Sobarna, A. (2024). Evaluation of Athletic Extracurricular Programs. *International Journal of Business, Law, and Education*, 5(1), 1386–1397. <https://doi.org/10.56442/ijble.v5i1.575>
- Nor, M. F., Mashud, & Perdianto. (2024). Analisis Keterampilan Teknik Dasar Bola Voli Pasing Atas Siswa Ektrakurikuler Tindak Lanjut Pembinaan Prestasi Siswa SMPN 3 Banjarbaru. *Jumper*, 5(1), 1–12.
- Rahman, Y. A., Try Putra, R., Jayadilaga, Y., & Yahya Putra, A. (2024). Strategi Pembinaan Prestasi Olahraga Bola Voli. *Jurnal Olahraga Dan Kesehatan Indonesia*, 4(2), 121–130. <https://doi.org/10.55081/joki.v4i2.2628>
- Sugiyono. (2022). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (2nd ed.). Alfabeta.