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## **DEVELOPMENT OF VOLLEYBALL SPORTS ACHIEVEMENTS IN THE PETROKIMIA GRESIK WOMEN'S VOLLEYBALL CLUB**

(Case Study of the Implementation Development Achievement  
Petrokimia Gresik Volleyball Club in East Java)

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### **ABSTRACT**

This study aims to determine the club's background, supporting resources for club coaching, supporting coaching resources, the process of implementing achievement training, facilities and infrastructure, and funding for the Petrokimia Gresik women's volleyball club. The research method used is a qualitative research method with a type of case study research. Data collection techniques using interviews (In-dept interview), participant observation (passive participation), and documentation. The data validity technique uses two triangulation techniques, namely data triangulation and method triangulation. Data analysis was carried out in four stages, namely: the stage of data collection, the data reduction stage, the data presentation stage, the stage of drawing conclusions. The results showed that the development of the game of volleyball was progressing and developing so that in 1990 the women's volleyball team of Petrokimia Gresik was formed. Competent human resources in the coaching process consist of 3 trainers, athletes and administrators with a classification of nationally licensed trainers. Exercises at PBV Petrokimia Gresik are carried out 6 times a week. The facilities and infrastructure of volleyball sports provided by Petrokimia Gresik are

sufficient. Funding for coaching activities can be very sufficient, because Petrokimia Gresik is a state-owned enterprise that can finance all needs in the process of fostering the achievement of Petrokimia Gresik volleyball.

**Keywords:** Development Coaching; Volleyball

## **INTRODUCTION**

The volleyball game is a team sport that is played by six people each team. This game will run well if every player has at least mastered the basic techniques of playing volleyball. With regular practice, a person's ability to master the basic techniques of playing volleyball can be improved. Thus mastery of basic techniques has a very important role before the players improve their ability to higher skills. (Winarno and Sugiono, 2011: 40).

Volleyball basic education and training is a medium to promote physical growth, psychological development, motor skills, knowledge and reasoning, appreciation of values (attitudes, mental, emotional, sportsmanship, spiritual social), and healthy lifestyle habits that lead to stimulating growth and development balanced physical and psychological qualities. Training at volleyball clubs has a specific purpose, which is to make someone an accomplished player for the progress of the gathering. To reach the peak of achievement that is expected to be inseparable from some elements that support volleyball sports activities, including healthy organization, good management, quality human resources, good training facilities and infrastructure, and adequate funding. These elements are interrelated with each other and are integral components that cannot be separated from the overall coaching and training process.

In the world of sports, coaching is a very important factor because the development of a world of sports depends on the coaching of the sport itself. In sports coaching, of course a container or organization is needed such as schools, sports clubs, and others. Guiding the performance of volleyball sports requires a series of coaching processes that start with the volleyball club.

The process of fostering and developing sports achievements also requires athletes who have high potential. To get potential athletes it is necessary to develop and develop achievements in productive age. In addition, the coach's role in improving athlete's performance is also very important. A trainer must have professional skills that are possessing skills and knowledge to improve the abilities and skills of athletes. To find out skills and knowledge skills need certification for trainers, this will support the success of coaching athletes. The coach or trainer should take advantage of the discovery of training models and various research results, this can help in improving achievement coaching. Because achievement guidance must always be increased along with the application of various developments in science and knowledge in the field of sports.

## **METHODOLOGY**

This research was conducted at the Petrokimia Gresik volleyball club on Jl. Raya Tridarma Gresik. The research method used is a qualitative research method with a type of case study research. Data collection techniques used by researchers are interviews (In-dept interview), participant observation (passive participation), and documentation. The data validity technique uses two triangulation techniques, namely data triangulation and method triangulation. Data analysis was carried out in four stages, namely: the stage of data collection, the data reduction stage, the data presentation stage, the stage of drawing conclusions.

## **RESULT AND DISCUSSION**

### **1. Background of the Petrokimia Gresik Women's Volleyball Club**

The Petrokimia Gresik volleyball club is in East Java, precisely in the city of Gresik. The establishment of the PG volleyball club in 1979 was under the responsibility of the Director of PT. Petrokimia Gresik (Persero), namely Mr. Major General. Ir. Sidharta declared the men's volleyball team. The purpose of establishing the PBV at Petrokimia Gresik is to take part in an inter-company championship. The recruitment of players was carried out by the trainer, Mr. Tedjo who was trusted to train PBV at Petrokimia Gresik. The selected players are also made to be employees of Petrokimia Gresik. The players recruited included Gatot S., Etry, Budianto, Bismo, Darmadi, Suyanto, Djoko S., Rubyanto, Yusuf P., Hari Mustofa, Widodo, Kabul Santoso, Budi Sriyono. In 1983-1985 the men's volleyball team

began to excel and in 1987 ranked fourth in the volleyball championship between companies throughout Indonesia. Then in 1996 won between companies in Samarinda.

Because the development of the game of volleyball is progressing and developing, in 1990 there was also formed the women's volleyball team Petrokimia Gresik. In 1991 he won the East Java Championship and took part in the Proliga Championship starting in 2002 and became a finalist in 2006. Because the achievements of the Petrokimia Gresik women's team were faster, the Director of PT. Petrokima Gresik (Persero) decided to focus on fostering women's achievements, while the men's team continued to do training but there was no training specifically and did not last long.

## **2. Human Resources of Petrokimia Gresik Women's Volleyball Club**

The availability of competent human resources in the coaching process consists of coaches, athletes and administrators. From the direct observation data to the PBV secretariat, Petrokimia Gresik, it shows that the number of trainers currently owned is 3 with the classification of nationally licensed trainers.

While the number of athletes owned by PBV Petrokimia Gresik currently amounts to 11 athletes. 8 athletes including members and 3 athletes who are not members, are said to be married, pregnant, and college. For athletes, including members who are obliged to sleep in the mess / dormitory, while for athletes who are not members, they still attend training but are not required to sleep in the mess.

For recruitment the trainer is appointed directly by the technical field and the management concerned. While the recruitment of athletes is carried out by coaches and administrators, especially the technical and administrative fields. The process of selecting athletes is carried out with 2 methods, namely to summon / bring in athletes and also through regional coaching centers. Athletes who are netted and nurtured are those who have half-baked abilities, originating from each region through activities carried out based on the agenda / program of the Department of Education or Dispora such as: O2SN, Popwil, Popda, Popwil Nas, Popnas. Pengprov Agenda such as: Kejurda junior, Kejurda between clubs, National Championship.

## **3. Implementation of Petrokimia Gresik Women's Volleyball Club Achievement Coaching**

Based on observations made by the researchers, the exercises at PBV Petrokimia Gresik were carried out 6 times a week, Monday-Friday morning and evening exercises were

held, while Saturday was only an afternoon exercise. Exercises are carried out in the morning 1 hour only physical exercise using plyometrics, while the afternoon is 2-3 hours. The training program is prepared by trainers and administrators, especially the technical department. So between coaches and administrators must work well together to develop an exercise program.

For the distribution of training components, Monday, Wednesday, Friday technical training is carried out while Tuesday, Thursday, Saturday afternoon physical training is carried out. The implementation of the volleyball sports performance training method at the Petrokimia Gresik women's club was well programmed. This can be seen from the preparation of an exercise program in writing, the training schedule is in accordance with the national level training schedule, the periodization of short, medium and long periods. With a well-programmed training method that can help the progress and development of the performance of the athletes of the Petrokimia Gresik women's team.

#### **4. Facilities and Infrastructures of Petrokimia Gresik Women's Volleyball Club**

From the results of in-depth observations at the location, the researchers found that the volleyball sports facilities and infrastructure provided by Petrokimia Gresik were sufficient. Mr. Putut Sutrimawan as head of the PBV infrastructure facilities in Petrokimia Gresik stated that the most complete infrastructure in East Java is only at the Petrokimia Gresik club. This is by looking at a number of well-maintained inventory items and programmed infrastructure procurement planning. PBV Petrokimia Gresik has its own building for training namely Gor Tri Dharma, in which there is also an athletic dressing room, coach and referee dressing room, first aid room, heating room, toilet, stands for spectators. The lighting and air conditioning in Gor Tri Dharma is good. For air conditioning use natural and mechanical ventilation. Besides gor, other infrastructure owned by Petrokimia Gresik is a fitness center, swimming pool, out door stadium, beach volleyball court, mess athletes and coaches.

Training facilities owned by PBV Petrokimia Gresik in the form of 55 volleyball with 35 conditions in good condition, 20 already bad and damaged, 5 net, and various kinds of plyometrics. Storage of equipment after training in the PBV Petrokimia Gresik warehouse, and in the mess the athletes also have 10 balls and several plyometric tools to train in the mess. With this very adequate facility, it facilitates the process of coaching at the Gresik Petrokimia volleyball club, especially facilitating the trainer in running the training program.

Facilities provided to athletes and coaches are in the form of mess / dormitory, meals, school, THR and health, because Petrokimia Gresik also has its own hospital.

### **5. Funding of Petrokimia Gresik Women's Volleyball Club**

Related to the funding system on PBV Petrokimia Gresik researchers found that funding was made purely from the company. There were no donations from the community through proposals or from the Provincial APBD which were given to each parent of the sport organization through KONI. There are no outside sponsors unless the Petrokimia Gresik team hosts major and official championships such as Livoli and Proliga. Even then only certain companies, such as subsidiaries and company partners.

The financial system at Petrokimia Gresik has no cash. So the management makes a plan every year. If there is a sudden need that has not been written in the planning, the management submits a letter to the Petrokimia Gresik cooperative and then submits it to the center.

From the results of observations and documentation studies, the researchers conducted that the funds allocated for Petrokimia Gresik PBV in carrying out training activities can be said to be very sufficient, because Petrokimia Gresik is a state-owned company so that it can finance all needs in the process of developing Petrokimia Gresik volleyball.

### **CONCLUSION**

Based on the results of research that has been obtained can be concluded that the development of the game of volleyball is progressing and developing so in 1990 there was also formed the women's volleyball team Petrokimia Gresik. In 1991 he won the East Java Championship and took part in the Proliga Championship starting in 2002 and became a finalist in 2006. Competent human resources in the coaching process consisted of coaches, athletes and administrators. The number of trainers currently owned is 3 with the classification of nationally licensed trainers. Based on observations made by the researchers, the exercises at PBV Petrokimia Gresik were carried out 6 times a week, Monday-Friday morning and evening exercises were held, while Saturday was only an afternoon exercise. Exercises are carried out in the morning 1 hour only physical exercise using plyometrics, while the afternoon is 2-3 hours. The volleyball sports facilities and infrastructure provided by Petrokimia Gresik are sufficiently adequate for the PBV Petrokimia Gresik funds to carry

out coaching activities which can be said to be sufficient, because Petrokimia Gresik is a state-owned company so that it can finance all needs in the process of Petrokimia Gresik volleyball.

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