

# c6-Volleyball Coaching Phylosophy Profile

*by* Sujarwo Sujarwo

---

**Submission date:** 30-Jun-2020 06:28PM (UTC+0700)

**Submission ID:** 1351755319

**File name:** c6-Volleyball\_Coaching\_Phylosophy\_Profile.pdf (653.78K)

**Word count:** 4108

**Character count:** 21258

**PAPER** · OPEN ACCESS

## Volleyball Coaching Philosophy Profile

8

To cite this article: Sujarwo *et al* 2017 *IOP Conf. Ser.: Mater. Sci. Eng.* **180** 012180

View the [article online](#) for updates and enhancements.

## Volleyball Coaching Philosophy Profile

Sujarwo\*, N I Pangastuti, C P Widi

Sports Sciences Faculty, Universitas Negeri Yogyakarta, Indonesia

\* jarwouny@gmail.com

**Abstract.** The purpose of this study was to determine how the profile national volleyball coach in Indonesia, as a measure of other coaches who will be a better coach. Issues to be raised in this study is the gap between the expectations of the government in this case ministry of sports where the number of trainers and training facilities is increasing or modern, but the reality on the ground that the achievement of the national volleyball frustrations. This study aims to find out what the philosophy of each national volleyball coach in Indonesia. The study design used in this study is a qualitative research, and data collection techniques using in-depth interviews, pieces of observation and documentation. Research subjects in this study is the national team coach volleyball Indonesia recorded in National Federation coach or former coach of three people and athletes and former athletes 7 people. The results of the research that the coach's philosophy volleyball coach in Indonesia is in conformity with the objectives and philosophy of the sport volleyball is the sport to improve the quality of life by way of hard training and competition passed easily then hope achieve maximum performance.

### 1. Introduction

Coach is someone who has hugest responsible of the training process. Responsible of coach in training process always help athletes in training process and also competition. A coach differs from a teacher on the basis of his knowledge also. Teacher possess knowledge related to all the event, but a coach possess specialized knowledge related to particular event. Thus, for national and international level competitions, teacher is not sufficient, but need of coach arises, Kumar [1]. every coach has own philosophy in their coaching. This shown a coach has their personality and also shown their own coaching style. Coach experiences in coaching process were the main factor. Every coach has understood their task as a role model for their athletes. Ability of coach playing the role in his coaching depends on: experiences, knowledge, values, argue, and trust. In their every coaching process coach always do their coaching philosophy but may be they didn't realized. Coach should understanding their personality them self to understanding values in every coaching process. Coaching philosophy includes coaching aspect in coaching and coaching process, to consistently positive values to athlete. Advantages of coach that have consistently and coach would be honor if he or she trusted. Likewise, no less important is that the reality is not only the philosophy of opinion is often expressed. Philosophy is not just you want to be anybody but who you really are. According to Haefnerr [2] this will greatly affect the problems in the training process, and the decision of a coach and also a reaction to the problems in the practice. Of course, this policy is always changing as we get experience. Therefore, the philosophy should be kept in mind continuously, although it is always evolving with increasing personal experience that has been passed. Coaches who have a strong philosophy and strong character will have advantages in forming attitudes and also the vision of athletes towards the achievement of the right. Volleyball



coach national team Indonesia at this time is sufficient both in the license, and also experience in bringing the national team, as well as facilities and infrastructure practice is also very supportive but the reality on the ground achievements volleyball we are still a long way to clumps of Asia such as Thailand, China and Korea. Some of the reasons are the basis of researchers to conduct research evaluation Volleyball Coach's philosophy.

## 2. Methods

### 2.1. Coaching Philosophy

Coaching philosophy is a set of beliefs, principles and values espoused by the coach which is reflected in his behavior. According to Lyle et al. [3] coaching philosophy is a statement that the comprehensive nature of the nature, beliefs, and behaviors that are reflected in the behavior of the coach in practice. A coach who has a good philosophy and can manifest in behavior will assist the coaching process is done. Each coach has a different philosophy, but an outline, the coach has the experience and wisdom that increases the stronger is his philosophy. Strong and weak coaching philosophy that is owned by a trainer, should be able to develop and achieve the objectives to be achieved. The goal of each trainer is certainly within the realm of overall development of the athlete's ability and achievement. Coach with a great philosophy is a coach who is able to bring the athletes until reach game point, but how the coach is able to optimize the rest of the time owned Zoccoli [4]. Coaching philosophy is a "potion" or one that is very important for all coaches consciously or not the coach should have a philosophy of this coach. It is important for a coach to always learn, develop, and fix the coaching philosophy that is already owned. Because the philosophy of this coach will be a guide for the coach to be always on the track or track coaching objectives, establish the identity of the coach of each team, and the coach could have been better. Every great coach periodically seek to improve their knowledge, often to reflect on the results of the exercise, and developing his philosophy, so that these things can be said to be "formula for success" for a coach. Most coach's philosophy will evolve or change over experience gained. Through the experience that is the maturity of a coach forged, and eventually will be stronger as a coach full of experiences later. The philosophy of this coach there are no right or wrong, only with this philosophy we can see how the vision of the coach with the results obtained. Philosophy coaches show personality and also the trust or confidence of the coach. But as a coach must constantly improve or develop philosophy, reflect, and document them. As a coach, as part of his coaching philosophy is to focus on the possibility of fundamental movement of athletes. Not only the fundamental movement that can make a team to be very good, but the motion of an athlete becomes fundamental to make a good start to understand him as an athlete must master those skills. With so athletes can know there are two models of coaches, as follows: 1) The trainer focused by training athletes with a "system and also the tactics" of trainers who might later not be useful for the future, or 2) a coach who focuses on developing the ability of individual athletes. According to Miller [5] a respected and trusted coach is a role model and a youth leader. Coach who can take the team to a higher level by means of what they say or do are the very definition of a good coach, Waite [6].

### 2.2. Develop Philosophy

By Reynolds [7] in developing the philosophy of coaching formally, a coach can develop the skills best through 3 components with the aim to become a better coach, to increase the satisfaction of both athletes and coaches, and for a reward of the highest in sports performance. The three components are: 1) Know yourself, your strengths, weaknesses, and areas that must be addressed. 2) Understand what is going to be faced and the obstacles that must be passed, 3) Understanding the athletes, their personalities, abilities, goals, and why they participate in your practice. Every coach should improve their philosophy with experiences and also learning from others coach. Every coach is also need a luck, or something that needed by coach when handles for a team during competition. Coach need to have positive things in his live and his team need for reach the purpose. It is call synchronicity implies there is no such thing as luck but rather an alignment of things coinciding simultaneously to work in our favor. One way to

manifest this synchronicity is to intentionally build the physiological “know-how” in every team member. Below are seven key ingredients to build inside your people to increase the chance of success: 1) Grow every intelligence, 2) Understand how to grow and inspire confidence in your people, 3) Build the “know-how” of pointing and recognizing common dysfunctions of teams, 4) Build “system-thinkers”, 5) Build “productive Thinkers”, 6) Grow the “know-how” of using adversity to accelerate progress, not stagnate movement, 7) Grow the “know-how” of leaderships successions Burt et al [8]. During youth competition, coach should be as a cheerleader. The motivation words should right, Bliss [9]. Before competition coach also should knowing the differences between level of team, to establish their objectives and try to achieve the next level, Palao G.M et al [10]. To prepare a team coach should consider their importance in the game and the amount of practice necessary to improve the technical, tactical and physical fitness aspect of each of them, Javiera et al. [11]. Beside technical, tactical and physical fitness a volleyball player also need a mental toughness, bot man and women need this mental toughness, Kumar S et al [12].

### 2.3. Evaluation on Coaching Philosophy

Evaluation is the process of determining the value or price is collected. Evaluation is the process of giving consideration or sense of the value and meaning of something to consider. Giving due consideration to the value and significance cannot be done arbitrarily; the evaluation should be based on certain principles. Evaluation is always carried out with reference to the objectives to be achieved in an activity. According to Martens [13] identified five principal areas that should the coach focus on, among others: the purpose of training, style train, evaluate and improve communication skills, strengthening principles and understand the motivation. Coaches are responsible to organize themselves and service must be based on the norms and standards of the profession. Here is the area's ability trainer should be evaluated, according to Martens [13]: 1) Health and safety, 2) ability to communicate, 3) Ability to train, 4) interpersonal skills, 5) short-term plan until long, 6) The structure and content in practice sessions, 7) Knowledge and experience, 8) the ability to control the athlete, 9) Monitoring of the athletes, 10) the level of flexibility in both the physical and wisdom. Coach should consider the athletes first than winning. So when training held Coach must concern in the way of their athlete jumping and landing technique, Mark D. Tillman et al. [14]. beside the jumping and landing techniques coach also focusing how the strength of leg and shoulder of volleyball players, this relevant with Charjan PS [15]. On this study used a qualitative approach; researchers are trying to understand the philosophy of the national volleyball team coach in Indonesia. The instrument will be used by researchers that the researchers themselves, assisted by the guidance interview. Data or information in the field explored using interview techniques, documentation, and questionnaire. Adopt from some instruments from previous research and modification of the researchers themselves. Data were analyzed using qualitative descriptive technique.

## 3. Result and Discussion

### 3.1. Result of Research

Based on data collection in the field, researchers obtained data is that the coach - the coach of the National Team volleyball in Indonesia have a philosophy or perspective of a coaching concept is as follows:

#### 3.1.1. Coach

3.1.1.1. *Helping athletes to improve their quality of live through volleyball (by. Putut).* According to the source or the first coach that through the sport of volleyball is expected to improve the quality of life by obtaining sporting achievements and the achievements obtained can help the lives of these athletes. Quality of life is meant to improve the volleyball skills a person, that person is expected to be useful for you, family, and nation. The ideal coach should indeed equip with national and international FIVB

license, because it supports the understanding and knowledge in coaching. Informant has to through phases of both national and international license from FIVB. The coach also has been awarded as the best coach of the national, Professional League and also the region. Experience holds the national team from 1999 until 2000. The experience of holding the national team is also strongly contributed ability to coach in preparing the players for the championship. Language and communication skills are also a must-have volleyball coach as supporter to understand the rules or the rules of the game of volleyball or communicate with the athletes. Books - supporting books of knowledge in training, such as methods of physical training, the coach's philosophy, theory and methodology of training, sports psychology and so desperately needed by the coach. With reference to and also results of recent studies strongly support related volleyball coaches in designing a training or preparation to understand ourselves. Introspection usually done in a way out from the crowd makes the mind feel clear-headed in order to evaluate them. Introspection makes us able to accept the result of the match is in accordance accomplishment. Knowing your opponent by show the match or competition and see the skills of them. A coach must always follow the development of the opposing player / game. How to understand the athlete to live with them, communicate verbal and non-verbal well. A good coach is coach whom dares to sacrifice, to sacrifice to build trust coach-athlete athletes so that athletes want to train with the best and desired achievement was reached. Coaching is an investment of time. The coach must be able to promote someone else, not you. Hopes for coaches that there is to be willing to sacrifice and organize family life. A good coach and succeed will certainly take a lot of time, time will run out just for the athlete's.

*3.1.1.2. Training Hard, Play Easy (by Sigit.A).* According to the source 2 that with hard training, then all the convenience will be obtained during the match. This is in line with the principles and practice to limit the time the championship will also be easier to ask best perform, because it has trained nearly the same and may exceed circumstances or exercise with a championship game. Coach's whom handle the national team one criterion is licensed by FIVB international level 1. Still there are some coaches who do not have a license level 1 FIVB. This is because the schedule obtained from the FIVB for the Indonesian region is still lacking. Award organizers obtained from both local and national is one of the goals. The ability and experience of the coach in the Championship is one of the keys to success in managing a team coach. Gained experience of playing coach in the international arena is a valuable experience for the athletes or coaches. The courses of coaching are indispensable for the coach. An example of the training course is physical conditioning and fitness' method for volleyball. A book or a good reference book on the results of training or other support is needed by the coach. The quality and quantity of reference books owned coach should cater for the training needs. The advantages and disadvantages of each coach is different. Here are the included advantages such coaches: coaches as former athletes, coaches receive training from foreign coaches and foreign instructors while attending training schools and trainers to understand and follow the development of modern training. Here is a coach that included a shortage of them: coach less flying hours in coached and much less chance to be a head coach. The coach must try to understand the material in a manner opposing team coaches come directly into the field to see the material's ability opponent, recording a match and then analyse it. The coach also had to prepare its athletes in the face of a national championship by way of maximal exercise and train the advantages and disadvantages athletes.

*3.1.1.3. Hard training and disciplines to become the winner (by Barsyah D).* According to the source the third coach, convey the philosophy is the discipline and rigorous training is a requirement to be a winner and a champion. The coach also still feels that continuous learning still needed and also the advantage according to him is another person who can judge. According to the coach understands the player's character is very important to bring the team success, advantages and disadvantages of their own team and the opposing team is also very necessary to understand. Undergraduate background exercise is also very supportive of this trainer master sciences sport. The program of seminars and workshops on sports science such as physiology, exercise programs, and the physical condition or physical condition are often followed to broaden and upgrade the knowledge and new knowledge.

Certificate coaching also supports coaches in the insight and experience of policy decisions in international events. As the coach of national team coach still felt the need some support as in the preparation of the team following the international championships such as the SEA Games or ASEAN Games, need training camp long, so that preparation, as well as a free trial or try out abroad so as to provide enough experience for coaches and athletes in order to face international championships.

### 3.1.2. Athletes

3.1.2.1. *The first resource was M. Zainuddin.* Championships have been followed Sea Games and Olympic Qualifying. Coaches whose handle when it by Mr. Lee. The Championships' result earned Sea Games gold and silver. According to his views on the current national team that could actually be good, with a record of the selection of players to be nice, and have been selected based on quality instead of proximity. The ideal national team coach by the informant is LQJ and PM. LQJ coach advantages: a) start preparing training materials, how to divide the portion of the exercise, b) approach with great athletes, c) use of exercise experience / training. PM advantages: a) the ability of almost the same as LQJ, b) Scientific exercise more incoming (back ground level).

3.1.2.2. *The second resource person was Marjoko S.* Championship clubs in Asia Pacific and the Sea Games. The coach who handles was Putut M and LQJ. Results of the championship were silver and gold medals. According to his views on the national team at the moment is the need for better mental development in order to form the character of a player with a winning mentality. Ideal coach according to the second speaker is LQJ and Putut M.

3.1.2.3. *The third resource person was Andri W.* Championships have been followed Sea Games and South East Asia Games. The coach who handles were Winarto and LQJ. Results of the championship gained 2 gold, 1 silver and bronze. According to his view of the volleyball national team today is less development, and less hours of flying overseas competition. The ideal coach is a resource according to the PM and LQJ. The ideal coach according to sources is a tough coach, authoritative and concepts targeted exercise program.

3.1.2.4. *The fourth interviewee was Rivan N.M.* Championships have been followed Sea Games, U23 Asia and South East Asia School Games. The coach who handles was Barsyah and LQJ. Championship results obtained 2 silver and 1 bronze. According to his views on the national team at the moment were the need for many matches abroad and the need for a longer training camp. Ideal coach thinks is IB.

3.1.2.5. *The fifth interviewee was Rendy FT.* Championships have been followed Sea Games, U23 Asia, and South East Asia School Games. Results of the championship gained 1 gold, 1 bronze and ranking 9. A look at the current national team must be more to try out overseas and long-term training camp. The ideal coach was Sigit A.

3.1.2.6. *The sixth interviewee was Samsul K.* Championships have been followed Sea Games. The coach who handles was Barsyah. Championship results 1 silver and 1 bronze medal. This view of the current national team; need long-term training camp, often competes abroad. Barsyah was ideal coach.

3.1.2.7. *The seventh interviewee was Machfud NC.* Championships have been followed Sea Games. The coach who handles was Barsyah. Results of the championships were 2 silver and 1 bronze medals. This view of the current national team, it is necessary to compete abroad more. The need for long-term was training camp. Barsyah was ideal coach.

### 3.2. Discussion

Based on the results of research that philosophy volleyball coach in Indonesia that the coach who will handle or carry the national team volleyball indoor volleyball in particular it is necessary to learn the character of each athlete. The aim is to study the character of the individual and the individual habits of the coaches to easily determine the target exercise and the exercise menu. Volleyball coach in Indonesia should have a firm attitude, authoritative, capable conduct the exercise program is right on target. The need for coaching athletes to the national team with a training camp long term, and try out abroad propagated to increase flying hour's athletes and coaches and athletes can build a champion mentality.

18

### 4. Conclusions

Based on the results of research and discussion that philosophy volleyball coach in Indonesia is in conformity with the objectives and philosophy of the sport volleyball is the sport to improve the quality of life by way of hard training and competition passed easily then hope achieve maximum performance.

### References

- [1] Kumar R 2012 Scientific Methods of Coaching and Training India, Chawla Offset Printers.
- [2] Haefnerr J 2016 Basketball Coaching Philosophy URL [https://www.breakthroughbasketball.com/coaching/coaching\\_philosophy.html](https://www.breakthroughbasketball.com/coaching/coaching_philosophy.html). Accessed April 4th 2016.
- [3] Lyle J and Cushion C 2010 Sports Coaching: Professionalization and Practice. China: Churchill Livingstone
- [4] Zoccoli J 2014 Coach's Corner: Philosophies for managing teams during mergers and acquisitions Texas Josara Media.
- [5] Miller, B. (2005). The volleyball handbook. Human Kinetics.
- [6] Aite, P. (2009). Aggressive volleyball. Human Kinetics 1.
- [7] Reynolds F 2005 Coaching Philosophy URL <http://www.brianmac.co.uk/coachphil.htm>.
- [8] Burt M and Insell R 2011 The Anatomy of Winning Maximum Success.
- [9] Bliss D 2010 Coaching kids to become a winner in life-through sports Sports4success.com
- [10] Palao G.M, Santos J.A, and Urena A 2004 Effect of team level on skill performance in volleyball International Journal of Performance Analysis of Sports
- [11] Javier Pena, and Marti Casals 2016 Games-related performance factors in four European men's professional volleyball championships Journal of Human Kinetics
- [12] Kumar S, Singh N.S, and Mitra S 2016 Comparison of mental toughness between male and female volleyball players of 12th South Asean Games International Journal of Applied Research
- [13] Martens R 1997 Successful Coaching Champaign Human Kinetics.
- [14] Tillman M.D, Hass C.J, Brunt D, and Bennet G.R 2004 Jumping and landing techniques in elite womens volleyball Jurnal of Sports Science and Medicine
- [15] Charjan P.S 2016 Comparison of shoulder and leg strength between volleyball and handball players International Journal of Physical Education, Sports and Health.



# c6-Volleyball Coaching Phylosophy Profile

## ORIGINALITY REPORT

21%

SIMILARITY INDEX

16%

INTERNET SOURCES

9%

PUBLICATIONS

14%

STUDENT PAPERS

## PRIMARY SOURCES

1

[china.iopscience.iop.org](http://china.iopscience.iop.org)

Internet Source

6%

2

Submitted to Universitas Pendidikan Indonesia

Student Paper

4%

3

Submitted to University of Hull

Student Paper

2%

4

[dspace.nitrkl.ac.in](http://dspace.nitrkl.ac.in)

Internet Source

1%

5

E Irianti, S ilyas, Rosidah, S Hutahaeen. "Hsp70 Expression Profile in Preeclampsia Model of Pregnant Rat (*Rattus norvegicus*) after Giving the EVOO", IOP Conference Series: Materials Science and Engineering, 2017

Publication

1%

6

[ijrra.net](http://ijrra.net)

Internet Source

1%

7

[www.tandfonline.com](http://www.tandfonline.com)

Internet Source

1%

[mafiadoc.com](http://mafiadoc.com)

8	Internet Source	1%
9	<a href="http://www.jssm.org">www.jssm.org</a> Internet Source	1%
10	Rui Marcelino, Isabel Mesquita, José Afonso. "The weight of terminal actions in Volleyball. Contributions of the spike, serve and block for the teams' rankings in the World League 2005", International Journal of Performance Analysis in Sport, 2017 Publication	1%
11	Javier Peña, Martí Casals. "Game-Related Performance Factors in four European Men's Professional Volleyball Championships", Journal of Human Kinetics, 2016 Publication	1%
12	Submitted to Bolton Institute of Higher Education Student Paper	1%
13	<a href="http://www.kheljournal.com">www.kheljournal.com</a> Internet Source	<1%
14	Submitted to UCFB Student Paper	<1%
15	Submitted to University of Cumbria Student Paper	<1%

16

Submitted to Auckland University of Technology

Student Paper

<1%

---

17

coziestlovenest.blogspot.com

Internet Source

<1%

---

18

Submitted to Binus University International

Student Paper

<1%

---

19

repository.usu.ac.id

Internet Source

<1%

---

20

Submitted to United States Sports Academy

Student Paper

<1%

---

21

Submitted to Bournemouth University

Student Paper

<1%

---

22

www.esciencecentral.org

Internet Source

<1%

---

23

Submitted to University of East London

Student Paper

<1%

---

Exclude quotes Off

Exclude matches Off

Exclude bibliography Off