

Training of Artistic Gymnastics Coaches in Preparation for PORDA DIY 2025

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ABSTRACT: Artistic gymnastics coach training aims to improve coaches' understanding of basic techniques and strategies for coaching artistic gymnastics athletes. In addition, coaches are equipped with training methods in accordance with national artistic gymnastics competition standards in order to apply a more effective approach. This activity also provides the latest insights into changes in regulations and scoring systems in artistic gymnastics, so that coaches can adjust training programmes to the latest provisions. With this improvement in coaching quality, it is hoped that DIY athletes will be able to compete competitively in the 2025 DIY PORDA. Cooperation between the UNY PKM Team with PENGDA PERSANI and KONI DIY. This activity was held for two days at the Gymnastics Hall of Yogyakarta State University (UNY), involving 30 participants from five regencies/cities that are members of PERSANI DIY. Training methods included theory and practice, including modern training techniques, training management, and athlete mental development. Targets to be targeted include theoretical understanding of practical application skills and the level of satisfaction of participants in participating in the training, with these results participants will get a certificate endorsed by KONI DIY. This training effectively supports the coaching of DIY artistic gymnastics athletes to improve performance at PORDA 2025 while creating a sustainable coaching system.

KEYWORDS: Coach Training, Artistic Gymnastics, Competence, PORDA DIY 2025

I. INTRODUCTION

Artistic gymnastics is one of the sports competed in the 2025 DIY Regional Sports Week (PORDA). The success of athletes in achieving optimal performance is not only determined by their physical and technical abilities, but also by the quality of coaching received. Currently, there are still several obstacles in the development of artistic gymnastics in DIY, one of which is the limited number of coaches who have certification and in-depth understanding of training methods in accordance with competition standards (Harmanpreet Kaur, 2023). In addition, the development of techniques and regulations in artistic gymnastics continues to change, so coaches need to get updated knowledge and skills in order to effectively guide athletes. Therefore, efforts are needed to improve the quality of coaches through structured training programmes based on competition needs (Agus Mahendra, 2023).

The achievement of an achievement in the field of sports is basically the accumulative result of various aspects or elements that support the realisation of achievement. Achieving achievement is a multi-complex effort that involves many factors both internal and external, (Sriwahyuniati, 2020). Based on internal factors from athletes themselves who have high motivation in achieving achievement. While the external factors are influenced by (1) support from the family, (2) support by policy makers (KONI, PENGPROV, PENGDA, PENGKAB, etc.), (3) facilities and infrastructure, (4) quality of training which is the main support for achieving sports achievements, (5) professional trainers.

A good coach is a coach who has sufficient knowledge, art and experience to support their performance. Good training will have a positive impact on the development of athletes in technical and mental aspects. According to Bompa and Haff (2009), coaches who understand periodisation and appropriate training methods can significantly improve athlete performance. Therefore, coaches must continue to develop their skills in order to be able to design training programmes that are in accordance with the characteristics of athletes and the demands of competition. The profession of a coach is a job that requires certain expertise to master the field. (Triyasari, 2016) states that a coach in carrying out his duties requires certain skills that must be mastered, so that work as a coach can also be called a profession. In line with the thoughts of Brooks and Fahey (1984) in Situmorang's article (2019: 2) argues that the coach has the task of being a planner, leader, friend, guide, and controller of the training programme.

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Zhao (2023) says that 'The requirements to become a coach are that they must have a relevant educational background, have experience in the sport they are engaged in, and are willing to pursue additional education.'. in other words, a coach must have broad insight, must have a clear training programme planning). In Indonesia, gymnastics coaching still faces challenges in terms of limited human resources and adequate infrastructure (Suharno, 2020). This causes the quality of training received by athletes to be less than optimal. With continuous coach training, it is hoped that there will be an increase in the quality of coaching that is more focused and effective.

Based on data collected from various regional gymnastics championships, it appears that athletes from DIY are still experiencing problems in mastering basic techniques compared to athletes from other provinces. Therefore, increasing the competence of trainers through systematic training is one of the strategic steps in preparing DIY athletes to be more competitive in the 2025 PORDA event.

By considering these factors, this training programme is expected to be the right solution to improve the quality of artistic gymnastics coaching in Yogyakarta. Through an approach based on the development of coaching science and best practices in gymnastics, it is expected that coaches can apply more effective methods in guiding athletes towards their best performance.

II. METHOD

This study used a descriptive evaluative approach through artistic gymnastics coach training activities to support the preparation of PORDA DIY 2025. The targets of the activity were 30 trainers from five districts/cities in Yogyakarta, each sending six participants facilitated by professional trainers.

The training was conducted over two days with a combination of theory and practice. The first day focused on theory, including modern coaching techniques, athlete mental development, and training management. The second day focused on hands-on practice in the form of training simulations and performance assessment. Programme evaluation was conducted through observation of implementation, discussions with participants and experts, and analysis of the achievement of training objectives. The results of the evaluation are used as a basis for improvement to increase the effectiveness of training in fostering gymnastics athletes in the region.

III. RESULT AND DISCUSSION

Result

The results of the evaluation of the implementation of the Artistic Gymnastics Coaches Training in Preparation for PORDA DIY 2025 showed an increase in theoretical understanding among participants. Through the delivery of material by artistic gymnastics experts, the coaches gained a deeper insight into basic techniques, training strategies, and athlete management. In addition, the participants' ability to apply theory into practice also increased. This can be seen from the simulation and hands-on practice sessions, where participants were able to apply the material they had learnt to real training situations. The demonstration and movement analysis methods used also helped participants to identify and correct technical errors.

The participants' level of satisfaction with the training was high. Based on the pre- and post-training questionnaires, the majority of participants stated that the training provided significant benefits to improve their competence as trainers. As a form of recognition, participants who fully participated in the training and completed the entire series of activities received an official certificate authorised by KONI DIY.

Discussion

The increased understanding of theory experienced by participants is an important foundation in forming more professional coaches. Greater insight in terms of basic techniques, training strategies, and athlete management is needed to support the development of artistic gymnastics in Yogyakarta. In addition, the ability to put theory into practice shows that a training approach that combines theory and practice is appropriate. Simulations and movement analyses provide hands-on, applicable experience, so that coaches are better prepared to face challenges in the field.

The high level of participant satisfaction indicates that the training method is effective and suits the needs of the trainers. The presence of professional instructors, systematic delivery of material, and opportunities for hands-on practice are important factors in the success of this activity. The certificate provided is not only a formal proof, but also a form of recognition of their improved competence. This contributes to the improvement of coaching standards at the local level.

Overall, this training had a positive impact on the coaching of DIY artistic gymnastics athletes. By improving the quality of coaches, it is expected that athlete performance at the 2025 DIY PORDA can be more optimal. In addition, this training also provides a basis for creating a sustainable coaching system, where coaches who have attended the training can continue to develop themselves and foster the next generation of coaches.

IV. CONCLUSION

The Artistic Gymnastics Coach Training Programme in preparation for PORDA DIY 2025 has been successfully implemented with positive achievements. This activity provides a significant increase in the competence of coaches, both in terms of theoretical understanding and applicative skills in coaching practice. The delivery of material by professional speakers, theory and practice-based training methods, and active participation of participants are key elements in the successful implementation of activities. The provision of certificates by KONI DIY is also a form of formal legitimisation of the improved quality of trainers who have participated in this training.

Overall, this training activity plays a strategic role in supporting the development of artistic gymnastics athletes in the Special Region of Yogyakarta. It is hoped that the coaches who have attended the training will be able to become the driving force for improving the quality of coaching in their respective regions. More than that, this activity also supports the creation of a sustainable and competency-based coaching system, which in turn will have an impact on improving the achievements of DIY athletes in the 2025 PORDA event and other championships.

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