

Improving the Quality of Volleyball Trainers in Wedomartani Village, through Volleyball Technical Training and Training Sports Psychology

by Dimyati, Sujarwo, Komarudin

ABSTRACT

The problem faced by this PPM partner is the low quality of volleyball coaching that occurs in the village of Wedomartani, Ngemplak, Sleman Yogyakarta. An indicator of the low quality of volleyball coaching is the presence of teenagers who practice experiencing ups and downs and even tends to drop out. Various studies have revealed that coaches have a strategic position and an important role to help young players learn how to regulate thoughts, emotions and behavior in their sporting experience. Therefore they must understand the psychological aspect. Besides being required to have an understanding of the psychological aspects of sports so that the process of coaching volleyball athletes goes well. A coach must also be able to master the techniques of training or teaching well. Various studies confirm that this method will improve the quality of volleyball training so that young players will not drop out. There is a moral responsibility on the devotees as academics who study the fields of sports psychology and volleyball coaching to find solutions to the problems mentioned above. The solution offered is to organize PPM activities in the form of technical training to train volleyball and sports psychology in the form of training. Based on these two activities, the outcomes obtained are: (1) an increase in understanding of aspects of sport psychology and skills to train volleyball coaches to improve the quality of volleyball sports coaching, this is reflected in the significant difference between the results of the pre-test and post-test. tests; and (2) an increase in the quality of volleyball sports coaching. This was identified based on the results of observations for 6 weeks that none of the trainees dropped out.

Kata Kunci: *training, sports psychology, volleyball technique, quality, trainer*