

## **Coach's Knowledge of Physical Conditions and Statistics in Volleyball**

**by Sujarwo, Budi Aryanto, Cukup Pahala Widi**

### **ABSTRACT**

Problems with partners, in this case trainers at the PBVSI district government. Bantul lacks knowledge regarding volleyball coaching from related parties. Volleyball coaches in Bantul district need upgrading and referencing current developments in volleyball, including knowledge of strategic tactics in volleyball, statistics and development of physical condition. The solution offered by the service team is providing material about tactics and strategy in volleyball, statistics in volleyball and physical conditions in volleyball. Participants in the coaching clinic activity for volleyball coaches in Bantul Regency, totaling 60 people, were divided into 13 clubs in Bantul Regency and others from outside Bantul Regency. The coaching clinic is held for a day and the progress of the application of the material that has been monitored is monitored for 3 months and during the match the coach takes the team through the application of strategy, tactics, statistics and physical condition. There was an increase in the knowledge of volleyball coaches from the mean mean before this service was: 63.33, increasing to 84.44 after the service was carried out. The trainer's knowledge of the material, both physical conditions and also statistics in the game of volleyball, is becoming more complete with the information in this service program. In conclusion, with the coaching clinic activities for volleyball coaches in Bantul Regency in 2023, the coaches' knowledge about training physical conditions and statistics in volleyball has increased.

Kata Kunci: *Coach, Physical Condition, Statistics, Volleyball*