



East Java Contingent Training Methods to Win Medals in Kabaddi Sports at PON XXI Aceh – North Sumatra 2024

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ABSTRACT

Keywords:

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Training Methods.

Kabaddi is a sport from India that has only developed in Indonesia since 2008 and began to be officially competed in the East Java Contingent Training Methods to Win Medals in Kabaddi Sports at PON XXI Aceh – North Sumatra 2024. The performance in this sport is largely determined by proper training methods, given its high physical and tactical demands. This study aims to evaluate the effectiveness of the East Java contingent training method in preparation for PON XXI 2024, especially in the National Style and Seven for Five categories. The study used a qualitative method with a biographical approach, involving athlete Abraham Johns Evangelista and two coaches as informants. Data were obtained through interviews, observations, and documentation. The training program lasted for three months with an intensity of nine sessions per week, each lasting 90–120 minutes. The results showed that despite some shortcomings, especially in the general physical training phase, the structured program—including physical exercises, techniques, tactics, and match simulations—managed to bring the East Java team two bronze medals. The conclusion of this study confirms that planned and systematic training methods can improve the performance of Kabaddi athletes. The implication of this finding is the need to enhance periodization, particularly by adding general preparation phases and strength training, so that the performance of the East Java contingent can be improved in future competitions.

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INTRODUCTION

Kabaddi is a sport that originated in India. This sport is a full contact team sport which has recently begun to be known in Indonesia. The demands of physical prowess, intelligence, and decision-making are indispensable in sports *Kabaddi* (thesis et al., 2015). To achieve success and quality in sport *Kabaddi* This, complex physical factors such as strength, explosiveness, durability, agility, and reaction time speed are indispensable. Therefore, it is important for coaches *Kabaddi* to use effective training methods to improve the performance of Kabaddi athletes (Guggari, Maharudrappa and Singh, 2024).

Efforts to develop the sport *Kabaddi* creating and improving the achievements of Indonesian athletes, the Executive Board of the Indonesian Kabaddi Sports Federation (PB FOKSI) as the organizer of the XXI National Sports Week 2024 Aceh – North Sumatra which is held every 4 years is attended by all athletes at the national level throughout Indonesia by carrying the names of their respective provinces. Before being able to compete in the National Sports Week (PON), each province must first compete in the qualifying round of the National Sports Week (BK PON). Several provinces that have qualified for the

qualifying round of the National Sports Week (BK PON) will compete for medals at the National Sports Week (PON) (Aditria & Wiododo, 2022). The implementation of PON XXI in 2024 is a historic momentum because for the first time sports *Kabaddi* officially competed at the event *multi event* at the national level. The match was held at the Lubuk Pakam Sports Hall, Deli Serdang, North Sumatra, and took place from September 9 to 13, 2024 (Nadirasi et al., 2024).

PON XXI 2024 Aceh – North Sumatra activities in 2024 in *Kabaddi* sports, involving 7 provinces, namely Bali, East Kalimantan, West Nusa Tenggara, Aceh, North Sumatra, Lampung, and East Java.

Table 1. Data on the Medal Acquisition of Kabaddi Sports at the XXI National Sports Week 2024 Aceh – North Sumatra

Event	Gold	Silver	Bronze
National Style Putra	Bali	East Kalimantan	West Nusa Tenggara, East Java
National Style Putri	Bali	East Kalimantan	North Sumatra, Lampung
Seven For Five Putra	East Kalimantan	Bali	West Nusa Tenggara, East Java
Seven For Five Putri	North Sumatra	Aceh	Bali, East Kalimantan

The medal acquisition data above in this article shows that East Java got 2 bronze medals. The acquisition of the East Java contingent that brought 2 bronze medals at PON XXI 2024 Aceh – North Sumatra is proof and early sign of quite good achievements in the *Kabaddi* sport in East Java as well as a gap that can be seen and evaluated by researchers. Currently, the researcher wants to see and evaluate in terms of training the *East Java Kabaddi* team ahead of PON XXI 2024 Aceh – North Sumatra. The purpose of this evaluation is to see the shortcomings of the training methods used by the East Java *Kabaddi* team ahead of PON XXI Aceh – North Sumatra so that in the future the training methods provided can be more appropriate and hopefully can provide maximum results in the development of *Kabaddi* sports achievements in East Java.

The Training Method is a planned, systematic, and continuous process that is carried out through physical, technical, tactical, and mental stimulation with the aim of improving the sports abilities and achievements of an individual or team (Ghosh & Math, 2020). Training is now generally recognized as a scientifically based and systematic program that is fundamental to the pursuit of performance improvement in sports (Patnaik, 2024). The development of physical exercise is divided into three, namely general physical exercise, specific physical exercise and high-quality specific physical exercise towards competition (Ghosh & Math, 2020). In recent decades, sports training has undergone development as a consequence of science-driven advances (Pol et al., 2020). Sports training *Kabaddi* East Java has been held centrally for the past three months as intensive preparation ahead of the PON match. Because of the sports branch *Kabaddi* It was only contested for the first time at the XXI National Sports Week 2024 Aceh-North Sumatra, so the availability of facilities, infrastructure, and funding to support its implementation and coaching is still not optimal. Therefore, to achieve maximum results, several important factors need to be considered, such as setting clear training goals and applying appropriate and targeted training methods (Muthusubramanian- & Rajkumar -, 2024).

Kabaddi is a sport from India that has only begun to be known in Indonesia since 2008 and for the first time was officially competed at PON XXI Aceh-North Sumatra 2024, so it became an important momentum for East Java Province which won two bronze medals as an initial milestone in the development of this sport. This research has a novelty by evaluating the training methods of the East Java contingent through a biographical qualitative approach that focuses on the experiences of medal-winning athletes and their coaching teams, so as to not only highlight the technical results of training but also identify limitations and adaptive strategies in new sports at PON. The purpose of this research is to analyze the training methods used, find the strengths and weaknesses of the programs implemented, and provide strategic recommendations for the development of Kabaddi training methods in the future. The benefits of the research are expected to be a practical reference for coaches and athletes in designing more effective training programs, become evaluation materials for sports organizations in formulating coaching policies, and enrich the academic literature on Kabaddi training methodologies which are still limited in Indonesia.

METHOD

To obtain information for this article, the researcher analyzed the training methods used to win medals in Kabaddi at PON XXI 2024 Aceh – North Sumatra. This study employed qualitative research with a biographical approach to explore the experiences of the subject. The subjects were Abraham Johns Evangelista, who won two bronze medals at PON XXI 2024, and two trainers, Tomi Agus Abrianto and Nur Luthfiatus Solikah, who provided information about the training program. The researcher served as the primary instrument, collecting data through interviews, observations, and documentation.

The training program was structured over three months: the first month focused on improving the athletes' physical condition with circuit strength training in the gym combined with field exercises like sprints and shuttle runs. The second month concentrated on technique development, while the third month emphasized game tactics and match simulation.

RESULTS AND DISCUSSION

Table 1. Training Method for 3 months

Month 1

Form of Exercise	Week 1	Week 2	Week 3	Week 4
<i>Circuit Strength Training</i>	45 minutes	45 minutes	45 minutes	45 minutes
<i>Sprint (100m)</i>	13.3 s	13.0 s	12.9 sec	12.7 s
<i>Shuttle Run (10x5m)</i>	17.5 s	17.0s	16.9 s	16.5 s

Month 2

Form of Exercise	Week 1	Week 2	Week 3	Week 4
<i>Raider Pattern</i>	30 minutes	30 minutes	30 minutes	30 minutes
<i>Defender Pattern</i>	30 minutes	30 minutes	30 minutes	30 minutes

Month 3

Form of Exercise	Week 1	Week 2	Week 3	Week 4
<i>Gameplay tactics</i>	30 minutes	30 minutes	30 minutes	30 minutes
<i>Match simulation</i>	30 minutes	30 minutes	30 minutes	30 minutes

The table above describes the training method for 3 months from the first to the fourth week. The training method used by athletes to prepare for PON XXI 2024 Aceh – North Sumatra, which is centralized, has been carried out for the last 3 months, the first month of the program that focuses more on the physical condition of athletes, namely *strength*, *speed*, and *agility*. In the second month, a program that focuses more on technique is carried out and in the third month a training program is carried out that focuses on tactics and match simulation.

The training method at PON XXI 2024 Aceh – North Sumatra is prepared by trainers with a training program that has a clear goal. The frequency of training is carried out for nine meetings in one week, in one training session lasting about 90 – 120 minutes.

Discussion

The success of the East Java contingent in winning two bronze medals in sports *Kabaddi* at PON XXI 2024 Aceh – North Sumatra cannot be separated from the importance of preparing a good training program and having clear goals. The division of training focus stages for 3 months starting from physical, technical, and ending with a focus on tactical training and match simulation was able to give good results. Structured training that has goals such as match simulation, explosive power, agility has proven effective in preparing athletes for competitions (Susanto & Lismadiana, 2016). Basically, the purpose of training is to improve the physical condition of athletes. Team training methods *Kabaddi* East Java when facing PON XXI Aceh – North Sumatra 2024 uses the practice method *mesocycle*. *Mesocycle* Exercise is a specific block of exercise in a periodization program that lasts for a few weeks to several months such as 2 – 3 months. Usually, when it enters the *mesocycle* phase, the coach will focus on developing certain aspects that are specific to each sport such as strength, endurance, explosiveness, and agility (Koshcheyev & Dolbysheva, 2021). *Mesocycle* is part of the *macrocycle*. *Macrocycle* is the planning of an exercise program over a long period of time usually lasting for one year. *Macrocycle* consists of several *mesocycle* with the goal of achieving specific exercises in each period. From what the researcher explained above, the shortcomings of the team training method *Kabaddi* East Java is the lack of training camp time. There is one phase that is passed, namely the general preparation physical exercise phase. The purpose of physical training in general is to increase the physical quality index of athletes so that athletes do not experience difficulties in performing specific movements in their sports. The more and more intense physical exercise in general, the higher the level of motive quality that an athlete can achieve (Ghosh & Math, 2020). Menurut studi dari artikel “Effects of a 25-Week Periodized Training Macrocycle on Muscle Strength, Power, Muscle Architecture, and Performance in Well-Trained Track and Field Throwers” (Anousaki et al., 2021), that longer training periods can lead to greater performance improvements.

Apart from the shortcomings seen by the researchers, the training program that has been designed was able to lead the *East Java Kabaddi* team to win two bronze medals at the 2024 PON XXI Aceh – North Sumatra match.

First Month

In the first month the training method focuses on improving the physical condition of the athlete, with the frequency of training nine times a week carried out every Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday. The physical condition of athletes plays a very important role in efforts to achieve achievements in a sport. With good physical condition, performance in sports can also increase (Faizin & Wahyudi, 2023; Pasaribu, 2022). In the first month, the training objectives are focused on increasing strength, speed, and agility so that the training program given is in the form of *circuit strength training*, *Sprint 100m* and *shuttle run 10 x 5m*. Exercise *Sprint 100m* and *Shuttle Run 10 x 5m* effective for increasing speed, agility, and explosive power in sports *Kabaddi*. This training program is in tune with the type of game *Kabaddi* that has high intensity, full of agility, and requires explosive movement (Sekhon et al., 2023). The following is the development of the results of the training program in the first month:

- *Circuit strength training*: Functions of exercise *circuit strength training* is to increase VO2MAX and muscle endurance. (Hasan, 2020; Hermassi et al., 2020).
- *100m sprint*: Sprint performance *increased* from 13.3 seconds in the first week to 12.7 seconds in the fourth week.
- *Shuttle run 10 x 5m*: Shuttle run performance increased from 17.5 seconds in the first week to 16.5 seconds in the fourth week.

The above report shows that there is an improvement in the physical condition of athletes when the training program is carried out (Faizin & Wahyudi, 2023; Oliver et al., 2024)

Second Month

Furthermore, in the second month, the training methods given began to focus on techniques in sports *Kabaddi*. With the same frequency of training in the first month, the training method in this month is based on the game *Kabaddi* with existing rules. With the subject of Abraham Johns Evangelista who competed in PON XXI Aceh – North Sumatra 2024 in the category *National Style* and *Seven for Five*. The purpose of the exercise in this second month is to strengthen the technique *Kabaddi* Along with the increase in the physical condition of athletes. The focus of this month's exercise is *raider pattern* and *defense pattern*. *Raider pattern* deep *Kabaddi* refers to the strategies and techniques used by attacking players (*Raider*) when attacking the opponent's area, while *Defense Pattern* are the strategies and techniques used by the defensive team to catch *Raider* with the aim of stopping *Raider* enemy (Sundar & Yokesh, 2024). Simulation technique training like this can help athletes to train their instincts and reflexes during the game. The shortcomings of the training method in this second month are the non-implementation of the training program *strength training*. The previous study “Impact of Resistance Training on Specific Physical Fitness Variables of Intercollegiate Male Kabaddi Players” (Tamilvanan et al., 2024) explained that there was

a significant difference between the experimental group and the control group. The experimental group was given an intervention in the form of *Resistance Training* five times in 1 week while the control group maintained their routine as players *Kabaddi* without any additional exercise. The results showed a very significant improvement in physical condition in the experimental group in the post-test results, while in the control group they showed stagnant results in the post-test results. In addition to maintaining and increasing muscle hypertrophy, *strength training* also acts as a preventive measure from the risk of injury (Mamipour et al., 2025; Sadeghi et al., 2023). This can be an evaluation of the team's training methods *Kabaddi* East Java.

Third Month

In the third month, the training method focuses on game tactics and match simulation in sports *Kabaddi*. Combination of tactical training and competition simulation *Kabaddi*. In the third month, it is done with high intensity but with low volume. The exercises aim to improve athletes' understanding of game strategy, depict match simulations, quick and precise decision-making, and coordination between players with each other. The frequency of training in this month is different from the previous 2 months; in this month the frequency of training is only 8x (eight times) in one week. During the final preparation period, the reduction in the volume of training is carried out with the aim of avoiding athletes from injury (Kyle Travis et al., 2020). Reducing the volume of training also aims to avoid the occurrence of *overtraining* in athletes (Bellinger, 2020). The training program designed with high intensity and low volume aims to maintain the athlete's performance in line with the coach's efforts as a preventive measure so that athletes avoid injuries and conditions *overtraining* (Carazo-Vargas & Moncada-Jiménez, 2018). The final goal of the training in the third month is to prepare athletes in terms of physical, mental, technical, and tactical aspects to support the achievement of achievements at PON XXI Aceh – North Sumatra 2024 in Sports Branches *Kabaddi* (Jayo-Montoya et al., 2020). The purpose of the training program in the third month is right, but the shortcomings can be seen as in the second month, namely the absence of *strength training*. Studi dari artikel "The Effects of Circuit Strength Training on the Development of Physical Fitness and Performance-Related Variables in Handball Players" (Hermassi et al., 2020), explaining that there were two groups studied, one as a group that was given an intervention (experiment) and the other as a group that was not given an intervention (control). Explained that all participants have participated in the same training session since the beginning of the competition season this September. The training program includes 4-5 handball training sessions and one sparring match per week. The control group maintained this normal training frequency, while the experimental group received an intervention for 12 weeks, replacing two sessions of their technique training with exercises *circuit strength training* every week. The results were found that the experimental group showed better physical improvement than the control group (Hermassi et al., 2020). In other article studies (Harris et al., 2019) mentions that in the *realization phase* The volume of the exercise is lowered while the intensity remains high. The goal is to reduce fatigue and allow athletes to achieve "*positive rebound in performance*" ahead of the match. This is very relevant to support the fact that 1 month of competition strength training is still carried

out, but with low volume and high intensity. From the above study, in the future team training methods *Kabaddi* East Java can improve and become better.

CONCLUSION

The structured training method, despite some shortcomings, successfully led the East Java Kabaddi team to win two bronze medals at PON XXI Aceh – North Sumatra 2024, marking a historic achievement for a new sport in the region. The program was specifically designed for the National Style and Seven for Five match categories. Alongside the training, the athlete's healthy lifestyle and strong support system also contributed significantly to this success. Future research could explore the impact of psychological and social support factors on athlete performance in emerging sports like Kabaddi.

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