



# The Existence of Woodball Athlete Guidance in the Indonesian Woodball Association (IWbA) of Buleleng Regency

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## ABSTRACT

This research uses a survey method through an evaluative descriptive approach, which aims to determine the existence of woodball athlete coaching in IWbA Buleleng Regency. The results of this study indicate that the existence of coaching woodball athletes in IWbA Buleleng Regency is going very well, because it is supported by: 1) the complete and obedient administrative profile of the Buleleng Regency IWbA organization; 2) support from agencies/ institutions (Government/ Disdikpora/ KONI Buleleng Regency) synergistically running optimally; 3) human resources (HR) are very adequate; 4) training facilities and equipment are very complete; and 5) continuous athlete coaching is carried out. The younger generation in Buleleng Regency deserves to choose woodball sports to be involved in because: 1) woodball sports are easy to learn and safe for various ages; 2) woodball sports can be pursued by men or women; 3) the price of equipment is affordable; 4) woodball sports can be used as a tool to add positive activities; 5) woodball sports can be used as a tool to build beautiful relationships; 6) woodball sports can be used as a tool to make it easier to find schools/colleges (for those who excel); 7) can make it easier to get to know the region/world through the events that are followed; and 8) woodball sports can be used as a tool to pursue an achievement sport that can be aligned with other achievement/popular sports. The obstacles faced include: 1) training programs/schedules often clash with student/athlete school schedules; 2) training programs/ schedules often clash with student/athlete college schedules; 3) lack of coaching funds to participate in national/ international level events; 4) students who become athletes sometimes take too long dispensation (school/college permission) when participating in championships (so that athletes become a burden on the mind because they do not participate in school/college activities); 5) the lack of attention from schools to open extra-curricular woodball sports; and 6) the Sukasada Solid Works field is still used by the surrounding community to play soccer, so that sometimes the attached fairway rope is often detached.

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## INTRODUCTION

Kuang-Chu Young (Soetrisno, 2015: 10). The game of woodball has been introduced to other countries since 1995 and in 1999 woodball was officially recognized as one of the supporting sporting events of the Olympic Council of Asia (OCA). Iragraha, 2017 stated that woodball is a modified sport of golf by showing three basic movement concepts in the game (locomotor, non-locomotor, and manipulative movements), considering elements of efficiency (time, place, and cost) in its activities, and maintaining the environment and human culture to continue to do physical activities. The most interesting thing about the sport of woodball is that it contains three basic movement concepts in the game: (1) locomotor movement, namely in the game of woodball the activity of moving the body from one point to another (when the athlete walks from one fairway to another); (2) non-locomotor movement, namely in the game of woodball practicing or showing bending and swinging mallet movements; and (3) manipulative movements, namely in the game of woodball, which requires coordination of the body, space and surrounding objects (movements when the athlete swings the mallet to hit the ball towards the target or gate).

Woodball is an outdoor sport that can be played on grassy fields (called woodball) and on the beach (called beach woodball). This game is played individually (single), in pairs (double/mix), or in teams. This game is played by hitting the ball gradually until the ball can be put into the goal (gate) on each lane (fairway) with the fewest hits possible (the player with the fewest number of hits is said to be the winner).

The techniques used in woodball are almost similar to the techniques used in golf. Some terms adopted from golf such as: course, fairway, par, and gate-in-one (from hole-in-one). The very basic difference between golf and woodball lies in the ball hitting tool not using a stick but a mallet, the target of the game is not a hole but a gate, and in woodball only one ball is used during the game (except if the ball breaks, it can be replaced with the permission of the referee or competition supervisor). The equipment used in woodball games such as mallets, balls, and gates are mostly made of wood. As time goes by, lately the equipment has started to switch to using aluminum (especially mallets and gates), there are also carbon mallets, and those that still use natural materials or wood are only the balls.

Woodball was first introduced and developed in Indonesia in 2006. The establishment of the Indonesian Woodball Association (IWbA) was on October 1, 2006, located at Pekunden Timur No. 25 Semarang, and on October 4, 2006, woodball was registered with KONI with the number: 2751/LNG/X/06 (Kriswantoro, 2015: 3). Until finally IWbA officially became a member of KONI on May 16, 2013 (Humas Media KONI Pusat, 2013). Woodball is one of the sports that continues to develop in Indonesia until now. In the last 19 (nineteen) years, many new sports have been introduced in Indonesia and have even been competed in regional, national, and even international sporting events. On January 14-16, 2025, the Extraordinary National Conference (Munaslub) and the National Working Meeting (Rakernas) of the IWbA Executive Board (PB) were held at the Jeep Station Indonesia (JSI) Resort, Bogor. The important agenda in the 2025 IWbA Extraordinary National Conference and Rakernas was the refinement and ratification of the Articles of Association/Bylaws (AD/ART) which were considered very important and urgent. Including changes to the name of the organization, the logo of the organization, refinement of organizational regulations, and planning for the 2025 work program (<https://imsport.tv/2025/01/17/transformasi-woodball-indonesia-demi-prestasi-dunia/>).

The results of the Extraordinary National Conference AD/ART stated the change in the name of the organization to the Indonesian Woodball Association with the abbreviation IWbA which is domiciled in the Capital City of Indonesia. Furthermore, the mention of IWbA in the country became the Indonesian Woodball Association. The 2025 IWbA Extraordinary

National Conference and National Working Meeting are important moments to strengthen synergy and collaboration between various parties, including the government, sports institutions, and international federations. Full support from the Ministry of Youth and Sports, KONI, NOC Indonesia, and the IWbF that are present is expected to bring Indonesian woodball into a new era of glory. Until 2025, the Indonesian Woodball Association (IWbA) only has 21 (twenty-one) Provincial/Regional Administrators throughout Indonesia.

Woodball sports entered Bali in 2008 coinciding with the implementation of the 1st Asian Beach Games 2008 in Bali (<https://oca.asia/sports/info/82/29/>). Woodball sports continued to be developed to 9 (nine) Regencies/Cities in Bali during the period 2008-2011. During its journey, after the woodball sport formed management in 9 Regencies/Cities, the Provincial Sports Week Exhibition (Porprov) was held in 2011 in Jembrana, Bali. After the IX Bali Porprov exhibition in 2011, woodball sports officially entered the X Bali Porprov from 2013 in Denpasar, 2015 in Buleleng, 2017 in Gianyar, 2019 in Tabanan, 2022 in Badung, and the XV Bali Porprov 2025 will be held again in Denpasar. From the development and inclusion of sports in the biennial event in Bali, it indicates that the IWbA of Bali Province is one of the most active provinces in developing woodball sports in Indonesia. The IWbA of Bali Province is also one of the most successful in being able to officially hold the Bali Student Sports Week (Porjar) since 2017, 2018, 2019, 2023, 2024, and will be held again in 2025 in Denpasar.

IWbA Buleleng Regency is one of the woodball organizations in North Bali. IWbA Buleleng Regency was formed in 2011 and currently there have been three management transitions. Although it is considered the youngest organization to form the IWbA Regency management, in terms of human resources (HR) organization, promotion, marketing, cultivation, and coaching of achievements related to woodball sports, it can be said to be among the most developed in Bali.

Achievement after achievement, IWbA Buleleng Regency athletes have achieved and made the nation proud. IWbA Buleleng Regency has only been recorded as the General Champion of Porprov Bali 5 (five) times and only 3 (three) times the General Champion of Porjar Bali (<https://koranbuleleng.com/2022/12/30/atlet-pelatih-dan-cabor-terbaik-dapatkan-penghargaan/>). In 2023, athletes from IWbA Buleleng Regency were also sent to represent Indonesia at the 12th Asian Cup Woodball Championship 2023 in Shangyu, Shaoxing, Zhejiang, China, with a ranking of 5 (five) in the Women Single Stroke Competition and the 25th Taiwan Open International Woodball Championship 2023 with a Gold Medal in the Women Double Stroke Competition (<https://www.kompas.com/sports/read/2023/11/21/18000078/timnas-woodball-indonesia-raih-medali-emas-dan-perak-di-taiwan>). Very grateful that woodball sports can be competed in PON XXI Aceh-Sumut 2024. There are 9 (nine) athletes, 2 (two) coaches, and 1 (one) referee from IWbA Buleleng Regency involved in PON XXI Aceh-Sumut 2024 for the woodball sport (<https://www.nusabali.com/berita/143207/9-atlet-woodball-buleleng-perkuat-tim-pra-pon-bali>). From the achievement of 2 (two) Silver medals and 1 (one) Bronze medal at PON XXI Aceh-Sumut 2024, they were contributed by 5 (five) athletes from IWbA Buleleng Regency. The Gold Medal target that had been set at PON XXI Aceh-Sumut 2024 failed to be achieved by athletes from IWbA Buleleng Regency, with the reason or note of the Factor of Meeting the Host Aceh in the Double Mix Fairway Competition final. The achievements of IWbA Buleleng Regency athletes at the regional, national, and international levels were obtained through high dedication from the organization and continuous training carried out by the athletes. The achievements achieved in the world of sports indicate the existence of coaching from an organization. In coaching woodball sports, optimization is needed in the selection of superior talented woodball athlete seeds, monitoring their anthropometry, continuously communicating with athletes to be

observant/smart in dividing training time, and continuous athlete development and coaching must be carried out. Until now, especially for athletes in the category (students/university students/general), athletes from IWbA Buleleng Regency have contributed the most athletes to lead IWbA Bali Province to achieve at the national and international levels. It should be noted that when IWbA Regency/City has adequate training facilities and infrastructure, it has a great influence on the achievement of an athlete's achievements. Seeing the rapid development of IWbA Buleleng Regency athletes, it can be used as a barometer (benchmark) for coaching woodball achievements from various IWbA Provinces, Regencies/Cities, to Woodball Clubs in Indonesia. Try out or try in events can be held between IWbA from various regions in order to evenly distribute the development, development, and achievements of woodball sports in Indonesia. It is very interesting to know how the Existence of Woodball Athlete Development in IWbA Buleleng Regency is, so that it can produce many potential athletes who can strengthen the team in their region or Indonesia in international events.

Based on the reality in the field and seeing the existing conditions, it is finally felt necessary to know the Existence of Woodball Athlete Development in IWbA Buleleng Regency so that it can be used as a reference for other regions to develop and produce potential athletes for their regions and in the future for Indonesia. Some questions that we want to get answers to through this research are: (1) What causes potential athletes to emerge from IWbA Buleleng Regency? and (2) Why is the young generation in Buleleng Regency worthy of choosing woodball sports to pursue?

The purpose of this study is to find out the causes of the emergence of potential athletes from IWbA Buleleng Regency and to find out why the young generation of Buleleng is worthy of choosing woodball sports to pursue. The benefits of the results of this study are expected to be used as a reference for IWbA organizations, coaches, and athletes related to woodball sports coaching that can produce potential athletes and increase insight for coaches, athletes, and IWbA organizations regarding the existence of coaching in IWbA Buleleng Regency.

## **MATERIALS AND METHODS**

This study uses a survey method through a descriptive evaluative approach. Data collection was carried out using questionnaires, interviews, and direct observation to the Padat Karya field, Sukasada District, Buleleng Regency-Bali (IWbA Buleleng Regency athlete training place). To increase the degree of validation and accuracy of the data obtained, document analysis was also carried out.

The questionnaire was determined based on the following variables: (1) organizational profile; (2) support from agencies/institutions (Government/Disdikpora/KONI Buleleng Regency); (3) human resources (HR); (4) training facilities and equipment; (5) athlete coaching; and (6) obstacles in carrying out coaching at IWbA Buleleng Regency. Based on the six variables above, indicators, descriptions, units of analysis, and sources of research data were determined which were summarized in the research instrument grid.

The samples in this study were coaches/trainers, athletes (students/university students/general), and IWbA Buleleng Regency administrators. The research data was further analyzed using descriptive statistical analysis (Sugiyono, 2010: 29).

## **RESULTS AND DISCUSSION**

Looking at the data in table 1 related to the profile of the Buleleng Regency IWbA organization indicates that the Buleleng Regency IWbA organization is complete. Actually,

the written organizational structure exists, but it is not displayed/installed at the Buleleng Regency IWbA Secretariat.

**Table 1.** Profile of the IWbA Organization, Buleleng Regency

No	Organisation Profile	Information
1	Organizational structure	-
2	IWbA management decree	✓
3	Secretariat	✓
4	Work program	✓
5	Organization flag	✓

Looking at the data in table 2 related to the support of agencies/institutions (Government/Disdikpora/KONI Buleleng Regency), they have provided support (funding) for IWbA Buleleng Regency. The amount of grant assistance for coaching and participating/holding championships distributed by KONI Buleleng Regency is still relative according to the grade of achievement of the woodball sport. However, to participate in a series of championships at the national and international levels, agencies/institutions in Buleleng Regency have not been able to provide maximum assistance. This is where IWbA Buleleng Regency experiences obstacles in sending its potential athletes to a prestigious event.

**Table 2.** Support from Agencies/Institutions (Government/Disdikpora/KONI Buleleng Regency)

No	Organisation Profile	Information
1	Organizational development	✓
2	Development related to promotion, marketing and athlete development	✓
3	Support for organizing events	✓
4	Support for participating in events	-
5	Support for facilities and infrastructure	✓

Looking at the data in table 3 related to the human resources (HR) of IWbA Buleleng Regency, it is very good. This is what should be emulated by IWbA organizations at the Provincial/Regional, Regency/City, and Woodbal Club levels. IWbA Buleleng Regency has 8 nationally licensed support personal athlete (ASP) personnel. IWbA Buleleng Regency has 41 athletes (elementary, junior high, senior high/vocational, and general levels). There are three nationally licensed referees. IWbA Buleleng Regency always uses existing HR as EO in holding events. Another special thing is that IWbA Buleleng Regency has a basic level sports mental trainer. This special thing is rarely owned and it would be better if the technical/physical/tactics trainer did not double as a mental trainer. The researcher emphasized that a mental trainer is very much needed in IWbA Buleleng Regency. Because in IWbA Buleleng Regency there are so many elite athletes who strengthen IWbA Bali Province in national and Indonesian events later. The pressure of athletes during training, school, college, or work is so great. So with a special mental coach, athletes can be helped with their personal problems or achievements.

**Tabel 3.** Human Resources (HR) IWbA Buleleng Regency

No	Organisation Profile	Information
1	Technical/physical/tactical coach/assistant coach	✓
2	Athlete	✓
3	Referee	✓
4	Event Organizer (EO)	✓
5	Mental coach	✓



Looking at the data in table 4 related to the IWbA training facilities and equipment in Buleleng Regency, it is very, very good. The researcher said again, this is what should be emulated by woodball organizations at the Provincial/Regional, Regency/City, Woodball Club, and woodball lovers in Indonesia. With sufficient or complete facilities and equipment, it will make it easier to promote, market, cultivate, and develop woodball sports. Permanent woodball fields (fairways are always installed) and equipment that can be borrowed by each athlete to practice will make training effective, efficient, and woodball sports have the opportunity to be pursued.

**Tabel 4.** Fasilitas dan Peralatan Latihan IWbA Kabupaten Buleleng

No	Organisation Profile	Information
1	Woodball field	✓
2	Mallet (bat)	✓
3	Gate (small goal)	✓
4	Ball	✓
5	Physical training facilities	✓

Looking at the data in table 5 related to the development of IWbA Buleleng Regency athletes, it is very good. It turns out that there are two indicators in the development of athletes in IWbA Buleleng Regency, namely (1) development of beginner athletes (for Elementary School, Middle School, High School/Vocational High School, College/General who are just learning about woodball sports or have never participated in a competition) and (2) development of achievements for athletes developed by IWbA Buleleng Regency who are planned to participate in Porjar, Porprov, Kejurnas, BK PON/PON, Sea Games, and other events. Through a clear division of roles in the organization, development and support of good training programs, the opportunity for athletes to participate (try in, try out, and competition) will produce athletes who are rich in experience, militant, and potential. So that the existence of woodball sports in the future can be aligned with other popular sports.

**Table 5.** IWbA Athlete Development in Buleleng Regency

No	Organisation Profile	Information
1	Binpres field	✓
2	Training program/training schedule	✓
3	Try in and try out	✓
4	Participating in competitions	✓
5	Monitoring athlete development	✓

The sixth variable is the constraints in conducting coaching at IWbA Buleleng Regency: (1) training programs/schedules often clash with students'/athletes' school schedules; (2) training programs/schedules often clash with students'/athletes' lecture schedules; (3) lack of coaching funds to participate in national/international events; (4) students/students who become athletes sometimes have too long dispensation (school/college leave) when participating in championships (so that athletes become burdened because they do not participate in school/college activities); (5) lack of attention from schools to open extracurricular woodball sports; and (6) the Sukasada Padat Karya field is still used by the local community to play football, so that sometimes the fairway ropes that are installed often come loose.

## DISCUSSION

Woodball sports have a very deep philosophy, because woodball is a game against yourself. Woodball is very different from other sports, for example: badminton, volleyball, basketball,

tennis, boxing, and so on. All of the examples above are sports that require players or athletes to defeat their opponents (sometimes even with emotion they can win a match), while woodball is different from some of the examples of sports above. Woodball is a sport that has a type of playing softly into oneself and playing against oneself (Iragraha, 2017).

A woodball athlete cannot defeat an opponent by showing emotion and hitting the ball as hard as possible. The uniqueness of woodball is that this game relies on strategy or self-management, so that through good strategy and self-management it will produce precise hits (the ball must remain in the fairway when hit) and have accuracy (hits when gating the ball must go through a small goal). If playing woodball relies on emotion or hitting the ball as hard as possible without control, then precision and accuracy cannot be achieved consistently.

The art of woodball when watching an athlete can show his strategy or playing management. An athlete must be observant, careful, and fast in determining whether to park the ball or execute a direct gating in each game. This is where the sport of woodball can reflect the values of life in a person's daily life. For example, in terms of taking a job, making decisions carefully and precisely, how many steps must be used to complete the job, and that's what the game of woodball is like if it is analogous to everyday life. So the game of woodball can reflect a person's character or way of working in their daily life. Is a person an emotional type, dare to take risks, a calculating person, or a person who is full of strategy and planning in making decisions.

Based on the findings of the research above, it turns out that the existence of athlete coaching in IWbA Buleleng Regency is going very well, because it is supported by: (1) Complete organizational profile of IWbA Buleleng Regency and obedient administration; (2) Support from agencies/institutions (Government/Disdikpora/KONI Buleleng Regency) is running optimally, as evidenced by the provision of support (funding) for IWbA Buleleng Regency. The amount of grant assistance for coaching and participating/holding championships distributed by KONI Buleleng Regency is still relative according to the grade of achievement in the woodball sport; (3) Human resources (HR) are very adequate in IWbA Buleleng Regency by having 8 nationally licensed support personal athlete (ASP) personnel. IWbA Buleleng Regency has 41 athletes being coached (Elementary, Middle, High/Vocational, and General levels). There are three nationally licensed referees. IWbA Buleleng Regency always uses existing HR as EO in holding events. Another special thing is that IWbA Buleleng Regency has a basic mental sports trainer; (4) Adequate or complete training facilities and equipment can facilitate promotion, marketing, fostering, and coaching of woodball sports. Permanent woodball fields (fairways are always installed) and equipment that can be borrowed by each athlete to practice will make coaching effective, efficient, and woodball sports have the opportunity to be pursued; and (5) Continuous athlete coaching is carried out at IWbA Buleleng Regency, namely (a) coaching for beginner athletes (for Elementary School, Middle School, High School/Vocational High School, College/General who are just learning about woodball sports or have never participated in a competition) and (b) achievement coaching for athletes fostered by IWbA Buleleng Regency who are planned to participate in Porjar, Porprov, National Championship, BK PON/PON, Sea Games, and other events. Through a clear division of roles in the organization, coaching and support for good training programs, opportunities for athletes to participate (try in, try out, and competition) will produce athletes who are rich in experience, militant, and potential.

The obstacles in carrying out coaching at IWbA Buleleng Regency: (1) training programs/schedules often clash with students'/athletes' school schedules; (2) training programs/schedules often clash with students'/athletes' lecture schedules; (3) lack of coaching funds to participate in national/international events; (4) students/students who become athletes sometimes have too long dispensation (school/college leave) when

participating in championships (so that athletes become burdened because they do not participate in school/college activities); (5) lack of attention from schools to open extracurricular woodball sports; and (6) the Sukasada Padat Karya field is still used by the local community to play football, so that sometimes the fairway ropes that are installed often come loose. To guarantee the existence of athlete coaching at IWbA Buleleng Regency, synergy is needed from various parties (across stakeholders). Thus, with the existence of strategic policies and the involvement of various parties (agencies/government, academics, practitioners, and the community), it is hoped that IWbA Buleleng Regency will exist both in terms of fostering the younger generation, academic achievements, and world-class woodball sports achievements.

## **CONCLUSION**

Based on the data analysis and discussion of the research results above, for the existence of IWbA Buleleng Regency (both in terms of coaching and achievements) policies and synergy from various parties (cross-stakeholders) are needed. Support from agencies (Government/Disdikpora/KONI Buleleng Regency), human resources (HR) athletes and organizations, adequate training facilities and equipment, and continuous coaching are the main things that support the emergence of achievements of IWbA Buleleng Regency athletes so far. Moreover, with the spirit of training from within the athletes and supported by the existence of permanent fields and equipment that can be borrowed by each athlete, it is the main key for elite Buleleng woodball athletes to be born (so that their existence now and in the future is very much taken into account).

The young generation in Buleleng Regency deserves to choose woodball sports to pursue because (1) woodball sports are easy to learn and safe for all ages; (2) woodball sports can be pursued by men or women; (3) the price of the equipment is affordable; (4) woodball sports can be used as a tool to increase positive activities; (5) woodball sports can be used as a tool to build beautiful relationships; (6) woodball sports can be used as a tool to make it easier to find schools/colleges (for those who excel); (7) it can make it easier to get to know the region/world through the events that are followed; and (8) woodball sports can be used as a tool to pursue a branch of achievement sports that can be aligned with other achievement/popular sports. The obstacles in carrying out coaching at IWbA Buleleng Regency: (1) training programs/schedules often clash with students/athletes' school schedules; (2) training programs/schedules often clash with students/athletes' lecture schedules; (3) lack of coaching funds to participate in national/international events; (4) students/college students who become athletes sometimes have too long dispensation (school/college permission) when participating in championships (so that athletes become burdened because they do not participate in school/college activities); (5) lack of attention from schools to open extracurricular woodball sports; and (6) the Sukasada Padat Karya field is still used by the local community to play football, so that sometimes the fairway ropes that are installed often come loose. In relation to the conclusions above, the recommended suggestions are that to produce athletes who excel, synergy is needed from various parties (across stakeholders). Woodball sports involve various people, so it is hoped that in carrying out coaching, sports values and humanitarian values can always be upheld. Through the results of this study, it is hoped that readers, coaches, athletes, sports organization administrators, and policy makers can find out about the existence of woodball athlete coaching at IWbA Buleleng Regency and if there is something useful that can be implemented in the world of education and sports in Indonesia.



## CONFLICT OF INTEREST

There are no conflicts of interest in this article.

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