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Determination Young Athletes' in Improving Performance: Teamwork and Training Consistency (Literature Review Sport Education)

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Abstract: Literature review of teamwork determination, training consistency plays a role in athlete performance is a scientific article with the aim of analyzing whether athlete performance plays a role in teamwork and training consistency. Qualitative approach method with literature review method to explore and analyze the relationship between teamwork, training consistency, and athlete performance. The results of this article are: 1) Athlete performance plays a role in teamwork, 2) Athlete performance plays a role in training consistency. Apart from these 2 exogenous variables that affect the endogenous variable Athlete Performance, there are many other factors including discipline, character formation, physical activity.

Keyword: Teamwork, Training Consistency, Performance.

INTRODUCTION

The performance of young athletes is one of the important indicators in long-term sports development. In this development phase, various psychological and physical factors influence the achievement of athletes' achievements, one of which is strong determination. Determination is the main driver for athletes to continue to develop, face challenges, and survive the intensive training process. Along with the increasing demands of competition at various age levels, character development such as determination is a priority in the development of athletic resources (Rahmawati & Hidayat, 2022).

However, determination alone is not enough to guarantee improved athlete performance. Consistency in training is the main foundation in forming optimal performance. Training that is carried out routinely, structured, and disciplined can help young athletes improve their physical and technical abilities. In addition, the success of training is also influenced by social environmental factors, especially teamwork. In the context of team sports, the ability to work together, build communication, and support each other in a team are key elements in achieving victory (Permana, 2020).

Therefore, it is important to examine more deeply how determination, consistency of training, and teamwork play a role in improving the performance of young athletes. A comprehensive understanding of the relationship between these three aspects is expected to

be the basis for a more effective early-age athlete development strategy. This article will systematically discuss the contribution of individual determination and team support to performance improvement, with reference to various findings from previous studies in Indonesia.

This study aims to determine whether teamwork and training consistency play a role in the performance of young athletes. Based on references from the problems that have been explained previously. The questions of the scientific article literature review are as follows:

1. Does Athlete Performance play a role in Teamwork?
2. Does Athlete Performance play a role in Training Consistency?

METHOD

This study uses a literature review method, which aims to review and analyze various previous research results related to teamwork, training consistency, and the performance of young athletes. This literature review is descriptive-analytical, with a qualitative approach to describe general patterns, research gaps, and the contribution of each factor to athlete performance.

RESULTS AND DISCUSSION

Results

The results of this article based on the background of the problem, objectives, and methods are as follows:

Performance

Performance is one of the important indicators in assessing the success of the training process and achieving sports goals. According to Bompa and Haff (2009), athlete performance is the result of the integration of physical, technical, tactical, and mental abilities displayed in competitive activities. Performance not only reflects physical strength or speed, but also includes psychological readiness and strategy in dealing with match pressure.

Athlete performance is also influenced by the training environment, social conditions, and support from coaches and teammates (Hidayat et al., 2020). Athletes with good mental conditions, strong social support, and high training discipline tend to show more consistent and competitive performance. Therefore, in developing a training program, it is necessary to pay attention to bio-psycho-social aspects in a balanced manner.

Performance indicators according to (Weinberg & Gould, 2015) are: 1) Achievement motivation, 2) Self-confidence, 3) Focus and concentration, 4) Emotional control, 5) Resistance to pressure.

Performance has been widely studied by previous researchers, including : (Yusnita, 2024), (Sihombing, 2024), (Daulay et al., 2024), (Kusuma et al., 2025), (Kurniawan et al., 2024), (Syafei et al., 2023).

Teamwork

In Widyarini (2016), good teamwork will increase the effectiveness of communication, efficiency of game strategies, and the spirit of mutual support between players. Athletes who are able to work in a team will be more mentally and emotionally prepared to face the pressure of competition.

In a study by Sutrisno and Wahyuni (2021) in the Journal of Sports, it was shown that structured teamwork training can improve the performance of student-level volleyball teams. This shows that teamwork is not only formed naturally, but can be developed through the right training and approach.

Dimensions of teamwork according to (Salas et al., 2005): 1) Team Leadership - leadership roles are divided fairly in the team; 2) Mutual Performance Monitoring - members observe and help each other; 3) Backup Behavior - replace each other if a member is unable

to carry out tasks; 4) Adaptability - the ability to adjust strategies and roles when needed; 5) Team Orientation - focus on collective goals, not individual goals.

Teamwork has been widely studied by previous researchers, including: (Sugiyanti, A. F. P., & Sakti, 2015), (Sulistiyono, 2022), (Nurlathifah & Firmansyah, H., 2017), (Kamaluddin, 2023), (Saputri, R., 2024), (Saepuloh, A., 2016), (Yani & Mahendra, 2021), (Wulandari & Prasetyo, 2020), (Maulana et al., 2022).

Consistency of Practice

Schmidt and Lee (2011) explained that training consistency strengthens the formation of motor skills and improves athletes' ability to master techniques and game strategies. Training that is done routinely helps build stable motor memory, so that movements can be done automatically and efficiently during competition.

In a study conducted by Suharto and Wahyuni (2020), young athletes who have a high level of training consistency showed significant improvements in aspects of fitness and technical performance compared to athletes with sporadic training. This emphasizes the importance of maintaining a regular training schedule to achieve maximum results in the athlete development process.

Training consistency is not only about the frequency of training, but also includes several interrelated dimensions to achieve optimal results. According to Bompa and Haff (2009), and Suharto and Wahyuni (2020), the dimensions of training consistency can be explained as follows:

- 1) Training Frequency Is how often athletes do training sessions in a certain period (for example per week). Sufficient frequency is important so that the body gets adequate stimulus for adaptation.
- 2) Training Duration The length of time each training session is undertaken by the athlete. The appropriate duration will ensure the effectiveness of the exercise without causing excessive fatigue.
- 3) Training Intensity The level of difficulty or load of the exercise performed, such as speed, lifting weight, or level of fatigue produced. The right intensity must be adjusted to the athlete's ability and training goals.
- 4) Regularity Shows how athletes maintain their training schedule without many interruptions or long breaks. Regularity affects the continuity of the body's adaptation process and performance development.
- 5) Training Quality This aspect relates to how the exercise is carried out, including coach supervision, correct technique, and mental focus during training. High-quality training supports maximum performance improvement.

Training Consistency has been widely studied by previous researchers, including: (Ma'ruf, S., 2020), (Naiboru, 2023), (Wihdatullah, D., 2023), (Rajindra, D., 2017), (Sucipto, A., 2013), (Aprilo et al., 2024), (Ramadhani & Pratama, 2021), (Kurniawan et al., 2022), (Nugroho & Handayani, 2020).

Discussion

a) Teamwork on young athlete performance

The performance of young athletes in team sports is not only influenced by individual skills, but also by the team's ability to work together. Teamwork is an important factor in shaping team dynamics and cohesion, which ultimately impacts success in a match. Young athletes who are able to work together effectively with their teammates tend to have more stable and productive performance in competitions.

According to Yani and Mahendra (2021), teamwork is a process of coordination between individuals in a group that aims to achieve common goals through communication, mutual trust, and structured roles. In the context of sports, teamwork includes various

aspects such as communication in matches, collective decision-making, and emotional and strategic support between players.

Research by Wulandari & Prasetyo (2020) shows that teamwork has a significant positive correlation with the performance of young athletes in volleyball. The higher the level of cooperation between players, the better the coordination of the game, which has a direct impact on the outcome of the match.

Another study by Maulana et al. (2022) in the context of student futsal stated that teamwork affects aspects of game strategy and collective decision-making, which ultimately determines the quality of the team's overall performance. Athletes who have good communication with their teammates are able to minimize errors and increase game efficiency.

This research is in line with research conducted by: (Sugiyanti, A. F. P., & Sakti, 2015), (Sulistiyono, 2022), (Nurlathifah & Firmansyah, H., 2017), (Kamaluddin, 2023), (Saputri, R., 2024), (Saepuloh, A., 2016), (Yani & Mahendra, 2021), (Wulandari & Prasetyo, 2020), (Maulana et al., 2022).

b) Training consistency in young athlete performance

Training consistency refers to the regularity, discipline, and sustainability of the implementation of a training program over a certain period of time. According to Ramadhani & Pratama (2021), training consistency is a fundamental factor in improving the technical, physical, and mental skills of athletes, especially at a young age who are in the achievement development phase.

Research by Kurniawan et al. (2022) on soccer athletes aged 15–18 years showed that athletes who train consistently have better physical and technical performance than athletes who are irregular in training. This is related to the principle of overload and body adaptation to training stimuli that occur continuously.

Likewise, a study by Nugroho & Handayani (2020) on adolescent pencak silat athletes stated that consistency in following a training schedule has a significant effect on increasing speed, agility, and muscle endurance. Athletes who train regularly show increased match performance and mental resilience when competing.

At a young age, the body is still developing. Therefore, consistent training has a greater impact on neuromuscular adaptation, technical skills, and competitive mindsets. In addition, consistency also strengthens the formation of healthy habits, time discipline, and commitment to achievement targets. Coach involvement, parental support, and good time management are important factors in maintaining the consistency of young athlete training.

This research is in line with research conducted by: (Ramadhani & Pratama, 2021), (Kurniawan et al., 2022), (Nugroho & Handayani, 2020), (Ma'ruf, S., 2020), (Naiboru, 2023), (Wihdatullah, D., 2023), (Rajindra, D., 2017), (Sucipto, A., 2013), (Aprilo et al., 2024).

CONCEPTUAL FRAMEWORK

Based on the formulation of the problem, theoretical studies, relevant previous research and discussion of the influence between variables, the framework for thinking in this article is obtained as below.

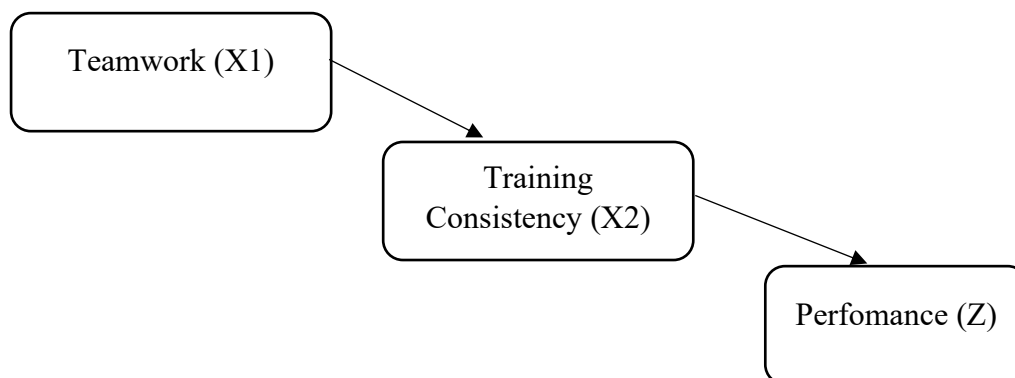


Figure 1. Conceptual Framework

And there are many other factors that influence Performance (Z), including:

- Discipline : (Ali, H., Susanto, P. C., & Saputra, F., 2024), (Silvia, R., 2024), (Muhajirin, A., Purnamasasi, I. O., Rony, Z. T., & Ali, H., 2024), (Rohman, H., 2020).
- Character Formation : (Ali, H., 2016), (Silvia, R., 2024), (Nasution, W. N., 2016), (Yanti, S., 2019), (Hasan. R., 2024).
- Physical Activity : (Silvia, R., 2024), (Hotma, R., Ali, H., & Winda, 2023), (Huwaida et al., 2022), (Yani et al., 2021).

CONCLUSION

This study aims to determine whether athlete performance has an effect on improving fitness, training consistency, teamwork and mentality. Based on the article's questions, the following conclusions can be drawn from this study: 1) Athlete performance plays a role in teamwork, 2) Athlete performance plays a role in training consistency.

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