

ABSTRACT

ALDI MAUDIAN SANI. 2024. ***Tasikmalaya City Volleyball Player Ramli Gebot Physical Training Profile***. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

Tarkam is an event where an athlete can compete like a normal match.. Speaking of volleyball, it is not uncommon for a match to see players who are very prominent and have the hallmarks of playing when in a match. However, some of these players who have uniqueness when playing is Ramli Gebot. . This player from Lake West Java has a unique characteristic when doing spikes. Ramli does not perform remote prefixes as Spiker generally does. However, Ramli, who only stands under the net, is able to make a very high jump without a distant prefix. From this phenomenon, researchers have a sense of connection to research the unique thing, namely about the profile of volleyball player Kota Tasikmalaya which is focused on the form of physical exercise conducted by Ramli Gebot. The purpose of this research is to find out the form of physical exercise done by ramli gebot. This type of research is qualitative research that aims to uncover the phenomenon that occurs in volleyball player from Kawalu Tasikmalaya namely Ramli Gebot. The subject in this study was a volleyball player from Kawalu, Tasikmalaya City, namely Ramli Gebot. And the object of this research is the researcher observes in depth what forms of training Ramli Gebot did. The data collection techniques used were observation, interview and documentation. In conclusion, the Physical Exercise Program has a huge effect on the world of achievement sports, because in order to achieve a goal it must create a program so that from step by step.

Keywords : *Tarkam, physical exercise, spike, volleyball.*