

LESSON 8: COMPETITION PREPARATION

WHY COMPETE?

Kompetisi itu bukan cuma soal menang trophy. Tapi kesempatan buat:

- Push technical skills kalian sampai limit
- Belajar kerja di bawah time constraint yang ketat
- Dapet feedback langsung dari experienced judges
- Bangun confidence dalam presentasi dan customer service

Bahkan kalau kalian nggak pernah naik panggung sekalipun, latihan dengan gaya kompetisi bakal improve workflow dan kualitas kalian sehari-hari.



SYSTEMA COFFEE

LESSON 8:

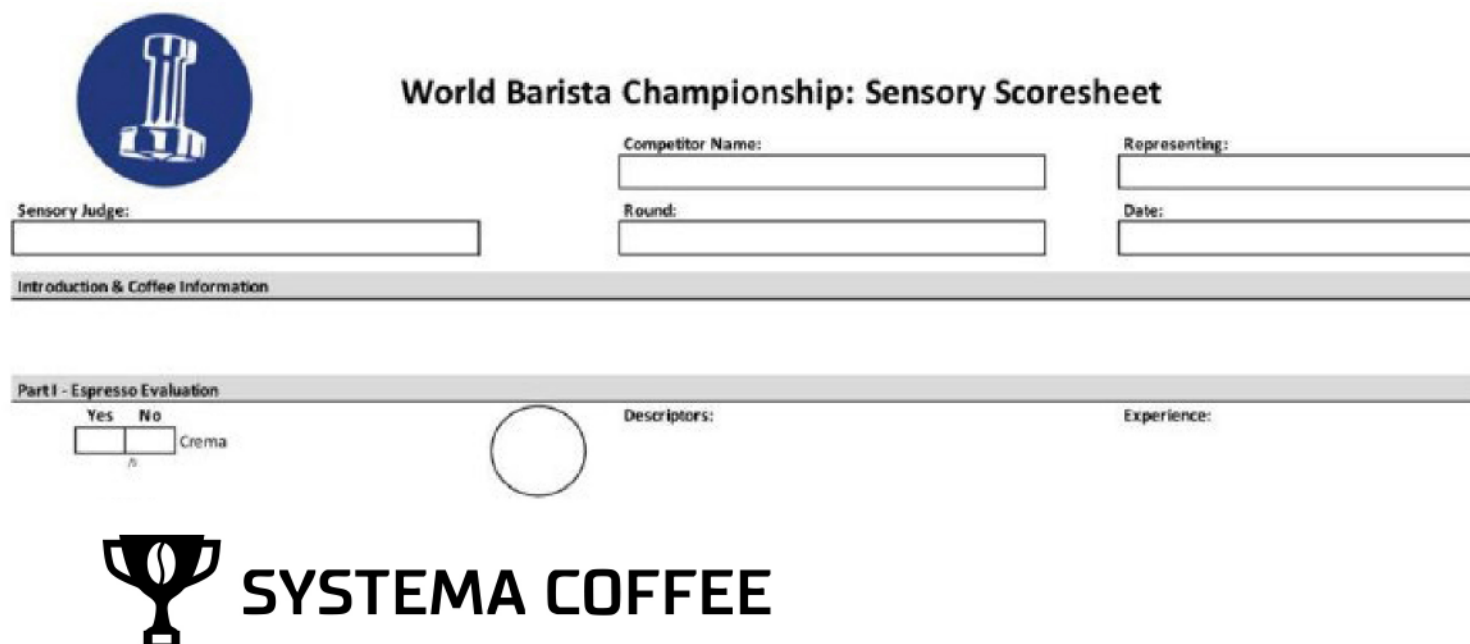
Understanding the WBC Scoresheets.

Di level tertinggi, judges pakai official World Barista Championship scoresheets untuk nilai setiap detail routine kalian.

SENSORY SCORESHEET (166 POINTS MAX)

- o Espresso evaluation: crema, accuracy of descriptors, taste balance, tactile feel.
- o Milk beverage evaluation: visual appeal, taste accuracy, tactile harmony.
- o Signature beverage evaluation: creativity, taste experience, clarity of explanation.
- o Barista evaluation: professionalism, coffee knowledge, attention to detail, cleanliness.
- o Total impression: overall presentation & connection.

Takeaway: bukan cuma soal rasa — accuracy, storytelling, dan professionalism juga punya poin besar.



The image shows a sample of the World Barista Championship Sensory Scoresheet. It includes a header with the WBC logo and title, followed by fields for Competitor Name, Representing, Sensory Judge, Round, and Date. Below this is a section for Introduction & Coffee Information, and then Part I - Espresso Evaluation. The Espresso Evaluation section includes a table for Yes/No responses for various descriptors, a circle for drawing the crema, and a line for the experience.

World Barista Championship: Sensory Scoresheet

Competitor Name: Representing:

Sensory Judge: Round: Date:

Introduction & Coffee Information

Part I - Espresso Evaluation

Yes	No	Descriptors:	Experience:
☐	☐	Crema	

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LESSON 8:

TECHNICAL SCORESHEET (71 POINTS MAX)

- Station setup & cleanliness di awal dan akhir
- Espresso prep: flush group head, basket clean, dosing & tamping konsisten, no spills
- Milk handling: purge & clean wand, manage milk waste, texture konsisten
- Hygiene: cloth usage benar, spout bersih, workflow rapi

Takeaway: setiap gerakan dihitung. Steam wand kotor aja bisa bikin poin hilang.

HEAD JUDGE SCORESHEET

- Monitor timing (limit 15 menit)
- Potong poin kalau overtime (bisa sampai -60 poin)
- Konfirmasi cleanliness station & rule compliance

Takeaway: time management critical. Routine flawless pun bisa kalah kalau lewat waktu.



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LESSON 8:

TECHNICAL TRAINING

Workflow practice: latihan bikin drinks dalam urutan yang fix supaya minim wasted time.

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- Palate training: coba kopi di berbagai temperatur & tahap extraction.
- Dialling in cepat: latihan dapet recipe balance cuma dalam 1–2 adjustment.
- Consistency under pressure: kualitas harus tetap sama meskipun clock terus jalan.
- Read the rules: selalu download rules terbaru dari WBC atau kompetisi nasional. Ngerti scoresheets bikin kalian tahu persis bagaimana judges menilai performance.



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LESSON 8:

PRESENTATION SKILLS

Judges nilai lebih dari sekadar flavour.

- Bicara jelas dan percaya diri
- Ceritakan origin, process, dan flavour kopi kalian dengan engaging
- Body language harus open & profesional
- Jaga station tetap clean & organised sepanjang routine

Presentasi yang kuat bisa bikin routine teknis yang bagus jadi benar-benar memorable.



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LESSON 8:

USING DATA TRACKING TO IMPROVE

Salah satu tools paling efektif yang gue pakai waktu preparation adalah custom spreadsheet. Semua progress gue track dengan cara yang sama seperti judges nilai.

- o **Time splits:** pecah routine 15 menit jadi Opening, Espresso, Milk, Signature. Latihan dengan splits ini bikin gue nggak pernah kena potongan poin karena overtime.
- o **Extraction logs:** setiap kopi dicatat dose, yield, time, temperature, grinder setting, plus sensory result (acidity, sweetness, bitterness, finish).

Milk & Signature Trials: catat hasil milk steaming, alternatif milk, resep signature lengkap dengan ingredients & sensory notes.

Theme brainstorm: ide storytelling, link flavour dengan konsep, gimana presentasikannya biar natural.

Budget & Equipment: tracking biaya, green coffee, roast, sampai musik atau perlengkapan stage.

Practice journal: setiap rehearsal gue catat mistake, strength, dan adjustment, mirip kayak feedback judge.

Dengan align data training ke official WBC scoresheets, kalian bisa ukur progress, spot weakness, dan bangun konsistensi dari minggu ke minggu.



HOMEWORK

Mini Competition Simulation

- o Set timer 15 menit
- o Prepare 2 espresso, 2 milk drinks, dan 2 signature beverage
- o Jaga station tetap clean, komunikasi jelas, dan patuhi time splits
- o Score diri kalian pakai simplified WBC scoresheet
- o Catat hasil di spreadsheet, termasuk technical performance dan sensory outcome

