



## Sports Coaching and Koni Bali's Leading Sports

**I Putu Darmayasa<sup>1\*</sup>, Suratmin<sup>2</sup>**

<sup>1</sup>Health and Recreation Physical Education Study Program, Faculty of Sports and Health, Universitas Pendidikan Ganesha, Bali, Indonesia

<sup>2</sup> Sports Coaching Education Study Program, Faculty of Sports and Health, Universitas Pendidikan Ganesha, Bali, Indonesia

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### Abstract

Sports development implemented by KONI Bali through sports coaching management, sports coaching, coaching model development, training programs, training targets, and evaluation of KONI Bali sports , coaching, become thoughts, concentrations, and coaching strategies. Sports Development to get superior athletes is done with long-term programs and continuous coaching. Sports development is an important element to develop the talents and potential of athletes and to obtain optimal achievements both regionally, nationally, and internationally. It is proven that KONI Bali will be ranked 5th (five) in PON Papua in 2022, so it is necessary to establish superior sports to achieve national and international achievements. The purpose of the study was to examine the coaching of sports and superior sports of KONI Bali. This study uses a survey method to obtain descriptive sports coaching data and KONI Bali's leading sports. The research sample is the management of KONI Bali in 2022. Data was obtained by interviews with KONI administrators, questionnaires, and archives/documents of sports results/achievements. The data analysis used is data triangulation. The conclusions of the study are (1) the target of KONI Bali province by effectuating sports coaching strategies with priority on individual sports, so that coaching is carried out with focus and professionalism, and (2) determining the leading sports of Bali province, especially superior sports coaching with centralization and decentralization on an ongoing basis.



\*Corresponding email: [putu.darmayasa@undiksha.ac.id](mailto:putu.darmayasa@undiksha.ac.id)

## INTRODUCTION

Sports coaching needs to innovate, develop coaching systems, and apply sports science and technology. Innovation of training methods can be done through two approaches. First by utilizing the discovery of new methods from scientific research and secondly by applying relevant training methods, in line with the development of the use of sports science and technology. Related to national sports coaching, a clear long-term planning concept is needed and has a vision and mission for the future. This must be done considering that in the framework of regional and national sports coaching involving several stakeholders and is not as easy as expected, because it requires equalizing policy perceptions in each sports stakeholder. Regional and national sports development will include coaching on recreational sports, educational sports, and achievement sports. Of course, in each of the three sports, have a different plan. As a consequence of the planning concept that has been made, a consistent implementation is needed, carried out continuously and continuously not done with shortcuts.

The national sports system has outlined sports coaching and development to achieve the expected achievements by utilizing sports science and technology (science and technology). Sports science and technology are the basis for achieving achievements, therefore training programs and the quality of coaches in an effort to carry out their functions to improve athletes' achievements need to understand in depth sports science and technology (Husdarta, 2010). The peak of achievement can be achieved if the process of sports coaching and coaching management is passed properly from the planning stage to the evaluation. The process of sports coaching and coaching management is a very important part of a

coaching stage that aims to optimize the performance of athletes in accordance with specified targets. The Provincial Sports Week (Porprov) organized by KONI Bali Province is held every two years which is followed by KONI Regency/City. Porprov which is carried out in the province of Bali followed by 9 (nine) regencies/cities in the province of Bali, namely; Buleleng, Jembrana, Tabanan, Badung, Gianyar, Bangli, Karangasem, Klungkung, and Denpasar. Porprov is able to capture talented and potential athletes, so that superior athletes emerge to be fostered and target national and international achievements. Porprov KONI Bali has proven to have delivered national achievements at the Papua PON in 2022, ranking in the top 5 (five) nationally.

Related to KONI sports coaching in Bali province, in order to have a clear direction, it is necessary to compile a systematic organizer, of course, regarding the structure, mechanisms, work procedures, work descriptions and placement of appropriate personnel. For this reason, in the function of organizing a sian there are two main principles that must get mutual attention, namely: (1) a *zas k* coordinate as a system of regulating and maintaining relations in order to create the same action in order to achieve common goals. In order for coordination to run smoothly, three main conditions are needed: the existence of the highest authority that functions as a direction giver, the willingness to work together, and the existence of a common philosophy and beliefs that are lived by all members, (2) a *zas* essence is a process of realizing coordination in the organization. In this effort there will be a level of duty, authority and responsibility. For this reason, in this hierarchy it is necessary to have: leadership, delegation of authority and limitation of duties (Suratmin, 2019).

KONI sports coaching Bali province needs to take strategic steps in developing athletes' talents and sports coach competencies as the spearhead of achieving high achievements. The application of sports science and technology is important to continue to be developed by sports coaches in order to achieve optimal performance. Athletes are the leading actors to achieve the peak achievements of sports coaching. Therefore, athletes are always required to have excellent physical and mental condition qualities. With these excellent conditions, athletes will be able to have readiness with a high level of competition in accordance with the agenda of sports events and carefully set achievement targets. KONI sports coaching management in Bali province is a combination of skills related to planning, organizing, leadership, controlling, budgeting, and evaluation in the context of an organization that has main products related to activities to train and train athletes in achieving optimal performance. Sports management needs to be adjusted to the scope of community needs, including: (1) sports management in government, (2) the scope of sports management of the Olympic movement, (3) the scope of educational sports management, (4) the scope of professional sports management, and (5) the scope of recreational sports management (sport for all), and (6) in business and industrial sports management, (Harsuki, 2013).

Achievement sports are carried out by everyone who has the talent, ability, and potential to achieve achievements. Sports achievements are carried out through the process of coaching and developing sportsmen in a planned, tiered, and sustainable manner through competitions to achieve achievements with the support of sports science and technology (Law Number 3 concerning the National Sports

System of 2005). Sports stakeholders, central/regional KONI, central/regional sports PBs, and central/regional governments until now continue to improve sports coaching patterns to lift national, regional, and international sports achievements. Regional sports achievements are fostered and developed through KONI districts / cities and KONI Bali province, so it is important to evaluate sports coaching patterns in a sustainable and comprehensive manner. One way to find out the development and development of sports coaching and superior sports KONI Bali province.

Based on the statement mentioned above, in the framework of national sports coaching, continuous and consistent supervision is needed. This must be carried out if something occurs in the framework of the process of achieving the goals of national sports coaching can be found as soon as possible to find a solution (Harsono, 1998). As an appeal not to let the supervisory function not be carried out, because sooner or later it will result in the death/destruction of an organization. So it is very clear that supervision will greatly determine the role in efforts to achieve predetermined goals (Tudor & Gregory, 2009). So philosophically it can be said that supervision is absolutely necessary because humans are wrong a lot. Basically humans in organizations need to be observed, not with the intention to find fault and then punish it, but to provide education and guidance (Prasetyo, Damrah, & Marjonah, 2018).

National sports coaching requires different supervision for three sports scopes including educational sports, recreational sports, and achievement sports. Because each of the three scopes has different structures, mechanisms, work procedures, job descriptions and personnel placement (Rubianto, 2006). Various sports organizations in Indonesia admit that sports coaching at the basic level as the

foundation of sports achievement building is experiencing weak conditions, so it has not been able to face the challenges ahead (Wibowo & Hidayatullah, 2017). Many factors affect the failure of athletes, among others, influenced by the coaching implementation system which includes:

- 1) Atlet and how to recruit
- 2) Human Resources who carry out athlete coaching
- 3) Tools and environmental facilities
- 4) Coaching method used
- 5) Management
- 6) Area Resources and potential maps of the area
- 7) Finance

The achievement of sports achievements depends largely on the implementation of the sports achievement coaching system in a country. The sports coaching system should be focused on two parts, namely; (1) involve physical education and national sports organizations in school, recreation, and sports club programs and national sports organization structures, and (2) implemented sports training systems. The sports achievement coaching system carried out in a tiered and sustainable manner needs to be supported by professional sports stakeholders and the use of sports science and technology (Muhammad, 2018). Sports training has always been associated with an effort to; (1) improving achievement, (2) maintaining achievement, and (3) regressing achievement (training declines after years of rigorous weight training). The ability to achieve is a manifestation of a person's overall personality. Sports training has always been associated with an effort to; (1) improving achievement, (2) maintaining achievement, and (3) regressing achievement (training declines after years of rigorous weight training). The ability to achieve is a manifestation of a person's

overall personality. Achievement ability is the resultant of many abilities that determine achievement, which is built in a training process that lasts many years. (Grosser, 2012).

## METHODS

This research is an evaluative research using survey method (Burhan, 2007). The method is used to review sports coaching and KONI Bali's leading sports. Research is conducted to make decisions by choosing the best decision (Sugiyono, 2019). Triangulation is a method used in qualitative research, often also done in quantitative methods (Budiyono, 2013). The triangulation approach not only compares data from various sources, but also uses various techniques and methods to research and capture data or information from the same phenomenon (Wirawan, 2012). The data collection was carried out in stages (1) observations carried out directly by KONI Bali leading sports and sports coaching researchers, (2) interviews with the KONI management of Bali province regarding the sports coaching applied, (3) KONI superior sports based on the achievements that have been obtained, (4) filling out questionnaires on the perception of KONI Bali's superior sports determination. The research sample is the management of KONI Bali province in 2022.

## RESULT

**Table 1.** KONI Bali Sports Coaching Based on Interviews with Management

Description of Interview Results
<b>Management of KONI Bali:</b> Chairman of KONI Bali
1. Sports coaching carried out by KONI Bali is carried out through decentralization and coordination with KONI Kab / City of Bali Province

2. The implementation of the 2022 Bali Provincial Conference will be carried out in 9 KONI Districts / Cities of Bali Province through meetings and deliberations with the management of KONI Kab / City of Bali Province, so that it is agreed that each KONI District / City organizes several sports
3. The implementation of multi-events switched to a single event, because for 2 years experiencing the covid 19 pandemic, so that to overcome the implementation of Porprov can still be carried out with 9 KONI Districts / Cities holding the 2022 Porprov agenda
4. Funding is charged to each organizer at KONI Kab/Kota, so that in addition to being a participant in the competition/match as well as the organizing committee for the 2022 Porprov, the Chairman of KONI also said that the self-funding of sports coaching funds from the community is more than 50%, so that the community's contribution is high
5. The regulations for matches and competitions in the single event of Porprov 2022 are left to their respective sports, KONI Province provides general guidelines
6. Cooperation with various agencies, both local / central and private governments, communities and sports stakeholders

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**Management of KONI Bali: General Secretary of KONI Bali**

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1. Referring to the results of PON 2021, KONI Bali is ranked 5th so it needs a comprehensive evaluation to determine the direction of coaching and policies of KONI Bali Province, especially

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leading sports to take part in the next PON

2. Coaching model and implementation of training programs, increasing training discipline, monitoring and evaluation of coaching with a digitization system as a form of control and supervision in the implementation of training
3. KONI Bali's performance improvement is focused on individual sports, especially to use KONI's budget to be effective, and meet achievement targets
4. KONI Bali province's leading sport based on analysis and evaluation on sports coaching, regional, national, and international championship results on an ongoing basis
5. Application of sports science and technology in collaboration with sports experts, FOK Undiksha, resource persons / experts in central / regional sports, Ministry of Youth and Sports, related fields.

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**Management of KONI Bali: Field of Sports Coaching**

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1. Utilizing the development of sports science and technology as an approach in the exercise program developed by the coach
  2. Collaborate with FOK Undiksha experts/lecturers to provide coaching materials and develop sports achievements
  3. Utilizing the FOK Undiksha laboratory to support sports coaching, tests and measurements as well as improve the physical fitness of Bali provincial athletes
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**Table 2.** Bali Athlete Achievement Data at PON 2016

No	Sport	Featured Ranking
1	Sail	1

2	Judo	2
3	Penjak Silat	3
4	Cricket	4
5	Shoot	5
6	Swimming pool	6
7	Karate	7
8	Kempo	8
9	Degree Fight	9
10	Weightlifting	10
11	Athletics	11
12	Rock Climbing	12
13	Fist	13
14	Billiards	14
15	Taekwondo	15
16	Bicycle Racing	16
17	Chess	17

**Table 3.** Data on the Achievements of Balinese Athletes at PON Papua 2022

No	Sport	Featured Ranking
1	Judo	1
2	Degree Fight	2
3	Athletics	3
4	Cricket	4
5	Kempo	5
6	Shoot	6
7	Swimming pool	7
8	Pencak Silat	8
9	Karate	9
10	Fist	10
11	Taekwondo	11
12	Rock Climbing	12
13	Sail	13
14	Basketball	14
15	Diving	15
16	Badminton	16
17	Billiards	17
18	Chess	18
19	Muaythai	19
20	Motor	20
21	Sepak Takraw	21
22	Archery	22
23	Weightlifting	23
24	Rugby	24

**Table 4.** Bali Province's Leading Sports Based on the Results of the 2018 Sea Games

No	Sport	Featured Ranking
1	Pencak Silat	1
2	Skateboard	2
3	Karate	3

## DISCUSSION

Achievement sports coaching is a sports activity that is carried out and managed professionally with a purpose. However, the world has experienced the Covid-19 pandemic for more than two years, so KONI Bali has an effect on comprehensive sports coaching. The sports coaching program that has not been optimally carried out refers to the progress of sports science and technology and scientific studies, especially well-programmed sports coaching programs, to obtain optimal achievements in certain sports. Some Coaching programs that must be carried out to improve national sports achievement, namely: (1). Regional and Central Olahraga P restasi coaching, (2). Development of superior/priority sports centers, (3). Improving the quality of management of the General Management / Central Board, Provincial Administrators, (4). Quality improvement of management of Central KONI, Provincial KONI, City/Regency KONI, (5). Organizing sports achievement competitions in stages, (6). Optimization of national and international achievement sports events, (7). Coordination, communication, information, education with sports achievement holders at the Center and in the Regions, (8). Cooperation with international sports institutions, and (9). Periodic control and evaluation.

In addition to scientific assessment of sports coaching programs, it is necessary to conduct periodic and in-depth evaluations of sports coaching programs in

KONI Bali province in a sustainable, systematic, programmatic manner, and the importance of utilizing advances in sports technology. KONI of Bali province does not yet have an evaluation model evenly based on scientific studies, especially the application of sports science and technology. KONI Bali evaluation is carried out thoroughly and periodically through scientific studies. The evaluation of KONI Bali's coaching program has not been fully based on scientific studies, sometimes after Porprov sports matches/competitions, KONI Bali evaluates the success rate of sports coaching, because of the achievements obtained/medals alone. Sports coaching is carried out by improving the quality of management in coaching, athlete recruitment systems, coaching and training programs, determining coach qualifications that are carried out in a sustainable, measurable and comprehensive manner by optimizing the participation of all sports stakeholders in Bali. Provinsi Bali which consists of 9 (nine) regencies/cities has a diversity of characteristics formed by local wisdom that is different from other regions. With these conditions, Bali certainly has advantages and limitations, but feels challenged to improve national and international sports achievements.

Through increasing sports achievements in the implementation of Porprov will accumulate towards the achievement of national sports achievements. Sports coaching needs to be improved through various continuous training programs, regular competitions, try-out programs, regional and national championships on an ongoing basis. (Maksum & Mutohir, 2007) explained 10 Indonesian sportsmen who had international achievements, found 7 dominant characters, namely: (1) prestativ ambition, (2) hard work, (3) persistence, (4) commitment, (5)

independent, (6) intelligent, and (7) self-control. Many factors influence the unsucces of student athletes, including the coaching implementation system which includes; (1) athletes and recruitment methods, (2) human resources who carry out athlete coaching, (3) environmental tools and facilities, (4) coaching methods used, (5) management management, (6) culture and regional potential maps, and (7) finance (Sunarno, 2017).

As it is known that to achieve sports achievements many factors determine, both personal and environmental factors. Personal factors are the mentality of competing which includes; (1) the ability to maintain fighting power, (2) concentration in tense situations, (3) regulate the level of excitement, (4) control excessive stress, (5) analyze game situations carefully, (6) distinguish between factors that need to be taken into account and those that need to be ignored, (7) make the right decisions in changing match situations (Universitas Negeri Yogyakarta, 2015). Environmental aspects that can interfere with motivation and concentration include; (1) family demands that sportsmen reduce the time devoted to their sports activities, (2) conflicts between school schedules and training schedules, (3) inadequate training infrastructure and facilities, (4) disruptive behavior of others, and (5) nerve warfare. All of these factors must be overcome by sportsmen with a long training process (Mulyana, 2008).

The embodiment and existence of KONI sport development for the province of Bali is basically to improve and develop sports achievements efficiently and effectively through a comprehensive and sustainable sports coaching process. Achievement is a combination of the athlete's efforts and the coach's hard work, so that both are responsible for the implementation of the training program to produce high achievements (Irianto,

2009). The development of achievement sports at the KONI in the province of Bali is influenced by a tiered coaching system, supported by various facilities and targets for national and international sports achievements. Based on the results of processing and analysis of the leading sports data for the province of Bali based on the Sea Games. Sports that have won national and international achievements in the province of Bali are sports that are individual/individual in nature, so that is the priority for sports development in the province of Bali. Sports training is always associated with efforts to; (1) improve performance, (2) maintain performance, and (3) performance decline (training decreases after years of training with rigorous weight training (Lubis & Evalina, 2007)). Achievement ability is a manifestation of a person's whole personality. Achievement ability is the resultant of many abilities that determine achievement, which are built in a training process that lasts for years. Training to improve performance is meaningful if it is carried out by talented athletes who are influenced by the environment, both the community, family, and work that supports them, trained by highly skilled trainers and the presence of sports facilities (Grosser, 2012).

## CONCLUSION

The resulting research can be concluded as follows: (1) the target of KONI Bali province by effectuating sports coaching strategies with priority on individual / individual sports, so that coaching is carried out with focus and professionalism, and (2) determining the leading sports of Bali province, especially superior sports coaching with centralization and decentralization on an ongoing basis.

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