



Kinestetik : Jurnal Ilmiah Pendidikan Jasmani 8 (2) (2024)

Kinestetik : Jurnal Ilmiah Pendidikan Jasmani

<https://ejournal.unib.ac.id/index.php/kinestetik/index>

DOI : 10.33369/jk.v8i2.32304



Level of Understanding of Football Club Coaches Regarding the Preparation of Physical Training Program. (study on soccer club coaches Bengkulu City)

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Article Info

Article History :

Received : January 2024

Revised : June 2024

Accepted : June 2024

Keywords:

Coach,
Football,
Physical,
Training.

Abstract

This study aims to determine the level of understanding of soccer club coaches Football Club Coaches Regarding the Preparation of the Bengkulu City Physical Training Program. This study uses the theory of understanding which explains how well a coach understands the physical training program a coach in preparing a physical training program properly and correctly. This research uses qualitative research methods with a descriptive approach. The data collection techniques used in this research are in-depth interviews, observation and documentation. Determination of research informants is done by purposive sampling technique. Data analysis techniques used in this research are data reduction, data presentation, and conclusion drawing. conclusion. The results of this study are the level of understanding of trainers related to compiling a physical training program, only 8 trainers are good with a category of 80% in providing appropriate and structured physical training. in providing appropriate and structured physical exercise.

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ISSN 2685-6514 (Online)

ISSN 2477-331X (Print)

INTRODUCTION

The main task of a coach, basically to deliver every athlete to achieve its goal of becoming a winner in every match, but this is not an easy matter because in every process there are challenges. this is not an easy matter because every process has its own challenges, both for a coach and an athlete. both for a coach and an athlete. Every coach in every coach in providing a program and guidance for athletes certainly has different progress but with one goal of making athletes able to achieve achievements and compete with other great athletes. achievements and compete with other great athletes (Dwijowinoto, 2015:17)

The importance of a coach's understanding can also be measured by the comfort of the players. the players, not only according to the program that you want to form but how a coach gives a form of attention to the players and does not differentiate between players discriminate between players (Negara et al., 2021). A good coach must have the principle to make the athletes or soccer players he trains better than himself. trained must be better than himself. A coach to athletes / soccer players football players not only as a figure to train, but a coach must have various roles to make his members become better than him. coach must have various roles to make his members become enthusiastic in playing soccer. enthusiasm in playing soccer, the role of the coach can be a teacher, a brother, a motivator. a teacher, a brother, a motivator for the players, an instructor and a coach and there are many more roles that a coach has (Ita et al., 2022). Currently there are many

variations of physical training programs to train athletes. athletes. Keeping up with the times, the trainers certainly should not be behind in developing a football physical training program for athletes, this can affect the mentality of athletes. athletes, this can affect the mentality of the athletes (Raibowo, et al., 2023).

The success of soccer players is inseparable from the coach who provides good training to his members. trainers who provide good training to their members, so that in this study it is useful to see each coach in providing a form of program. This research is useful to see each coach in providing the form of a maximum training program in order to improve the quality of the players. training program in order to improve the quality of the players. Lack of understanding of the preparation of physical training programs by trainers, can affect the quality of soccer players so that the obstacles and problems that exist in this research can be an evaluation. constraints and problems that exist this research can be an evaluation for researchers to focus more on the formation of an exercise program (Abdillah & Ashadi, 2018). Football clubs in Bengkulu are not hard to find these days, even schools have extracurriculars to help their students play. various schools also have extracurricular activities that help their students to channel their talents. to channel their talents. Basically, people who have an interest in interest in soccer, they have been instilled from an early age to take part in soccer training including from the age of 10 years to 21 The soccer clubs that There are also many soccer clubs in Bengkulu City that are growing and developing, This is certainly supported by coaches and soccer players who have a

passion for playing soccer that is not only enthusiasm in playing soccer which is not just a hobby but a mandatory activity for soccer players. according to iskandar (2017) the characteristics of a good soccer club are (1) having Club Achievements, (2) having Players and Club legends, (3) Club-based regional culture, (4) has Club Supporters, (5) competing rivalries.

The results of preliminary observations, in the city of bengkulu there are 10 clubs that are alive and active, both in practicing and participating in inter-regional matches. practicing and participating in inter-regional matches. In this research, 10 Clubs that will be the target of research on the coach's understanding of the physical training program are physical training program are Indonesia Muda Club, Tunas Muda Club, Bengkulu Putra Club, PERSIPA Club, Buana Club, Bengkulu Raya Club, Harapan Bangsa Club, PS Bumi Ayu Club, and Tri Brata Club, Raflesia FC. Bengkulu Football has experienced ups and downs in developing the talents the youth in the city of Bengkulu is certainly not an easy thing. Providing guidance and training the youth of Bengkulu with good and full patience, actually makes a lot of experience as well as learning about how they manage an organization and how their organization and how their strategy in improving the quality of the players in facing various leagues in the city of Bengkulu. As a result, many of the Club's players quit and decided to move to soccer clubs in other regions. A coach's lack of understanding can certainly be a major factor in the quality of soccer players in the Bengkulu City Football Club.

METHODS

This research uses Descriptive research with a qualitative approach. This research was conducted at various locations according to the Clubs practicing, following the schedule of clubs practicing in Bengkulu city. This research was conducted for 1 month from March 15, 2023 to April 15, 2023. The variable in this study is the understanding of the coach, which means that the understanding of the coach is the level of understanding of a person towards an activity who has mastered certain concepts. the subject of this research is the Soccer Club Coach in Bengkulu City, the object of this research is the Coach's understanding in providing physical training programs to soccer athletes in the city of Bengkulu. physical training program to soccer athletes in Bengkulu city. The data collection techniques in this research are interviews, observation and documentation. Data analysis techniques carried out in This research is an interactive analysis technique from Milles & Huberman, which in this analysis involves four main things, namely data collection, data reduction, data presentation, and drawing conclusions or data verification (Sugiyono, 2017). In the analysis to determine its accuracy using research norms According to (Azwar, 2013) conducting a measurement to determine the accuracy of an interview, the use of standardized calculation of value presentation is more recommended so that the data obtained is more accurate, the trainer uses the percentage of answers in measuring the trainer's understanding.

$$P = \frac{X}{Y} \times 100\%$$

P : Percentage of Interview Results

X : Trainers with the same interview answer indicators

Y : Total number of coaches

Categorization is based on Norm-referenced Assessment (PAN) so that the resulting score criteria are obtained with credible values (Azwar, 2013). Assessment The norm reference for the category of interview results can be seen in the following table:

No.	Interval	Kategori
1	81%-100%	Veri Good
2	61%-80%	Good
3	41%-60%	Medium
4	21%-40%	Low
5	0%-20%	Very Low

Azwar, (2013)

RESULT

Based on the results of interviews conducted the following explanation is produced in the form of a percentage graph :

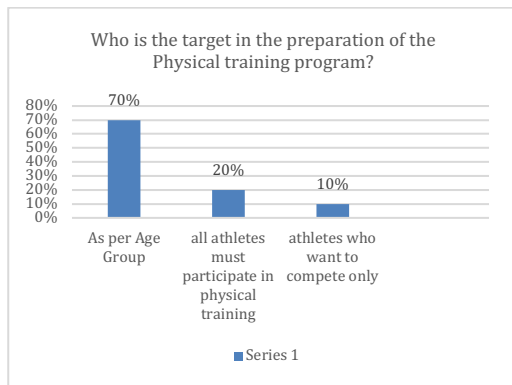


Figure 1. Graphic Question 1

In the table and graph above are the results of interviews from the question “Who is the target in the preparation of the Physical training program?” It is known that the answers of the informants or 10 coaches there are 3 categories that researchers group based on the results of the interview, namely according to the age group resulting in a percentage that reaches 70% with an interval of 61%-80%

covering a good category. In the second category, namely all must follow physical training, this tends to occupy a percentage of 20% with the same interval of 0%-20% and is included in the very low category. In the third category, namely only focusing on those who participate in matches, with a percentage of 10% with an interval of 0%-20% has a very low category. Comparison of the data above in compiling physical training programs tends to be in the good category. This shows that 7 coaches already understand and are able to compile physical training programs according to age.

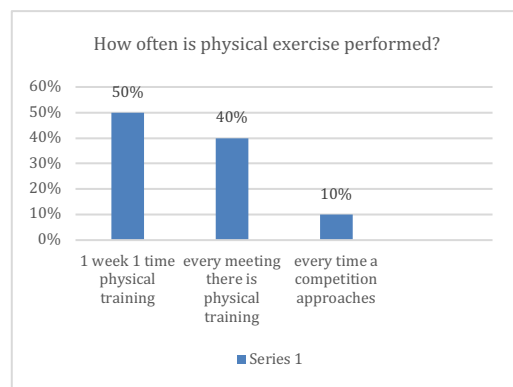


Figure 2. Graphic Question 2

Based on the graph data above, we can note that there are 3 categories that researchers divide into the results of interviews with the question “How often is physical exercise performed?”. In the category of trainers who provide physical exercise every day but are not too dominant in the medium category with a percentage of 40% with an interval of 41%-60%. In the second category, namely the physical training schedule is made specifically once a week and approaching the competition with a percentage of 50% with the same interval of 41%-60% in the moderate category. In the third category, namely the coach provides an intense physical training program that will only approach the competition only in the very

low category with a percentage of 10%. This greatly affects the physical quality of soccer players by dividing a special period of time for physical exercise. When reviewed more deeply in the category of physical exercise every day there is, when entering the middle of the training stage tends to experience fatigue. These athletes will basically be trained for endurance strength, but if in 1 day they are pushed to various stages, and there are no other training variations or too monotonous, then athletes tend to experience fatigue and saturation before the peak of training.

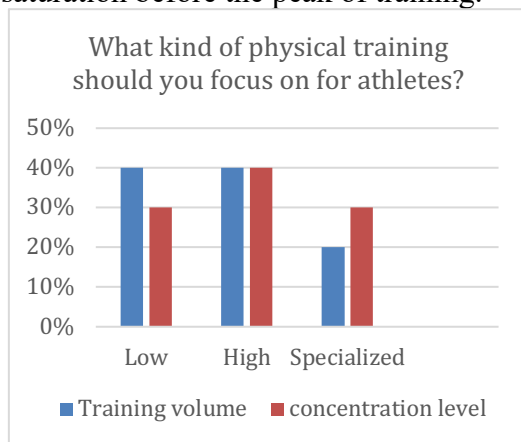


Figure 3.Graphic Question 3

In the graph data above, shows the results of the interview with the question “What kind of physical training should you focus on for athletes?”. In the blue graph series 1 shows coaches who run physical training programs, on light physical exercise, which is around 40% within 1 week, with a training focus presentation of around 30%. In heavy physical training, coaches who run heavy physical training in a certain period are around 40% with a training focus percentage of 40%, with balanced results. While in special physical training, out of 10 coaches only 20% run special physical training according to the role of each athlete with a training focus of around 30%.

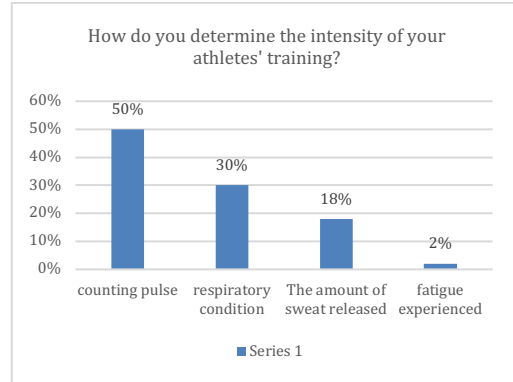


Figure 4.Graphic Question 4

In the graph above with the question “How do you determine the intensity of your athletes' training?” with the results of 50% done by the coaches before determining the intensity of physical training with a high category, in breathing conditions 30% of coaches do or pay attention to the breathing of athletes before and after doing physical exercise. The percentage of 18% entered the amount of sweat released and 2% entered the fatigue experienced by the two categories included in the low point.

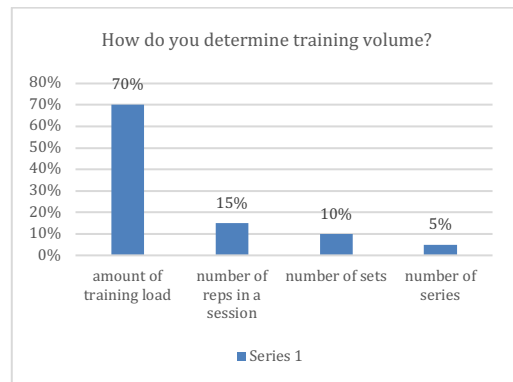


Figure 5.Graphic Question 5

In the graph above, with the question “How do you determine training volume?” there are 4 categories that standardize the assessment of the accuracy of the volume of exercise in physical training. At a percentage of 70% of the trainers chose the amount of training load as a measure to determine the volume of physical exercise. After that the trainers used the calculation of the number of reps per session by 15% in determining the amount of training

volume. And for the lowest level of about 10% and 5% of trainers calculate the number of sets and series. So it can be concluded that all 10 trainers use the volume component of physical exercise in determining the type of exercise to be carried out. So that in determining the volume the trainers are good at compiling the volume of physical exercise.

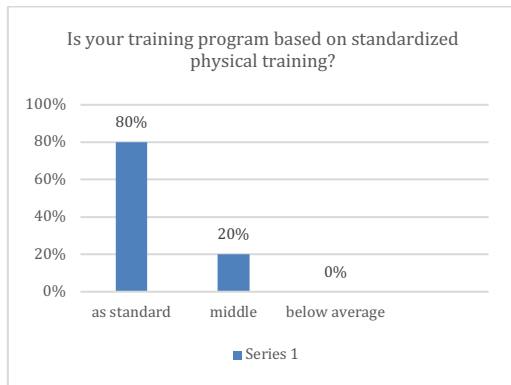


Figure 6.Graphic Question 6

Based on the results of the interview with the question “Is your training program based on standardized physical training?” showed that 80% of the trainers were in accordance with the standardization in running the physical training program. There are only 2 coaches who still have not reached the standard in preparing a physical training program, namely Dimas from Buana Klub and Hadi Siswoyo from Harapan Bangsa. However, this is certainly not an obstacle to the two clubs, both coaches can update their physical training system by paying attention to the physical training components that will be given to the coaches in a more structured manner again. According to standardization, it is already in the good category, considering that the coaches have succeeded in providing good training effectiveness to the athletes.

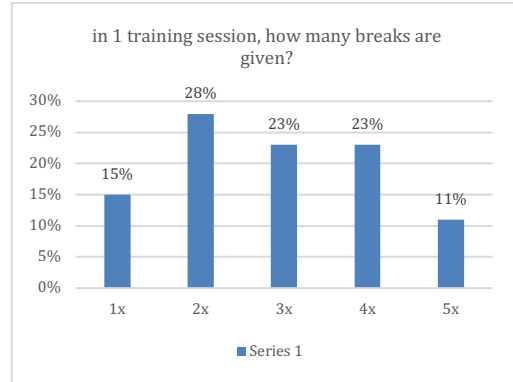


Figure 7.Graphic Question 7

From the table and graph of the question with the title “In one training session how many times do you rest?” it is known that the most common answer from respondents is 2 breaks at 28%. The least response amounted to 11% in other answers, namely more than 5 breaks and rest every change between sets.

DISCUSSION

The results of observations in this study, the trainers usually provide a general training program starting from warm ups, then directly enter the training program. training program that generally starts from warm up, then immediately enters the core training and gets more intensive, so that most athletes when the end of the exercise core and more intensive, so that most athletes when at the end of training they experience a warm down or cooling off period. After cooling off the coach trainers immediately provide training with more intensive conditions such as sit ups, pull up and other exercises. The physical exercise above is usually cultured or hereditary which is given. So based on the results of research on how the level of understanding of trainers in preparing training programs, with research instruments of interviews, observation and documentation of the level of program preparation soccer physical training program, from 10 clubs there are 8 clubs that are already good at understand the

physical training program. Based on field observations, researchers see trainers who provide training programs to athletes in accordance with the training guidelines they have, or the training program they have. training guidelines they have, or their training programs have been compiled well in such a way.

In general, researchers can conclude that research taken from the point of view of coaches from each football club in Bengkulu city at the basic stage (the stage given before training) several coaches provide a brief theory of the material to be trained, the purpose of each movement and the training program that is compiled is easy to understand. The 10 trainers have mastered the basic stage. However, for determining the training schedule, there are still many trainers who are not in accordance with the training periodization so that 30% of trainers complain about the lack of sufficient training for athletes, therefore discipline is very important by using training periodization, the schedule will be more structured and sufficient if it is well determined about the training schedule itself. training schedule itself. In the conditions during training, the researchers saw that the coaches had made a good contribution seeing their closeness to the athletes. The eight coaches have been good at providing training according to the physical condition and position of each athlete. The training tools in the field have been given very well, but only some facilities and infrastructure are not supported by the government, such as the weightlifting equipment and weightlifting equipment. that are less supported by the government, such as lifting weights and other fitness equipment. special fitness equipment

In the evaluation section, 10 coaches always provide an evaluation after every soccer training. This is intended so that athletes know the notes that need to be

improved again, the coach also gives retries to athletes who have not passed the match stage so that the coaches do not leave athletes who do not understand the material during the training day. So that the preparation of this physical training program has a predetermined target to see the achievement of a coach in providing training. Especially for the football club itself, it is in the 80% category in the good category, where coaches still have to improve the quality of physical training and must have targets balanced with small notes on the abilities of athletes, this is certainly efficient in determining a good physical training program for Bengkulu city football athletes.

CONCLUSION

Based on the results of the study, it can be concluded that "The Level of Understanding of Football Club Trainers Regarding the Preparation of Physical Training Programs in Bengkulu City" is said to be good with a presentation of 80%. This indicates that the Bengkulu city football coach has an understanding of compiling, implementing, and evaluating the physical training program given to athletes in order to achieve the goals of the training itself. This is indicated by the ability of the coach to provide a structured training program and be able to apply good training principles.

ACKNOWLEDGEMENT

We would like to thank all parties involved in this research, especially the management of the football club who are willing to give us space to conduct this research.

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