



## Basic interpretive prespective study in coaching management in special sports class

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### Abstract

Management is able to process the resources it has as much as possible, so that organizational goals will be achieved. An organization is effective if its management uses the right and correct principles so that various activities within the institution can achieve the planned goals. To support management, there are several aspects that must be considered such as organizational structure, athlete development, and constraints within an organization. This study aims to determine the management of the sports class at SMP Negeri 1 Surakarta. This type of research includes qualitative research, basic interpretive studies. Data collection techniques used by researchers are interviews, observation and document analysis. Data analysis techniques used in this research are data collection, data reduction, data presentation and conclusion drawing. The results of this study indicate that special sport classes SMP Negeri 1 Surakarta has implemented management functions, including planning, organizing, directing and supervising. special sport classes SMP Negeri 1 Surakarta has two coaching patterns, namely the training pattern and the education pattern. The trainer applies a training periodization program. Then there is an evaluation at the end of each year to assess performance, training programs provided by the coach, athlete achievements, and problems that occur in special sport classes SMP Negeri 1 Surakarta.

**Keywords:** management, athlete development

### Introduction

An achievement in the field of sports is not easily obtained and is not obtained by itself (Lumintuarso *et al.*, 2021) [8]. Not everyone understands the importance of the process in fostering sports achievement (Dania & Karteroliotis, 2016) [4]. The main concentration only focuses on achieving achievements in a competition or championship, without paying attention to the ongoing process of coaching prospective athletes (Santos & Callary, 2020) [14]. Achievement sports coaching requires seriousness and commitment to carry out sports development in a structured and sustainable manner (Allung *et al.*, 2019) [2]. Because coaching cannot run in an instant way (Andriani & Awang Irawan, 2019) [3]. So that it is the responsibility of the local government to always provide encouragement and maximize potential talented athletes (Salahuddin *et al.*, 2021) [13]. In the area of their authority to always strive to improve the advantages of the area (Hancock *et al.*, 2014) [5].

Management is an important and inseparable part of the overall coaching and training process because without good management (Rahmad *et al.*, 2019) [11]. Sports achievements will be difficult to achieve (Widianto *et al.*, 2020) [17]. Management in sports is the coordination of all existing resources, including human resources (HR), materials, technology and finance, which are needed by an organization to achieve its goals (Adzalika *et al.*, 2019) [1]. In sports management, all resources are pooled to make work and workforce run more productively (Nicolas *et al.*, 2011) [9]. In addition, management also determines the capabilities and coordination needed in an organization (Radošević *et al.*, 2020) [10]. Then, management provides direction and guidance

that can bring together various people in the production process (Vural & Çoruh, 2019) [16]. In relation to the world of sports, management is defined as the responsibility for the appearance or performance of the organization (Harris-Reeves *et al.*, 2016) [6].

Sports Special Class is a class that specifically aims to develop students' talents and interests according to the sport they are engaged in (Iswoyo *et al.*, 2018) [7]. This class is generally a class that accommodates students who have special talents, especially in the field of sports (S & Soenyoto, 2020) [12]. Special sports classes are classes that consist of all athletes from various branches, they are united into one class and given a special program to develop their talents (Valentino & Ardian, 2017) [15].

### Methods

This type of research includes qualitative research, basic interpretive studies. Sources of data in this study were the Principal of SMP Negeri 1 Surakarta, special sport classes Coordinator, Trainers and Athletes. Data collection techniques using observation, interviews, and document analysis. The data validity technique used triangulation technique. Data analysis was carried out in four stages, namely: the data collection stage, the data reduction stage, the data presentation stage, and the conclusion drawing stage.

### Results and Discussion

Management in sports is the coordination of all available resources, including human resources (HR), materials, technology and finance, which are needed by an organization to achieve its goals. In sports management, all resources are

combined so that the work and workforce run more productively.

Management functions that must exist and be carried out, if not sooner or later can cause the death of the organization. The management function is a basic element used in the process and can be a reference in carrying out activities. management functions include: Planning (planning), Organizing (organizing), Guidance / direction (Directing) and Controlling (controlling). The following are the management functions of the Sports Special Class at SMP Negeri 1 Surakarta.

### **1. Planning for special sport classes of SMP Negeri 1 Surakarta**

Planning begins with designing the recruitment process for the special sport classes coaches consisting of coaches for each sport, consultants, masseurs, nutritionists who will be responsible for the development of every child involved in this program. Each section has its own duties, which are expected to support the development of Sports Special Class athletes later.

In recruiting coaches, the Youth and Sports Office (Dispora) submits an application to the sports branch city management, then the sports city management provides recommendations for prospective coaches who will be selected by the team. special sport classes also worked with a team of experts from FKOR UNS to conduct tests. After the test, a candidate will be chosen to become the special sport classes coach.

The recruitment of trainers has specific requirements, including the trainer must be licensed, the minimum education level is high school graduation, the higher the level of education, the higher the qualifications of the HR recruited. The making of the test items was submitted to the consultant, namely from the Faculty of Sports (FKOR) of Sebelas Maret University (UNS). The test items include written tests and interviews related to the ability of prospective coaches in making training programs in each sport. The trainer recruitment process goes through several stages, namely, filing or administration, written tests, and interviews.

After officially becoming special sport classes trainers, the trainers are required to sign a letter of agreement and an integrity pact containing the provisions, rules and obligations of the trainer while being a trainer at special sport classes SMP Negeri 1 Surakarta. The welfare of the trainers is considered by the manager with a salary above the minimum wage for the City of Surakarta, then they get insurance, consumption and are provided too for training facilities so that coaches can focus and be motivated for the process of coaching athletes for Special Sports Classes.

Then the next stage is the student recruitment process. During the new lesson, special sport classes SMP Negeri 1 Surakarta opens registration for students residing in Surakarta City who have graduated from grade 6 or graduated 1 year earlier. The determination of the quota is determined after the test. After they register then a test is held, namely a written test, psychological test, and a sports test. To determine the physical test items in collaboration with a team of consultants, namely from FKOR UNS.

From the document analysis conducted by the researcher, the selection process for new student admissions (PPDB) special

sport classes begins with several tests, including:

#### **a. Administration Test**

##### **1. File administration**

Portfolio tests are data collection carried out by the selection team on students' ownership of sports charters, with criteria for champions I, II, III, provincial, district, sub-district levels. This test aims to determine whether students have a background in the field of sports. This test is not required for students because later it will only be an added value in the process of determining the special sport classes test selection. In this stage, students have also been grouped based on each sport that has been chosen.

##### **2. Health administration**

Students who take the special sport classes acceptance test are required to collect a health certificate from a doctor and also a drug-free test and then submit it to the selection team.

#### **b. Physical Test**

This test consists of:

1. Test the strength of the arm muscles, namely by push ups
2. Abdominal muscle strength test with shit up
3. The leg muscle explosive power test is by standing broad jump
4. The eye-hand coordination test is by throwing and catching a tennis ball
5. Flexibility test
6. Agility test using the shuttle run test, namely running back and forth with a distance of 5 meters.
7. Speed test That is by running 40 meters
8. Endurance test Using beep test or MFT test
9. Anthropometry Test This test is in the form of recording students' height, sitting height and weight
10. Sports Test. Students take tests according to their sport, this test item is based on the characteristics of each sport.

#### **2. Organizing**

The division of tasks at special sport classes SMP Negeri 1 Surakarta itself has two patterns, namely the education pattern and the training pattern. This education pattern is the responsibility of SMP Negeri 1 Surakarta, and the training pattern is the responsibility of the Dispora and in particular under the guidance of the sports development section.

The organizational structure of the special sport classes is divided into two, namely under the auspices of the Youth and Sports Office (Dispora) and also under the Education Office. The organizational structure in the special sport classes Dispora is included in the sports field, namely below it there is a sports development section then below it there are coaches, coaches, and therapists then special sport classes students. In the structure of the Education Office below it, namely SMP Negeri 1 Surakarta, then below it again there are students and then special sport classes students.

#### **3. Special Sport Classes Athlete Development**

Athlete coaching is an effort to maximize the best possible coaching starting from an early age to adulthood which is carried out in stages and continuously so that it is expected to increase interest and channel talent so that later it can achieve

peak performance. In coaching special sport classes at SMP Negeri 1 Surakarta, several components will be discussed, namely, the coach program, try outs and try ins for special sport classes students, the championships participated in by special sport classes athletes, the contribution of special sport classes athletes to improving sports performance in Surakarta City, achievements that have been achieved by special sport classes athletes, targets special sport classes Championship.

The process of coaching special sport classes at SMP Negeri 1 Surakarta begins with routine training for each sport every morning and evening, followed by formal education in schools that have adjusted learning hours. Students are given facilities in the form of consumption and meet their daily and school needs.

Special sport classes SMP Negeri 1 Surakarta has two coaching patterns, namely the pattern of sports training and the pattern of education. The training pattern refers to activities in the Dispora through the sports section, then the education pattern follows the existing rules of SMP Negeri 1 Surakarta.

Each sport has a coach who already has a certificate of at least regional level training. Each coach from each sport has its own program tailored to the daily, weekly, or monthly work program. The trainer's program implements training periodization, made to make it easier for trainers to develop training programs.

Periodization is the process of dividing the annual training program into smaller phases of training. The purpose of

making the training periodization is to facilitate the preparation of smaller training stages (periods), so that the training program can be organized more thoroughly and can be carried out systematically and to ensure the realization of the right peak of achievement in accordance with the set time. The stages of the exercise consist of three stages, namely:

1. *Preparation period.*
2. *Competition period.*
3. *transition period*

The preparation stage and the match stage are then further divided into 2 (two) stages, because the goals or objectives of each stage are very different.

- a. The Preparation Phase is divided into 2 (two), namely:
  1. General Preparation Phase (TPU) or General Preparation Phase.
  2. Special Preparation Phase (TPK) or Specific Preparation Phase.
- b. The competition stage is divided into 2 (two), namely:
  1. Pre-Competition Stage (TPP) or Pre-Competition Phase.
  2. Main Competition Phase (TPU) or Main Competition Phase.

The stages above are further broken down into macro cycles (1 macro = 1 month) and micro cycles (1 micro = 1 week), and between macro and micro cycles there is a meso cycle. The training objectives for each cycle are specific and detail the general goals of the annual training program.

**Table 1:** Medal Earnings at Various special sport classes Student Championships in 2019

NO	Sports	International			National			Province		
		Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze
1	Track and Field							12	9	8
2	Swimming				3	19	13	10	17	11
3	Badminton							2	5	10
4	Tennis			1			2	4	4	4
5	Table Tennis					3	2	1	1	2
6	Archery				12	19	11	8	9	1
7	VolleyBall							9	5	0
8	FootBall				1		1	5	2	0
9	Taekwondo				2	9	5	17	7	4
10	Pencak Silat		1		5	3	4	10	6	2
11	Karate	1	1		6	2	5	7	5	4
12	Fencing				3	1	7	16	9	10
13	Judo			2				4	2	6
		1	2	3	32	56	50	105	81	62
	<b>TOTAL</b>		6			138			248	

Resource: Research Dokumen of Dispora Surakarta

The achievements of the Surakarta State Junior High School special sport classes Athletes during 2019 alone were recorded as 6 international medals consisting of 1 gold medal in karate. 1 silver medal in pencak silat, 1 silver in karate, 1 bronze medal in tennis, 2 silver medals in judo, then 138 medals at the national level, with details of 35 medals in swimming, 2 medals in tennis, 5 medals in table tennis, 42 medals in archery, 2 medals in soccer, 16 medals in taekwondo, 12 medals in pencak silat, 13 medals in karate, 11 medals in fencing.

At the provincial level, they received 248 medals with details, 29 medals from athletics, 38 medals from swimming, 4 medals from table tennis, 18 medals from archery, 14 medals from volleyball, 28 medals from taekwondo, 18 medals by pencak silat, 16 medals by karate, 35 medals by fencing, and 12 medals from judo.

In 2020, due to the COVID-19 pandemic, various championships have been postponed and some have even been cancelled, including Popda 2020, so this year's special sport classes has not been able to take part in the match.

## Conclusion

Based on the results of the research that has been obtained, it can be concluded that special sport classes SMP Negeri 1 Surakarta has implemented management functions, including planning, organizing, directing and supervising. special sport classes SMP Negeri 1 Surakarta has two coaching patterns, namely the training pattern and the education pattern. The trainer applies a training periodization program. Then there is an evaluation at the end of each year to assess performance, training programs provided by the coach, athlete achievements, and problems that occur in special sport classes SMP Negeri 1 Surakarta.

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