

Analysis of Coaching Patterns of Athletes Pon XII Aceh, Indonesia

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Abstract. The training programme for PON Aceh athletes through regional training is systematically programmed. The programme is carried out systematically and continuously to improve physical fitness, functional abilities, and body systems, leading to PON Aceh athletes achieving better than expected. The Aceh Indonesian National Sports Committee conducts training for PON Aceh athletes in 2023 through several athlete and coach recruitment mechanisms, athlete recruitment mechanisms through screening athletes who have achievements at the national, international and Aceh Sports Week levels, and coaches through recruitment screening have national and international coach certificates. The results of this study are as follows: 1) The interview results showed that the regional training coaching carried out by the Aceh Indonesian National Sports Committee during the regional training was carried out to issue elite PON athletes in 2024 during the 2023 regional training. 2) Aceh Provincial Government support related to funding management is channelled correctly. Pelatda Aceh PON athletes in 2023 are in the excellent category.

Keywords: analysis; coaching; Aceh PON Athletes.

INTRODUCTION

Sports coaching improves human quality, creates planned and deliberate changes [1] and can reach high and maximum achievements. It must be done in stages and continuously to peak achievements. The peak achievement of coaching students cannot be done alone but must be done systematically. The success of coaching athlete achievements that are systemic, integrated, directed and programmed is seen from several influencing factors, namely:

- 1) Availability of professional coaches,
- 2) Availability of sufficiently talented athletes,
- 3) Existence of tiered and sustainable programs,
- 4) Existence of sufficient budgets and good relations between all athletes, coaches, coaches, administrators, provincial administrators, the National Sports Committee, and the government,
- 5) Availability of adequate facilities and infrastructure, completeness of sports equipment.

The author [2] said that coaching could not be separated from management because management is one of the supporting factors determining athletes' success.

METHODS

This research is classified as research with a descriptive type. The author [3] explains that descriptive research is a systematic, factual and accurate picture of the facts and characteristics of a particular population or area. The approach to answer the research questions raised above uses a qualitative approach. The author explained that qualitative research methods are based on post-positivism or interpretive philosophy, used to examine natural object conditions, where researchers are vital instruments, and data collection techniques are triangulated (combined observation, interviews, and documentation).

The subjects in this study are administrators related to the Indonesian National Sports Committee Aceh. The population and study sample consisted of administrators KONI 2 persons, coach – five people, and at least 20 persons. KONI is two people, coaches are five people, and athletes are 20 people.

Data collection techniques refer to triangulation data collection methods. The author [3] explained that triangulation is when researchers simultaneously use in-depth interview techniques, participatory observation, and documentation for the same data source.

The data analysis technique used in this study uses triangulation analysis techniques of data sources from three existing sources: interview data, observation data, and documentation data. The analysis of triangulation data in this study consists of three significant steps in Sugiyono's opinion [3].

RESULTS AND DISCUSSIONS

The results of the study conducted during the collection of approximately three weeks obtained data from interviews conducted regarding the analysis of Aceh PON athlete coaching patterns. The results of the research got the following observational data:

1. The coaches involved in the PON Platda are coaches who, on average, have met the requirements as coaches who have completed the criteria made by the Indonesian National Sports Committee Aceh, where the trainers involved in Platda already have a national certificate and one of them has an international certificate.

2. Athletes involved in recruitment are athletes who have participated in the National Championship 2021, PON Papua 2021, athletes who get gold, silver and bronze medals, athletes taken from PORA 2022, Pidie athletes who get gold medals, then international athletes who get medals. The training program to prepare the 2023 PON Platda athletes, both short-term, medium-term, and long-term, is well organised and runs appropriately in the Aceh PON Athlete Platda.

Funding is one of the essential things in all activities related to the smooth implementation of the 2024 PON athlete Platda, in which funding is well realised and distributed adequately for the sustainability of the 2023 PON athlete Platda.

Facilities and infrastructure used in Platda training, it can be said from the results of interviews and reviews with KONI Aceh administrators, coaches, and athletes' facilities and infrastructure are categorised as good and complete.

80% of trainers involved in the Aceh PON Platda have national certificates, and 20% have international certificates. All trainers who participate in the PON Platda have National certificates.

Table – Interview results of PON Aceh Athlete Development in Athletics, Weightlifting, Tarung Drajat, Fencing

No	Interview thing	Indicators	Observations	
			Exist	No
1.	Human resources trainer	Recruitment	+	-
2.	Human resources of athletes	Recruitment	+	-
3.	Exercise program	Short Term Coaching	+	-
		Medium-Term Development	+	-
		Long-term Coaching	+	-
4.	Funding	Government	+	-
6.	Facilities and Infrastructure	Equipment Procurement	+	-
		Quality Quantity	+	-
		Equipment	+	-

The process of coaching PON Aceh athletes in athletics, weightlifting, drajat fighting, and fencing has carried out a coaching pattern by the training program that has been made by the coach and management of KONI Aceh consistently carrying out Platda activities by the schedule that has been made and agreed. The training program is then used to create training periodisation's as a reference and guideline for training activities.

The research results on the pattern of coaching Aceh PON athletes revealed that components, training programs, facilities and infrastructure, human resources, and funding were not constrained by related parties in the Aceh PON athlete development activities. Based on the indicators that have been compiled in the early stages of research in the instrument grid, researchers can describe as follows:

1. Coaches who will coach PON Aceh athletes in 2023 already have a coaching certificate. Both nationally and internationally, 80% of trainers have national certificates, and 20% have international certifications. It can be concluded that PON Aceh trainers have involved 100% national certificates as trainers.

The athletes recruited are athletes who have won gold, silver, and bronze medals at the 2021 championship, 2021 PON, athletes taken from the Aceh Sports Week in 2021 who won gold medals, and athletes who excel internationally, it

can be concluded that the recruitment of athletes from PON 30%, athletes from the National Championship 30%, athletes from PORA Pidie 2021 15%, International athletes 15%, and Potential athletes 10%, it can be said that Aceh is recruiting athletes who have been categorised as elite athletes.

The Aceh PON athlete training program has fulfilled the criteria as a reliable program in achieving targets in the 2024 Aceh-North Sumatra PON, both in preparing well-structured short-term, medium-term, and long-term programs. Sports funding is the responsibility of the provincial government, KONI Aceh. The local government allocates a sports budget through the city budget for the smooth implementation of the Aceh PON athlete Platda. It can be concluded that the Aceh Government, in the smooth running of the Platda, carried out in the province in 2023 and the preparation of athletes to face the 2024 PON, primarily in funding the Aceh government, supports the smooth running of the 2023 Platda.

The facilities and infrastructure for coaching Aceh PON athletes in carrying out the 2023 PON Platda, facilities and infrastructure are pretty complete from all branches, assisted by the Indonesian National Sports Committee Aceh, which already has standard facilities and infrastructure at the PON level facilities and infrastructure for PON 2023 Aceh athletes in the PON level normal category.

CONCLUSIONS

Based on the results of research on the pattern of coaching PON XXI Aceh athletes, to answer research questions specifically, this study can be concluded as follows: Coaches who conduct Coaching on PON Aceh athletes are coaches who

already have 80% National certificates, and 20% have International certificates, high experience, knowledge in developing training programs that have and strategising in carrying out PON Aceh athlete plate coaching. The 2023 Aceh PON Platda athletes come from various National and International championships: 30% from PON, 30% from national championships, 15% from PORA, 15% from international athletes, and 10% from potential athletes.

The training program, the Indonesian National Sports Committee (KONI) Aceh and coaches, in preparing the training program for the 2023 Aceh PON athlete development, have met the criteria as a reliable program. This can be seen from the presentation of the training program to the Indonesian National Sports Committee Aceh before the Platda was carried out, try-outs and try-ins carried out by the coaches, the targets to be achieved were explained in the delivery of the training program to the Indonesian National Sports Committee Aceh, both in short-term, medium-term, and long-term training programs are well structured. Government support in funding the PON athlete Platda supports the smooth running of the Platda carried out for the preparation of athletes. Both funds, athlete nutritional intake, lodging, athlete funds, and coach funds, are distributed all the time for the smooth preparation of athletes to face PON 2024.

Facilities and infrastructure in the Aceh PON athlete Platda can be categorised as feasible and complete according to the needs of each branch, both in terms of completeness of equipment in the field. Each branch is adequate and complete from all branches assisted by the Indonesian National Sports Committee Aceh. Facilities and infrastructure equipment are categorised as appropriate to be carried out as efficiently as possible.

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