PEMERINTAH DAERAH DAERAH ISTIMEWA YOGYAKARTA

DINAS PENDIDIKAN, PEMUDA, DAN OLAHRAGA

SERTIFIKAT

Nomor : 007/2613

Diberikan kepada :

Nama : **AGUS SUSWORO DWI MARHAENDRO, M.Pd**

Tempat, Tanggal Lahir : **MAGELANG, 8 AGUSTUS 1971**

Instansi : **UNIVERSITAS NEGERI YOGYAKARTA**

Atas partisipasinya dalam kegiatan **Bimbingan Teknis Bagi Pelatih dan Wasit** Tingkat DIY dengan tema "**Periodisasi Latihan Khusus Sebagai Pendukung Prestasi Olahraga Di Daerah Istimewa Yogyakarta**" yang diselenggarakan oleh Balai Pemuda dan Olahraga Dinas Pendidikan, Pemuda, dan Olahraga Daerah Istimewa Yogyakarta pada tanggal 23 s.d. 26 April 2014 bertempat di Hotel Cailendra Extension Yogyakarta sebagai :

PEMATERI

Yogyakarta, 28 April 2014

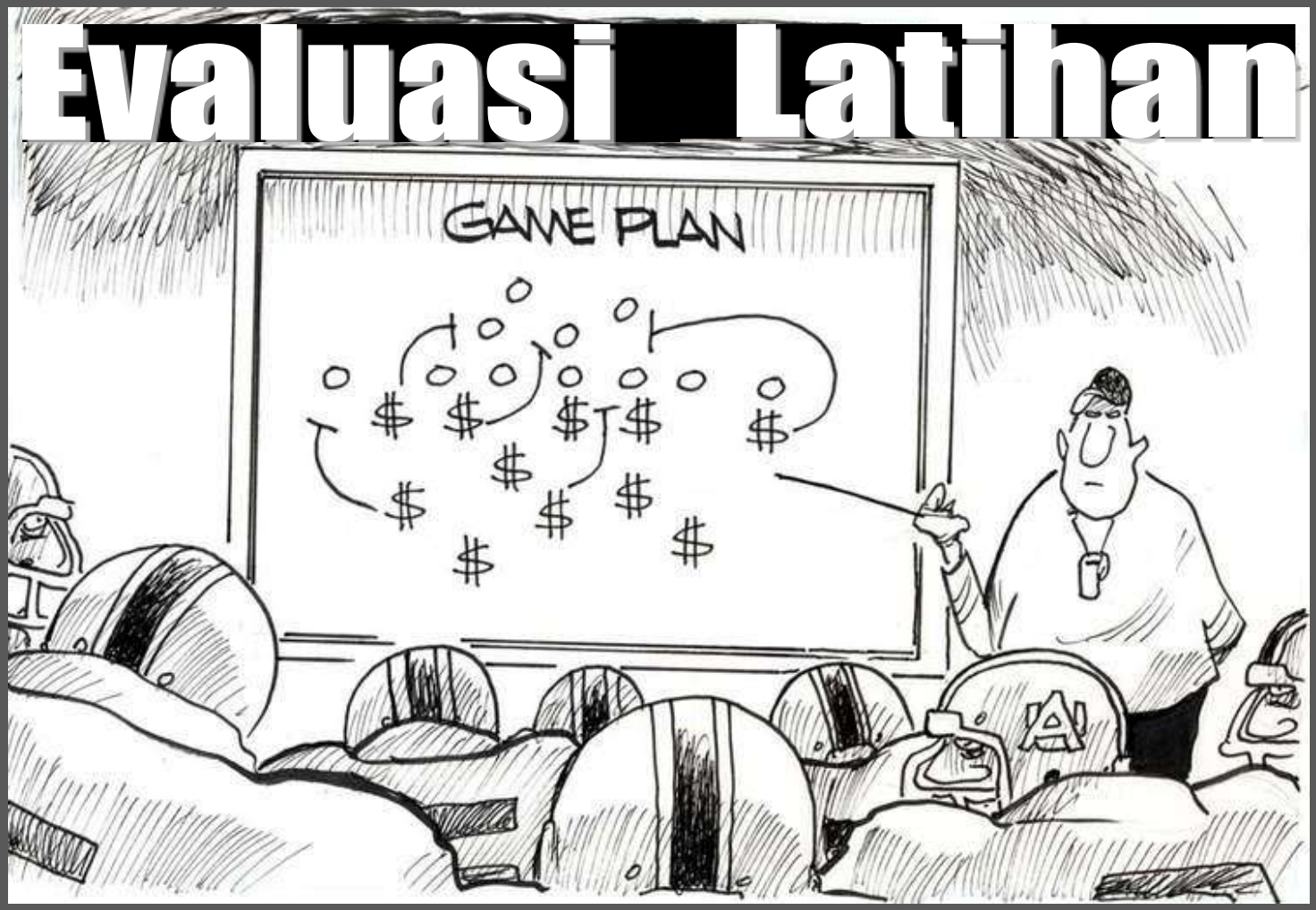
KEPALA DINAS
PENDIDIKAN, PEMUDA, DAN OLAHRAGA
DAERAH ISTIMEWA YOGYAKARTA

DINAS DIKPORA

Drs. R. KADARMANTA BASKARA AJI
NIP. 19630225 199003 1 010

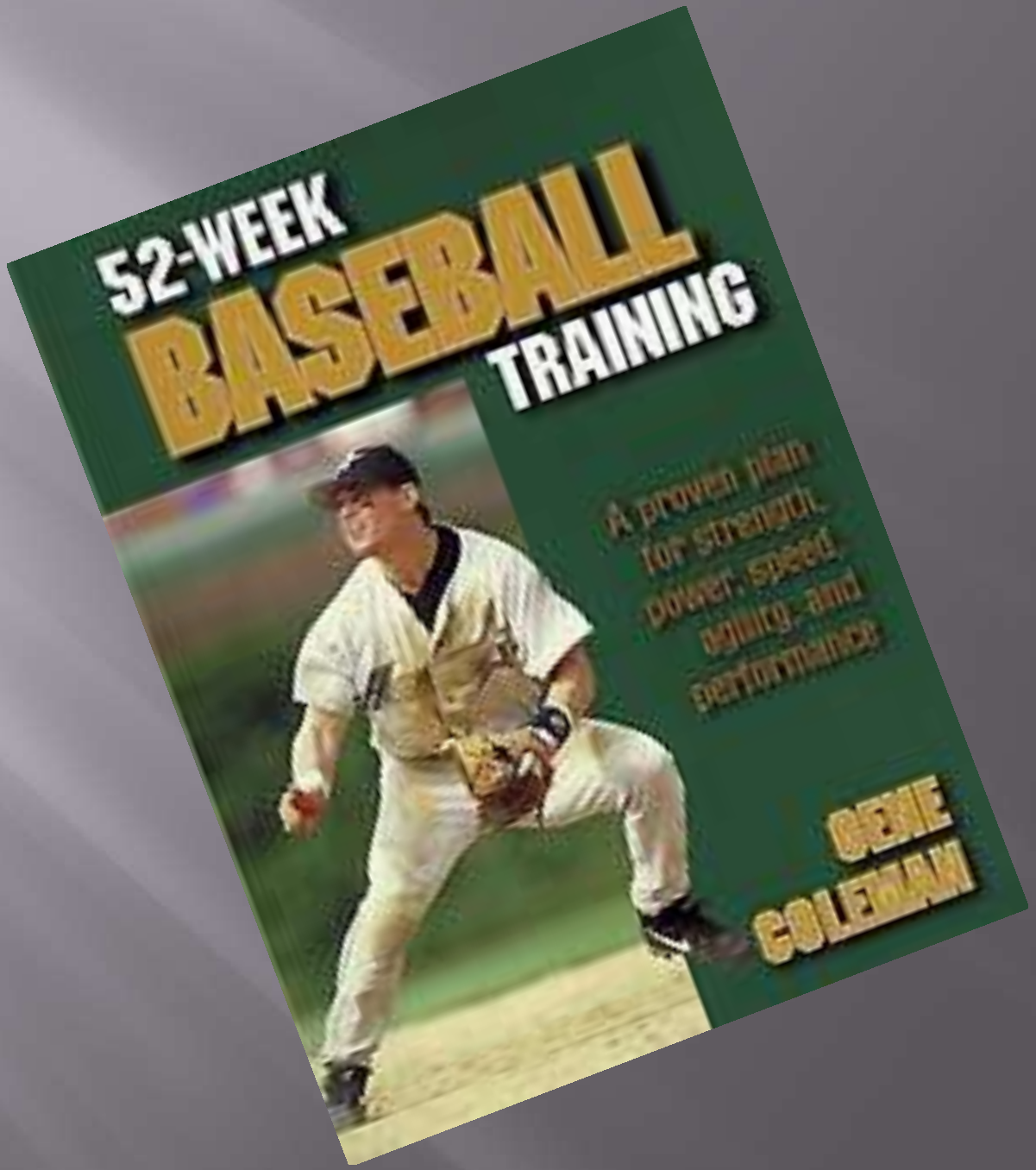
Jalan Cendana No 9 Yogyakarta Telp. : (0274) 550330, 374916; Fax. (0274) 374916
Website : http://jogjaprov.go.id; Email : dikpora@jogjaprov.go.id

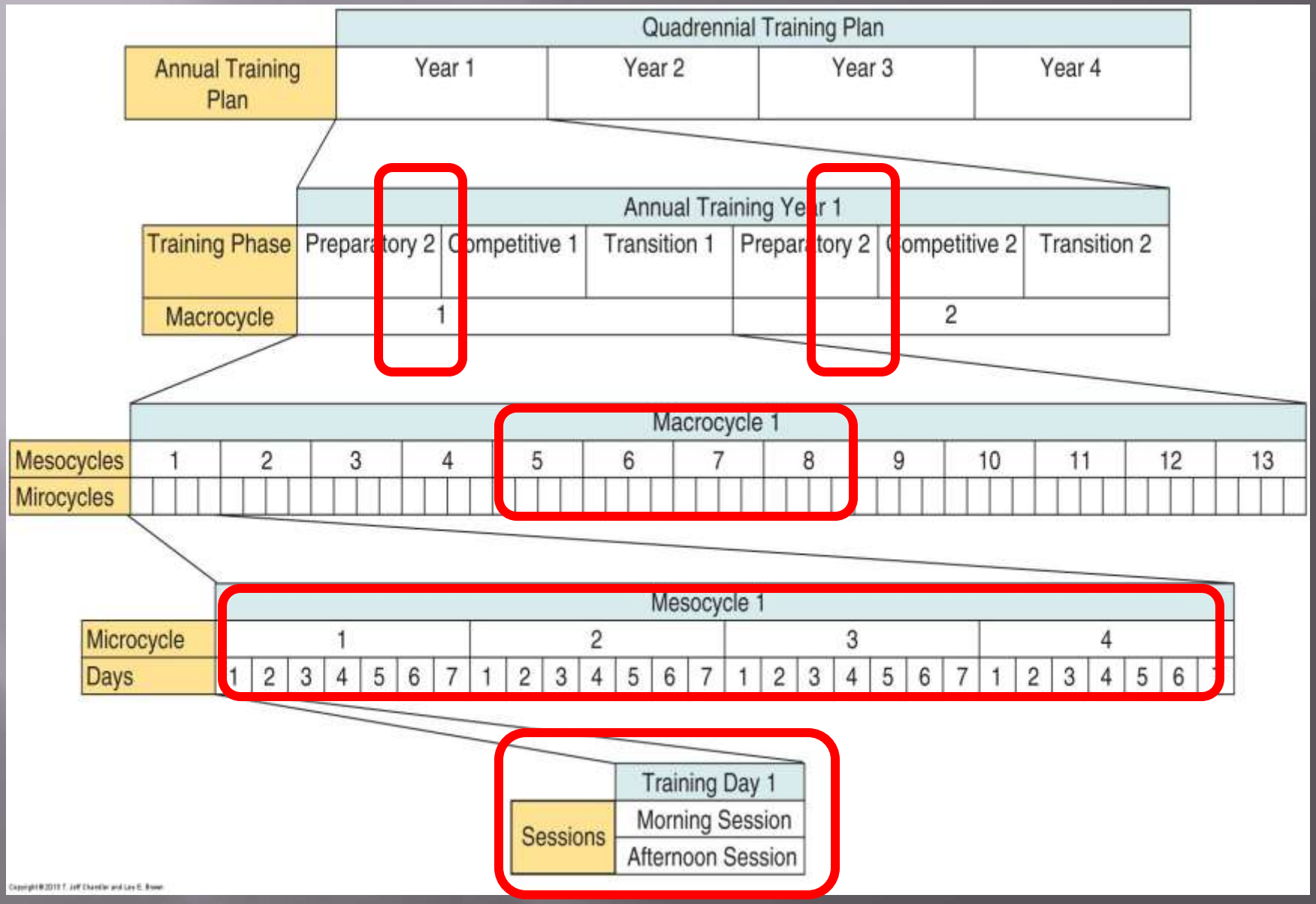
Evaluasi Latihan



Agus Susworo Dwi Marhaendro

FIK-UNY


52-WEEK
BASEBALL
TRAINING
A proven plan for strength, power, speed, agility, and performance
GENE COLEMAN


Quadrennial Training Plan
Annual Training Plan
Year 1
Year 2
Year 3
Year 4
Annual Training Year 1
Training Phase
Preparatory 2
Competitive 1
Transition 1
Preparatory 2
Competitive 2
Transition 2
Macrocycle
1
2
Macrocycle 1
Mesocycles
1 2 3 4 5 6 7 8 9 10 11 12 13
Mirocycles
Mesocycle 1
Microcycle
1 2 3 4
Days
1 2 3 4 5 6 7 1 2 3 4 5 6 7 1 2 3 4 5 6 7 1 2 3 4 5 6
Training Day 1
Sessions
Morning Session
Afternoon Session

Periodisasi Khusus

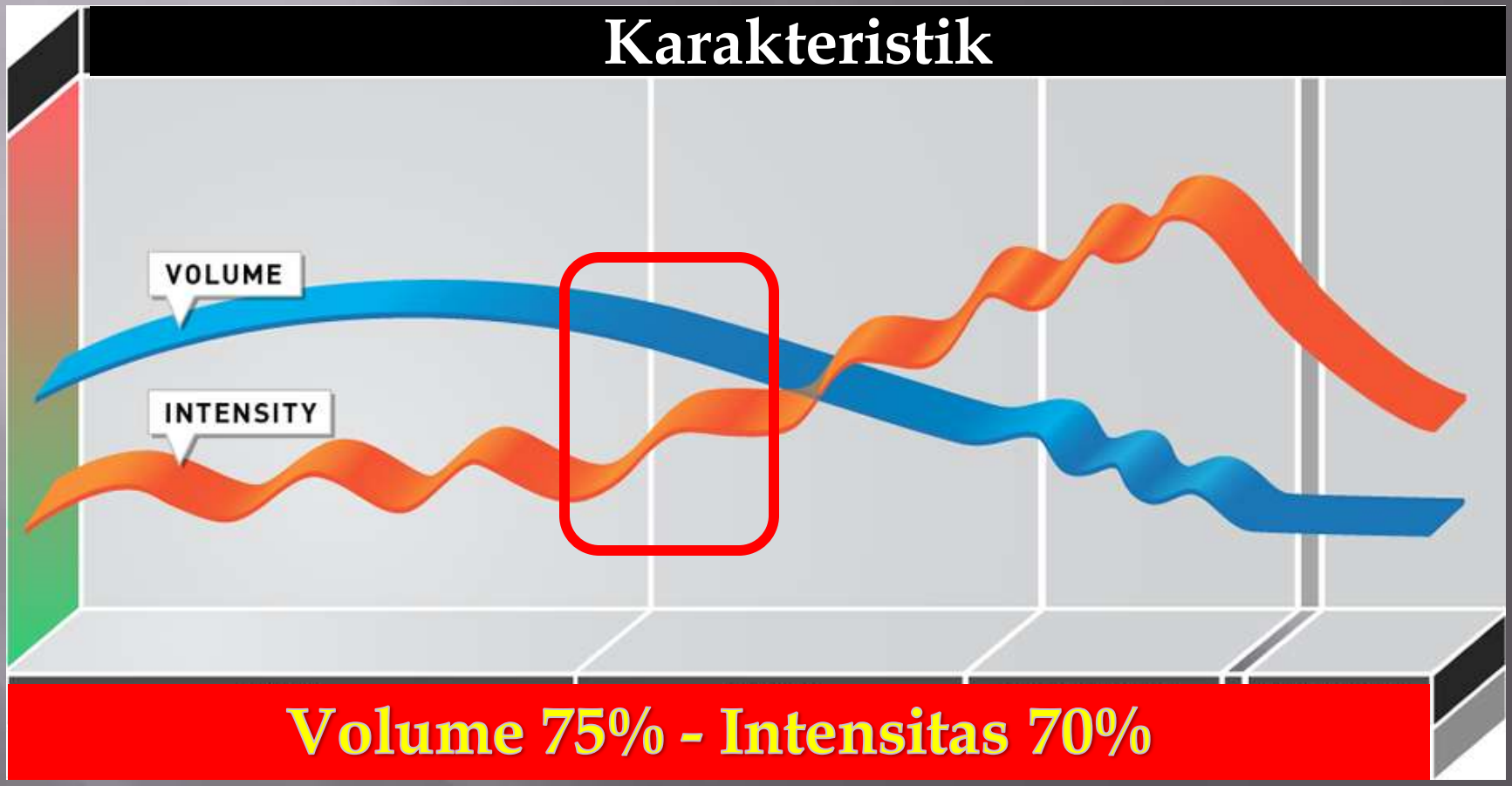
Tujuan :

Kondisi fisik spesifik

Teknik

Taktik

Periodisasi Khusus



Masih mampu ?

Latihan

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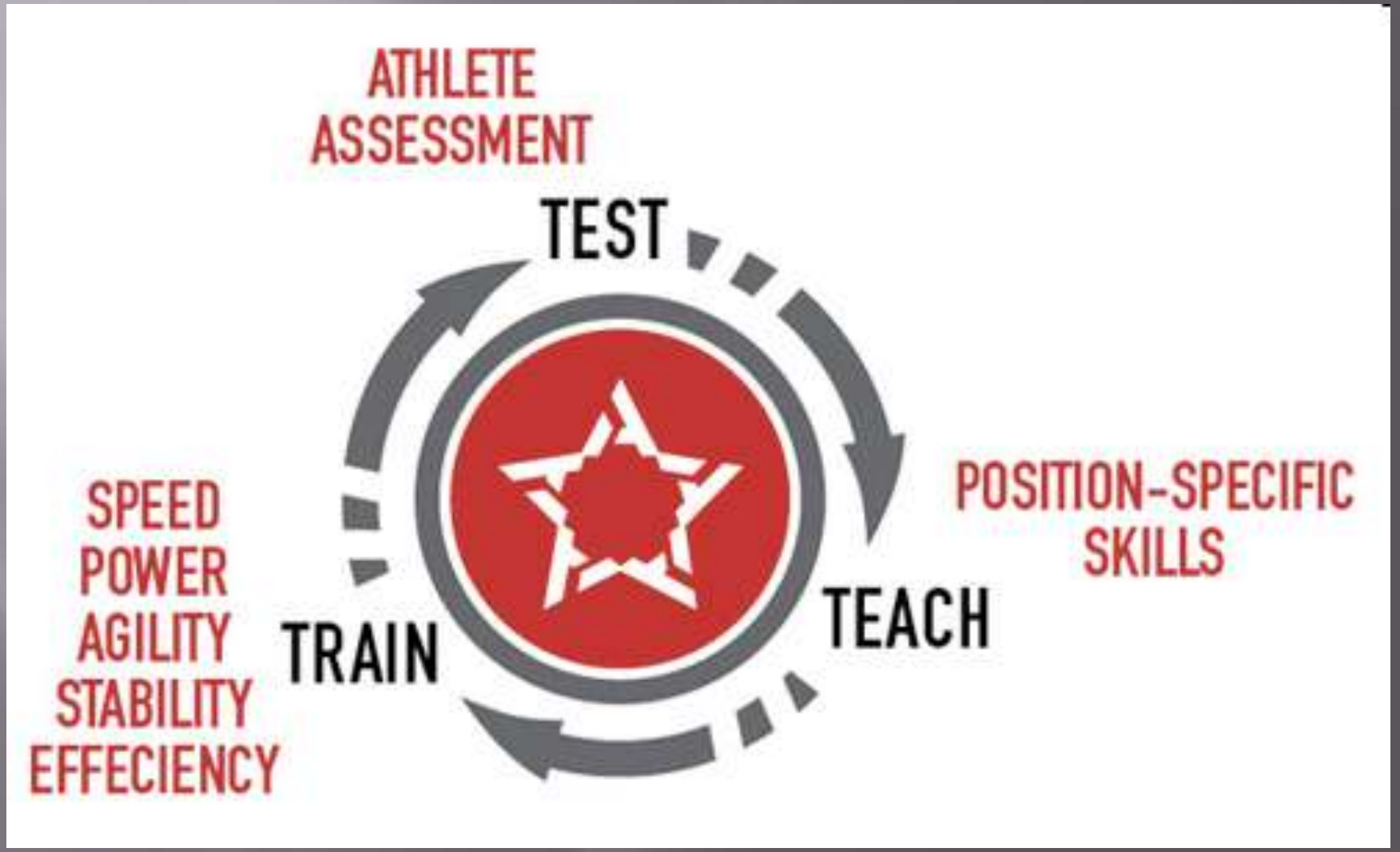
Evaluasi

Cepat siapa ???

U.Bolt vs C.Ronaldo

distance (m)

Tes & Pengukuran



Bandingkan !

	A	B	C
Dribbling 15 m (detik)	4.42	4.45	5.10
Agility 15 m (detik)	3.46	3.52	3.59
Sprint 30 m (detik)	3.38	3.37	3.38

Individual

Age (years)		n	Shuttle sprint (s)	Shuttle dribble (s)	Slalom sprint (s)	Slalom dribble (s)
12	Defenders	5	8.56 ± 0.52	10.57 ± 0.48	15.10 ± 0.31	22.56 ± 1.42
	Midfielders	10	8.83 ± 0.34	10.33 ± 0.50	15.25 ± 1.14	23.64 ± 3.23
	Attackers	9	8.59 ± 0.27	10.38 ± 0.80	15.15 ± 0.58	22.49 ± 1.20
	Total	24	8.69 ± 0.37	10.40 ± 0.60	15.18 ± 0.80	22.98 ± 2.29
13	Defenders	17	8.53 ± 0.39	10.15 ± 0.41	14.73 ± 0.65	22.56 ± 1.92
	Midfielders	18	8.49 ± 0.29	10.00 ± 0.56	14.64 ± 0.65	21.22 ± 1.38
	Attackers	12	8.39 ± 0.31	9.88 ± 0.54	14.66 ± 0.82	22.18 ± 2.60
	Total	47	8.48 ± 0.33	10.03 ± 0.51	14.67 ± 0.68	21.84 ± 1.96
14	Defenders	32	8.39 ± 0.32	10.13 ± 0.52	14.41 ± 0.74	21.74 ± 1.46
	Midfielders	32	8.41 ± 0.38	9.83 ± 0.52	14.12 ± 0.64	21.19 ± 1.70
	Attackers	25	8.47 ± 0.36	10.13 ± 0.83	14.47 ± 0.91	21.67 ± 1.71
	Total	89	8.42 ± 0.35	10.02 ± 0.64	14.32 ± 0.77	21.52 ± 1.62
15	Defenders	34	8.20 ± 0.28	9.91 ± 0.46	14.18 ± 0.78	21.44 ± 1.74
	Midfielders	32	8.34 ± 0.33	9.83 ± 0.45	14.03 ± 0.74	20.91 ± 1.46
	Attackers	33	8.27 ± 0.36	9.80 ± 0.52	14.20 ± 0.73	21.84 ± 2.10
	Total	99	8.27 ± 0.32	9.85 ± 0.48	14.14 ± 0.75	21.40 ± 1.81
16	Defenders	32	8.09 ± 0.40	9.75 ± 0.54	14.14 ± 0.92	22.26 ± 2.19
	Midfielders	26	8.06 ± 0.42	9.62 ± 0.48	13.66 ± 0.82	20.46 ± 1.5
	Attackers	26	8.10 ± 0.30	9.53 ± 0.58	13.96 ± 0.83	21.42 ± 1.69
	Total	84	8.08 ± 0.37	9.64 ± 0.54	13.94 ± 0.87	21.44 ± 1.98
17	Defenders	31	7.97 ± 0.29	9.44 ± 0.35	13.78 ± 0.70	21.43 ± 1.79
	Midfielders	31	8.12 ± 0.31	9.52 ± 0.49	13.91 ± 0.69	20.28 ± 1.53
	Attackers	22	7.97 ± 0.29	9.53 ± 0.45	13.91 ± 0.96	20.70 ± 1.66
	Total	84	8.03 ± 0.30	9.49 ± 0.43	13.86 ± 0.76	20.81 ± 1.72
18	Defenders	23	8.00 ± 0.29	9.40 ± 0.56	13.79 ± 0.69	21.35 ± 1.85
	Midfielders	24	8.02 ± 0.21	9.46 ± 0.43	13.70 ± 0.82	20.11 ± 1.50
	Attackers	16	8.00 ± 0.27	9.49 ± 0.42	13.92 ± 0.68	20.87 ± 1.53
	Total	63	8.01 ± 0.26	9.45 ± 0.47	13.79 ± 0.73	20.76 ± 1.71
19	Defenders	6	7.97 ± 0.19	9.51 ± 0.41	13.10 ± 0.56	20.67 ± 1.63
	Midfielders	11	8.08 ± 0.29	9.48 ± 0.36	13.47 ± 0.52	20.11 ± 1.31
	Attackers	12	7.99 ± 0.31	9.53 ± 0.47	13.96 ± 1.18	20.79 ± 2.46
	Total	29	8.02 ± 0.28	9.51 ± 0.41	13.59 ± 0.90	20.51 ± 1.86

Contoh

- Skill …. lebih dari …… teknik
  - Lemparan 3rd baseman
  - Stealing base

Accuracy Throw Test (10 lemparan)	Subyek	Ketepatan (poin)	Kecepatan (detik)
Overhead	Rerata	13,57	23,00
	A B .	16 20 .	25,2 22,74 .
Side arm	Rerata	10,87	21,84
	A B .	6 12 .	23,93 21,03 .

5 x 2 m bermain (1 m)

Mean values (± SD) of performance indicators that characterize the offensive sequences produced by groups in each SSG format.

Performance Indicators	3 vs. 3 + GKs		6 vs. 6 + GKs	
	N-Exp	Exp	N-Exp	Exp
DEVELOPMENT				
Duration of ball possession (s)	10.67 (6.53)	12.39 (7.94)†	12.28 (9.04)*	15.17 (10.1)*†
Players involved (n)	2.28 (0.83)*†	2.64 (0.85)*†	2.8 (1.26)*†	3.4 (1.47)*†
Ball Touches (n)	7.31 (4.67)	8.47 (5.77)	7.42 (5.45)*	9.64 (6.0)*
Passes (n)	1.61 (1.48)*	2.58 (2.04)*	1.83 (1.68)*	3.03 (2.5)*
Players involved/Duration (n/s)	0.28 (0.18)	0.27 (0.14)	0.29 (0.15)	0.27 (0.11)
Ball Touches/Duration (n/s)	0.72 (0.25)†	0.69 (0.22)	0.64 (0.23)†	0.66 (0.2)
Passes/Duration (n/s)	0.16 (0.13)*	0.2 (0.11)*	0.16 (0.11)*	0.19 (0.11)*
Ball Touches/Players involved (n/n)	3.22 (2.04)†	3.04 (1.48)	2.55 (1.22)†	2.83 (1.31)
Passes/Players involved (n/n)	0.59 (0.48)*	0.87 (0.56)*	0.55 (0.36)*	0.77 (0.5)*
Passes/Ball Touches (n/n)	0.21 (0.16)*	0.29 (0.15)*	0.24 (0.15)*	0.29 (0.15)*
FINALIZATION				
Shots (n)	0.39 (0.56)†	0.5 (0.64)†	0.24 (0.53)†	0.28 (0.52)†
Goals/Shots (n/n)	0.38 (0.48)	0.17 (0.36)	0.29 (0.44)	0.26 (0.44)
OFFENSIVE SEQUENCES	**103**	**102**	**107**	**86**

** Significant difference ($p<0.05$) between experience levels in each SSG format.*

† Significant difference ($p<0.05$) between SSG formats in each experience level.

Table 20.2 Average heart rate (beats.min^{-1}), oxygen uptake (ml.kg^{-1}.min^{-1}) and energy expenditure (MJ) of the game in different age groups

	HRavg	*%HRmax*	$\dot{V}O_{2\ max}$ *avg*	*% $\dot{V}O_{2\ max}$*	*MJ*	*kJ.kg^{-1}*
10y	157 (14)	76.5 (6.3)	30.4 (5.1)	62.3 (9.7)	1.98 (0.34)	62.6 (14.8)
	*14y	*14y *A	**14y ***A	**14y **A	***14y ***A	***A
12y	158 (11)	79.0 (6.3)	31.8 (4.1)	65.9 (8.9)	2.40 (0.32)	58.5 (7.2)
	ns.	ns.	*14y ***A	*A	***14y ***A	***A
14y	171 (12)	82.5 (4.0)	37.4 (6.2)	72.8 (5.9)	3.62 (0.67)	66.4 (10.8)
	ns.	ns.	*A	ns.	***A	*A
A	162 (8)	85.0 (4.3)	44.0 (4.6)	75.0 (6.0)	6.03 (0.75)	80.7 (8.5)

Pemain EPL (15 menit)

Pre-activity	*Post-activity*		
	Run	*Sprint*	*Total*
Stand	5	5	10
Walk	17	31	48
Jog	26	79	105
Run	7	33	40
Sprint	3	14	17
Skip	17	42	59
Shuffle	42	150	192
Other	8	17	25
Total	125	371	496

Kesebelasan Putri Australia Piala Asia 2006

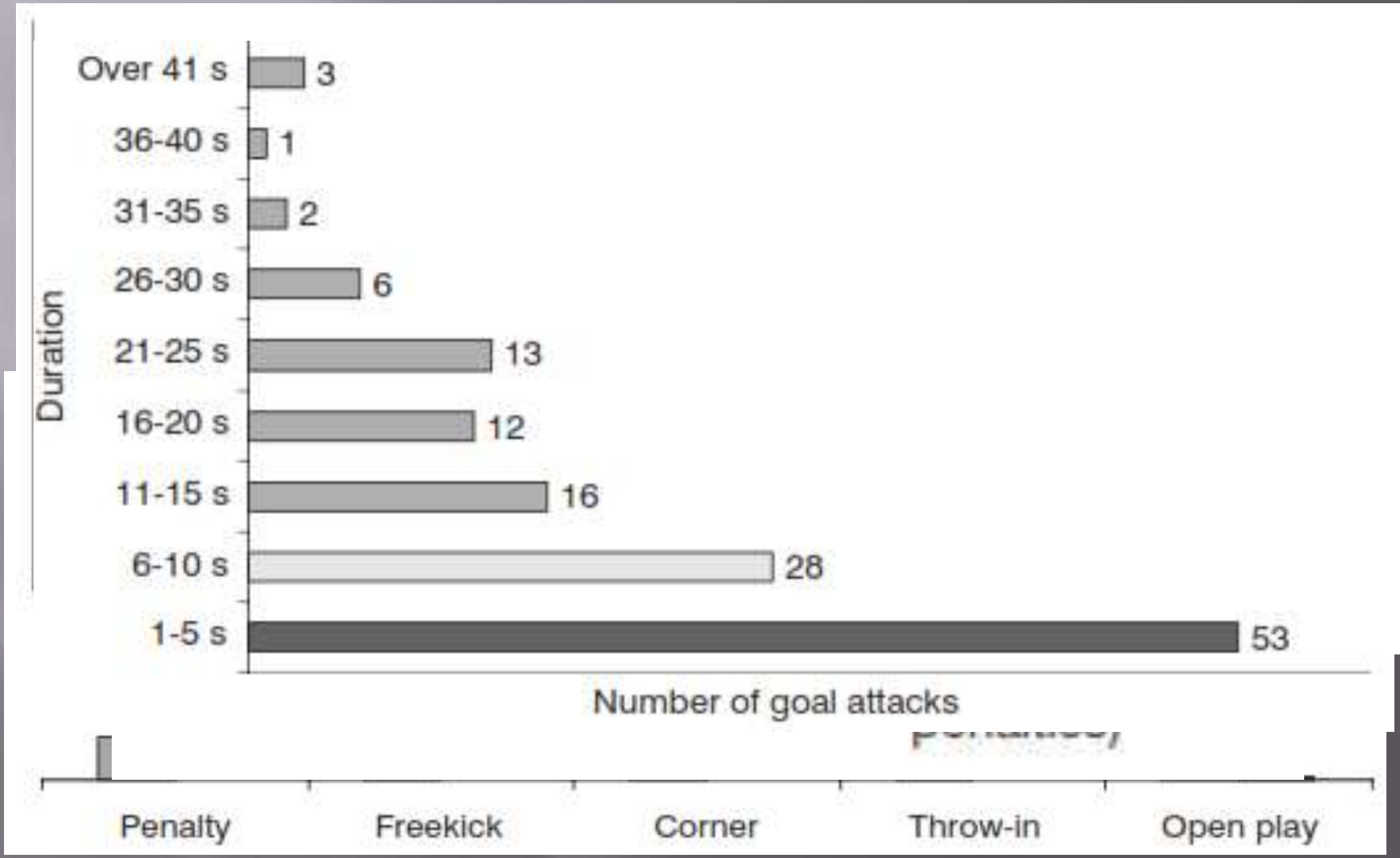
Table 39.1 Whole-game locomotor activity profile of Australian international female soccer players

Speed ($km.h^{-1}$)	*Locomotor description*	*Distance (m)*		
		Mean	*SD*	*%*
0–5	Slow walking	2400	120	26
5–8	Walking	2100	110	23
8–12	Low-speed running	2330	190	26
12–16	Moderate-speed running	1410	160	15
16–20	High-speed running	620	110	7
20+	Sprinting	280	80	3
Total		9140	1030	

Table 39.2 Results of 2006 Women's Asian Cup, playing formations and total average distance covered by Australian players per match

	Opponent	*Final score*	*Formations*	*Distance (m)*
Round 1	Korea Republic	4–0	4–3–3 vs 3–4–4	9060± 760
Round 3	DPR Korea	0–0	4–3–3 vs 5–3–2	9230±770
Semi-final	Japan	2–0	4–4–2 vs 4–5–1	9670±810
Final	China	2–2*	4–4–2 vs 4–4–2	8900±760#

Piala Dunia 2006 (gol)



Turki

Table 62.1 Means and standard deviations for anthropometric variables for age groups

	U17 (N = 33)	*U19 (N = 20)*	*U21 (N = 15)*	*Over 21 (N = 29)*	*Total (N = 97)*
BMI	22.5 ± 1.9*	22.2 ± 1.5**	23.3 ± 1.4	23.7 ± 1.7*	22.9 ± 1.8
Body fat (%)	9.9 ± 6.2	8.7 ± 3.1	11.3 ± 4.7	11.2 ± 4.5	10.3 ± 5.0
Flexibility	16.8 ± 5.7	18.9 ± 6.8	16.1 ± 7.1	16.3 ± 5.7	16.9 ± 6.1

Notes: (*$P<0.05$); * significant difference between U17 and over-21; ** significant difference between U19 and over-21

Table 62.2 Means and standard deviations for HR (beats.min^{-1}) of the age different groups

Heart rate	*U17 (N = 33)*	*U19 (N = 20)*	*U21 (N = 15)*	*Over 21 (N = 29)*	*Total (N = 97)*
(2 mM)	145.0 ± 12.9	145.2 ± 22.9	148.1 ± 11.2	143.6 ± 12.3	145.1 ± 15.0
(2.5 mM)	154.9 ± 12.3	154.6 ± 18.5	156.8 ± 8.8	153.1 ± 10.9	154.6 ± 12.9
(3 mM)	163.3 ± 12.1	162.9 ± 15.0	165.5 ± 7.6	160.5 ± 10.5	162.7 ± 11.7
(4 mM)	179.3 ± 10.6*	175.3 ± 9.2	177.0 ± 7.2	172.6 ± 9.6*	176.1 ± 9.8

Note: (*$P<0.05$)

Table 62.3 Means and standard deviations for running velocities (km.h^{-1}) of different age groups

Velocity	U17 (N = 33)	U19 (N = 20)	U21 (N = 15)	Over-21 (N = 29)	Total (N = 97)
(2 mM)	8.9 ± 2.0*	9.2 ± 3.4	11.1 ± 1.9*	10.2 ± 1.4	9.7 ± 2.3
(2.5 mM)	10.2 ± 1.9*	10.4 ± 3.0	12.1 ± 1.7*	11.3 ± 1.5	10.9 ± 2.1
(3 mM)	11.3 ± 1.8*	11.5 ± 2.6	13.0 ± 1.6*	12.1 ± 1.2	11.8 ± 1.9
(4 mM)	13.2 ± 1.7*	13.3 ± 1.6	14.5 ± 1.3*	13.5 ± 1.1	13.5 ± 1.5

Note: (*$P<0.05$)

THE TRAINING FACTORS PYRAMID
Mental Training
Game Strategy Tactics
Sport Specific Technique and Skills
Injury Prevention, Self Confidence

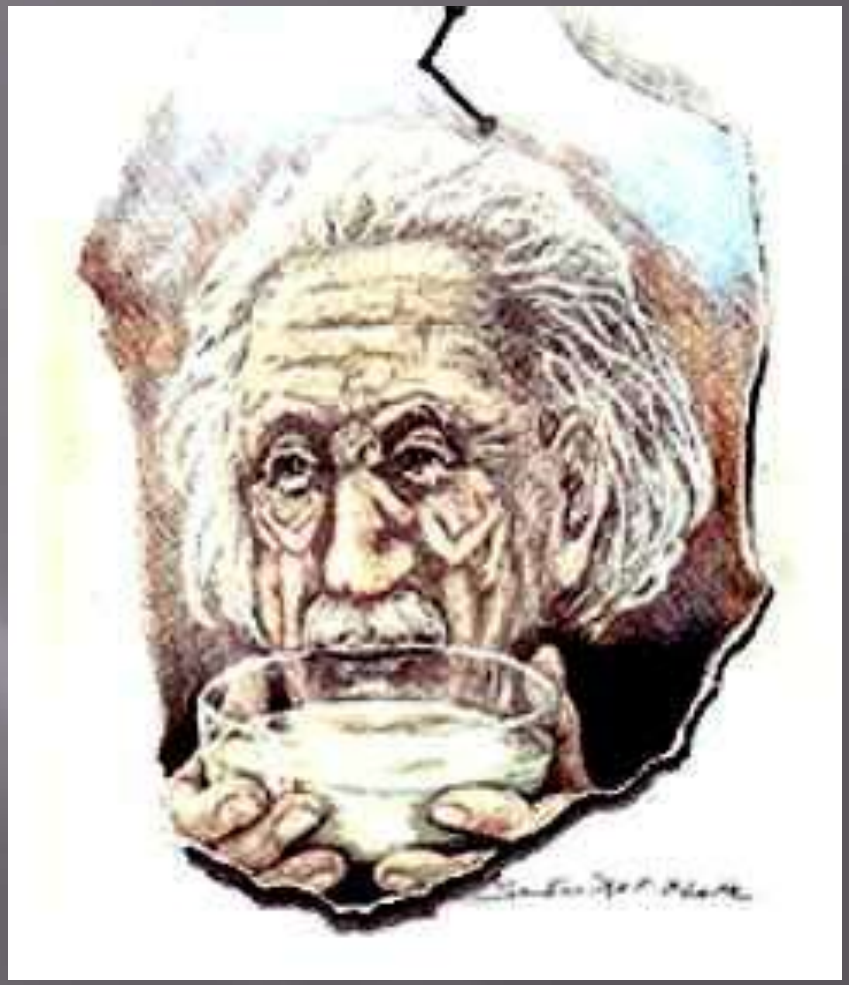
Siklus ……. berkelanjutan

vinsbaseball.com
ESSIVE
PRO ESSIVE

CHASE

Penutup

- Punya "data" atlet
- Untuk menentukan:
  - fisik, teknik, dan taktik
  - volume dan intensitas



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Teknik		
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Taktik		
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