

# c5-Students Football Athletes Coaching and Training Model Program

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## STUDENTS FOOTBALL ATHLETES COACHING AND TRAINING MODEL PROGRAM (An Evaluative Study in Student Training and Education Program)

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This study aims to develop and test the feasibility of a soccer training model for youth athlete based on the Long-Term Athlete Development (LTAD). The soccer training model is declared eligible by a coaching material expert, a soccer training expert and a soccer coach for youth athlete. The research and development that is carried out refers to Borg and Gall (1983) development procedure simplified only to the limit of expert validation test and product revision. Data retrieval is done with expert validation, i.e. expert coaching material, soccer training expert and soccer coach for youth athlete. Data analysis is done by converting quantitative data to qualitative data using Likert scale guidance. The results showed that the model of soccer training developed is feasible, based on the validation of expert materials of coaching seen from several aspects. Aspects of training content quality content with 72% eligibility level. Aspects of training content content with 94% eligibility level. Feasibility aspects of the training with 66% feasibility level. Aspects of sport coaching concept with 60% eligibility level. While the feasibility assessment of soccer training experts based on the basic concept aspects of training with 72% eligibility level. Aspects of development stage of the training with 82% eligibility level. Quality aspects of training materials with 68% eligibility. Assessment of soccer coach for youth athlete eligibility based on training aspect with level of 69% eligibility. Aspects of training design with 65% eligibility level. Material aspect with 69% eligibility level. Overall assessment of training eligibility is 68% with "Good" category.

**Keywords:** Soccer Training Model, Youth Athlete, LTAD

### INTRODUCTION

Soccer is the most popular sport and attracts the attention of the world community today. The sheer amount of information about soccer presented by electronic media and print media is one of the most obvious indications of the claim that soccer is the most popular sport. The journey to become a professional and reliable soccerer is very long and tortuous, it takes intensive training to continue in accordance with the appropriate methods, systems and training model of soccer practice.

The current soccer training model is a major concern because the function of the training model is very important in the coaching process. According to Chondel (2013) the efforts undertaken by Germany by reforming the training model of early age coaching is manifested into a guidebook. The result is that Germany can successfully bring up new names like Mario Goetze (20), Lewis Holtby (20), Julian Draxler (19), Ilkay Gundogan (21), and others who are all under the age of 22.

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With the training model that must be applied when doing the training consciously or unconsciously such actions indicate the existence of uniform pattern of education and games from an early age.

During this time throughout Indonesia soccer coaching have not or do not apply the standard training model to be applied in the training in soccer respectively. Training has been dependent on the initiatives and experience of existing trainers. These trainers work hard on how to apply science or soccer experience to their foster children in their own way. The training has not been fully able to develop the talent of the players and sometimes there is something wrong in applying the practice method for the students.

Articles written by Sinaga (2012), playing exercises for ages 8-12 can improve the results of dribbling practice. While in the article written by Rinaldi (2012), Siregar (2013) and Zulhairil (2013), concluded that using variations of exercise can improve the results of passing and shooting practice because by giving variations of exercise will not easily arise saturated and bored because at the age the child is still very unstable, easy to feel bored and bored so that the application of appropriate methods and training materials is very big influence in the process of soccer coaching.

With the right soccer coaching training model is expected to improve the quality of training, directed and appropriate age, so as to deliver students to develop talent and reach its peak potential and achievement. Training or nurturing early childhood is much different than training senior players, training early childhood is much more difficult because it teaches the basic foundations of playing the right soccer, not only that a trainer should be able to pay attention to the child's development in terms of physical, psychological, growth and Motor ability. If the application of train there is a mistake it will result in damage both in terms of physical, pyromological and growth so that it can affect the future of the child.

Therefore an early childhood trainer must master the theoretical and training methodology in which there are many sport performance achievement theories that support for practice-training activities. The theory of exercise or sportsmanship in the training process is anatomy, health, psychology, physiology, biomechanics, tests and measurements, stratics, history, sociology, nutrition, education, and motor learning, these are all supporting knowledge in the process of practicing according to (Bompa 2009), therefore a standardized reference is needed in order to be a guide for trainings and trainers, in order to achieve the desired goals and objectives in promoting national soccer, in addition to the importance of a plan and a standard reference is (1) Can determine clearly achieved direction, (2) Can achieve high efficiency and effectiveness, (3) Facilitate in identifying obstacles in reaching goal, (4) As a control tool whether the goal has been achieved or not.

In addition, the training plan is absolutely necessary in the training of sports education to develop a youth soccer. Seeing the above problems the authors have a limit "Planning is the specialty of the goals to be achieved, as well as the ways pursued to achieve these goals. This limitation implies (1) The planner involves the process of setting goals about the desired future state, (2) Selecting and determining the way to be taken from all possible alternatives, (3) Attempts to achieve that goal. Therefore, this should be the basis of the Indonesian sports scientists to design a sports training model to improve the sports system in Indonesia. Based on the above description, the researcher intends to conduct research on "Soccer training model in youth athlete based on the long term athlete development", this is the basis that this research will be useful for the progress of Indonesian soccer, because there has been no research on it, so the focus of this research is to develop a soccer training model in youth athlete that adopts the training model of the United States with the title of US book Soccer Training model and supported by long-term athlete coaching theory of Long-Term Athlete Development by Istvan Balyi.

#### **METHOD**

In this study the authors use research and development (R & D) research methods or research and development methods. Research and Development is a research method used to produce a particular product, and test the effectiveness of the product, the resulting product can be diverse. According to Sugiyono (2011: 297), Research and Development research methods which hereinafter abbreviated to R & D are research methods used to produce specific products, and test the effectiveness of those products. Sukmadinata (2012: 164) said the developed product is not always in the form of software or software, such as computer program for data processing, classroom learning or educational model, learning, training, evaluation and management, but also in the form of hardware or hardware such as books, modules, learning media aids in the classroom.

In this study, the product that will be developed is a soccer training model design based on sports coaching education. According to Sujadi (2003) Research and Development or Research and Development (R & D) is a process or steps to develop a new product, or improve the existing product, which can be justified. As mentioned above, the research and development method examines the effectiveness of a new product and has gone through refinement steps. But due to limited research time, researchers limit the research only to developing existing products. Here researchers are developing a soccer training training model from the United States with the U.S. training model title. Soccer Training model composed by Dr. Javier Perez and Claudio Reyna, the training model is developed in accordance with the potential and cultural culture of the Indonesian nation.

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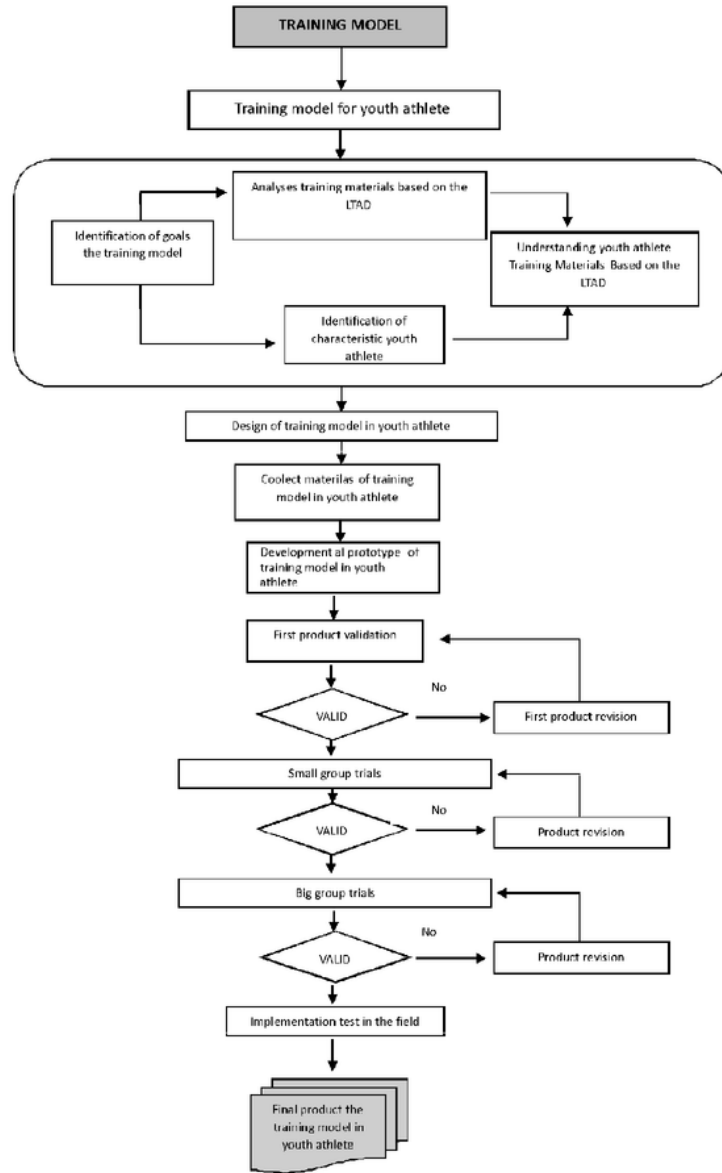


Chart 1: Development procedure training model in youth athlete based on the LTAD

## RESULTS AND DISCUSSION

The product in this research and development is in the form of the soccer training model in youth athlete based on the Long Term Athlete Development (LTAD). The development of soccer training model based on LTAD can be used by trainers or educators in the process of coaching and training at a soccer training, through training and upgrading of trainers and educators to be able to apply drills and training materials in the formation and training of juvenile athletes which corresponds to the growth and development of learners, in order to get results according to the wishes and ideals of quality human development and the development of national sports.

The research and development carried out refers to Borg and Gall's simplified development procedure only at the limits of expert validation tests and product revisions. The first step, to collect information and observation. Information gathering is done by conducting preliminary study in the field to see the problems faced in soccer coaching and training, in soccer trainings in conducting coaching and training for adolescent athletes in accordance with the procedures in the world of modern sport coaching, reading the various literature that support in youth soccer coaching and studying the soccer training model to develop training programs tailored to the needs of learners according to the age group and the development of learners in the training.

Observation is done by looking at the problems experienced in the field by the coach both the coaching staff at the soccer training. The second step, which is to determine the training model materials and design that will be developed to support the process of coaching and training in soccer training model based on LTAD. Here is a picture of a major component of the soccer training model in youth athlete based on the LTAD.

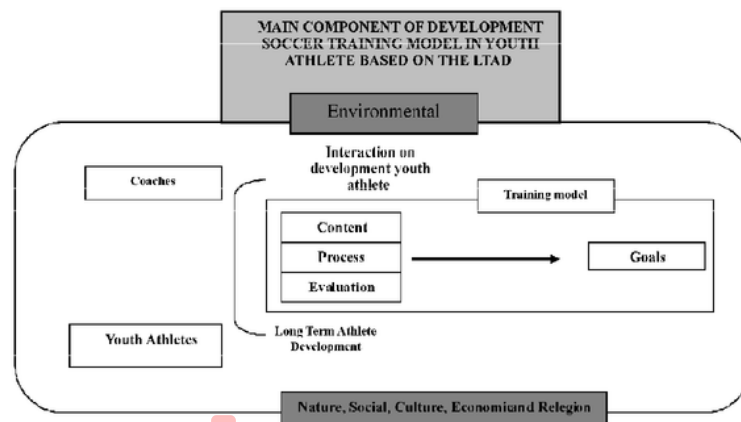


Chart 2: Main component of soccer training model in youth athlete based on the LTAD

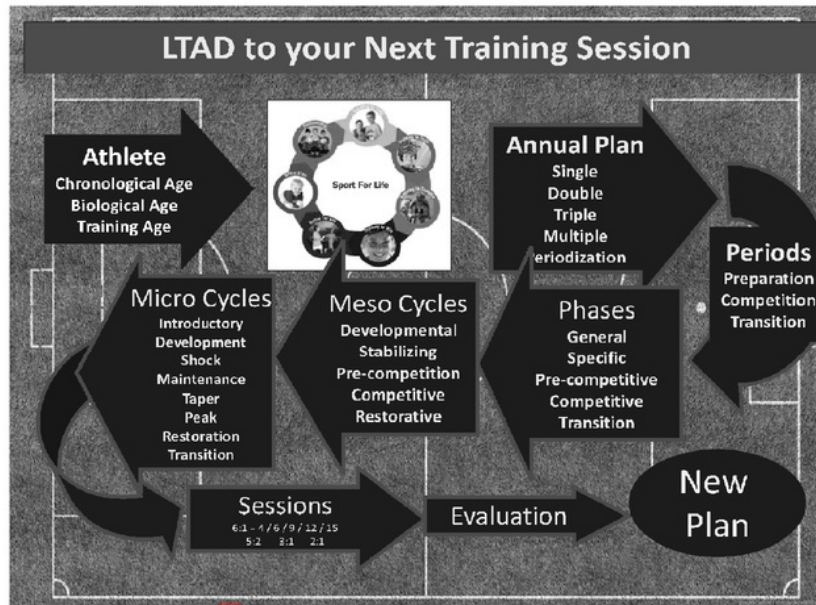


Chart 3: Planning flow of soccer training model in youth athlete based on the LTAD

### CONCLUSION AND SUGGESTION

The results showed that the model of soccer training developed is feasible, based on the validation of expert materials of coaching seen from several aspects. Aspects of training content quality content with 72% eligibility level. Aspects of training content with 94% eligibility level. Feasibility aspects of the training with 66% feasibility level. Aspects of sport coaching concept with 60% eligibility level. While the feasibility assessment of soccer training experts based on the basic concept aspects of training with 72% eligibility level. Aspects of development stage of the training with 82% eligibility level. Quality aspects of training materials with 68% eligibility. Assessment of soccer coach for youth athlete eligibility based on training aspect with level of 69% eligibility. Aspects of training design with 65% eligibility level. Material aspect with 69% eligibility level. Overall assessment of training eligibility is 68% with "Good" category.

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