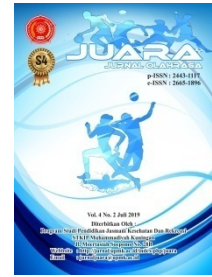




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### The Performance Of Futsal Coaches In The Application Of Process Methods And Training In Bandar Lampung City

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#### Abstract

*This study aims to determine the performance of futsal coaches in Bandar Lampung City who have many coaching licenses but have no achievements at the regional and national levels and how to apply the coaching method and process of coaches in the city of Bandar Lampung who have coaching license level 1 AFC 9 coaches and level 1 National 16 coaches this research is a type of evaluative descriptive research using the approach method evaluative, The instrument in this study uses non-test techniques described by the data, namely from the answers to the questionnaires that have been filled in by respondents, namely, data analysis techniques in this study using quantitative descriptive analysis. Based on the results of the research, the author can conclude that the reason why futsal in Bandar Lampung city does not perform well at both the provincial and national levels, in this case, in addition to human resources that are still left behind, several things underlie this such as there are still many coaches who do not carry out their duties properly, this happens because coaches in the city of Bandar Lampung do not carry out their responsibilities by the performance standards of coaches who have Was.*

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## INTRODUCTION

Based on preliminary research, there are still many trainers in Bandar Lampung City who have not carried out their performance properly, which is assessed from various performance appraisal indicators; this is what encourages researchers to find out the existing problem points so that in the future the achievements obtained will be even better. According to (Makhmudi & Prianto, 2015), Such as the quality of training, quantity, punctuality, the effectiveness of resource use, independence, and commitment. The indicators of the quality of exercise still need to be improved, such as the need to understand the game's tactics, the physiology of the body, the anatomy of the body, and the rules of the game. Then in the quantity indicator, the coach does not have a standard of achievement on the team he trains, so he cannot determine the best performance on the team; after that, on the timeliness indicator, the coach there are still many who have not implemented or have a detailed training program. So that the periodization does not run optimally; in the indicators of the effectiveness of futsal coaches, there are still many who do not pay attention to both the tools and equipment used during training; besides that, in the training process, many coaches do not apply the overall and sequential methods. The training process and methods must be carried out during training by the coach. The coach also does not pay attention to team management, so the implementation of the exercise does not run optimally; I also agree with the statement

of experts that a coach must have knowledge and understanding of the basics of matcha because it will greatly affect the skills and development of the player himself (Munir et al., 2022). In addition, according to (Siswanto, 2015), In becoming a professional coach, you must bring out the athlete's potential in achieving the highest achievements in the fastest possible time. Then also, according to (Adriyansyah, 2014), Being a coach is an important responsibility in the achievements of an athlete. Therefore, being a coach must have the ability to train based on existing science (Dio, 2018).

In particular, the coaches in Bandar Lampung city are examples by other trainers in Lampung province in developing futsal in their area because the number of licensed futsal coaches is the most compared to other regions, so whatever the trainers do in Bandar Lampung will be an example, so that the coaches in Bandar Lampung City need to evaluate performance so that mistakes can be found so that in the future improvements can be made to improve the quality the coaches in Bandar Lampung City. Coaches in Bandar Lampung already have a license. However, in increasing their knowledge, there still needs to be more advanced training, so the coach's ability cannot improve over time. The coaching knowledge applied to players is still simple; there is development to achieve maximum results. According to (Febriansyah Afdol, 2018), A performance can be carried out individually, which performs, completes, and is responsible for what is done. Because a coach must work using the principles in

carrying out the exercises. Then (Al'afgani et al., 2021) A principle in training is an activity carried out in achieving an achievement, directed and systematic in an increasingly higher process. In a fundamental principle, but in the game of futsal and other sports is very important (Hadiana et al., 2020; Fitranto & Hasibuan, 2021).

Coaches in Bandar Lampung already have a license. However, in increasing their knowledge, there still needs to be more advanced training. The coach's ability cannot improve, so the coaching knowledge applied to players is still simple. In carrying out a performance, it must be in line with comparing the results of work achieved with work standards made to measure work performance (Putra, 2019).

In line with the statement (Haddar, 2015) also argues that performance is a result that has been done over time. With the existing problems, it is necessary to evaluate the performance of the coaches who can make an overview of a program that has been implemented and measure the level of success that has been carried out. In evaluation, you can measure performance (Ayuningrum et al., 2021). (Nidommudin & Irawan, 2018) argued in the evaluation of the program provides clues as to the extent of the implementation of the program as well as the expected achievements. In conducting research, evaluation is nothing but correcting if there are errors and not proving the truth. Therefore, monitoring or supervision from the authorities in the sport of futsal in Bandar Lampung City is needed so that the obstacles can be overcome as quickly

as possible and can carry out activities that can add insight to the coach himself regularly, both monthly and annually.

## METHODS

This study was carried out with a method called descriptive evaluative (Ramadan & Juniarti, 2020). In evaluation research can produce a conclusion related to the quality of the object itself (Ardi, 2018). Descriptive research can make an accurate, systematic and factual explanation of a particular thing investigated according to (Ridwan et al., 2021). In this study, the population and samples were all coaches with national and level 1 AFC futsal coaching licenses in Bandar Lampung City, with a population of 25 coaches with AFC licenses, nine coaches, and national licenses with 16 coaches.

The instrument in the research used is a questionnaire obtained from the researcher's own making. According to (Sugiyono, 2018), Instruments are data collection tools for researching target objects using a technique, namely contests. In this study, non-test data collection techniques were used using questionnaires related to the performance of trainers. However, before being used in research instruments, trials were conducted to measure the validity and reliability of questionnaires with a validity level of 0.3 and reliability of 0.237 involving experts and trainers in other fields. In measuring an instrument variable, you can use a Likert scale with 4 calculation points according to (Albiro

et al., 2021). The respondent's answer was a choice based on the four available alternative answers (SA) Strongly Agree, (A) Agree, (DS) Disagree, (SD) Strongly Disagree.

This technique in data collection uses a closed questionnaire. According to (Wardana & Kusuma, 2021), A closed questionnaire is a question, and the answer is provided in advance; therefore, the respondent chooses only what he wants. Line with (Hita, 2020) states that determining the score obtained from the study can use a Likert scale with five answer choices. The data collection process includes observation, observation, documentation and triangulation between researchers, namely experts in the field of futsal coaching. The method of measurement is to face a respondent with a statement and then be asked to answer according to the

perceived form, and for each statement, there are four answer choices, namely: Strongly Agree (SA), Agree (A), Disagree (DS), Strongly Disagree (SD). The analysis technique for processing data is quantitative descriptive analysis.

## FINDINGS AND DISCUSSION

In this study, the researcher will present several data results that have been obtained from the researcher based on the observation results, where the data results will be presented in the form of a table as follows.

### Findings

The data that has been obtained and concluded is then interpreted to find out the achievement of the coach's performance in Bandar Lampung City. Data is grouped into four scales, including:

**Tabel 1.** Grading Scale

Predicate	Category	Attainment Rate
Excellent	A	86-100
Good	B	70-85
Good Enough	C	50-69
Enough	D	1-49

The results of the research on the performance of futsal coaches in Bandar Lampung City in this study are two sources of assessment, namely from the trainers themselves and from futsal experts who make direct observations with questionnaires or questionnaires 50 statement items and 25 coaches. Respondents from 2 different licenses, namely the AFC level 1 and National level 1. After the data is collected, the results

of the research conducted by the trainer are; Minimum score = 65.5, maximum score = 97.5, mean = 81.12, median = 84.5, mode = 85, and standard deviation = 9.721. Then the collected data was obtained from the research results by experts: Minimum score = 64.5, maximum score = 92.5, mean = 80.7, median = 82.5, mode = 86, and standard deviation = 8.26. The results of the study are described as follows:

Table 2. Results of Research on Futsal Coach Performance in Bandar Lampung City by Coaches and Experts

Interval	Category	Coach Assessment		Expert Assessment	
		Sum	Percent (%)	Sum	Percent (%)
86%-100%	Excellent	9	36	9	36
70%-85%	Good	9	36	12	48
50%-69%	Good Enough	7	28	4	16
1%-49%	Enough	0	0	0	0
	Sum	25 Coach	100%	25 Coach	100%

Based on table 2 above states that the performance of futsal coaches in Bandar Lampung City is based on the entire 4 competency factors, nine coaches get the "excellent" predicate at a percentage of 36%, nine coaches get the "good enough" predicate with a percentage of 28%, no coach who gets the "enough" predicate with a percentage of 0%. The overall performance of the futsal coach in Bandar Lampung City has been "good."

It shows that the performance of futsal coaches in Bandar Lampung City is based on a total of 4 competency factors, totaling nine coaches who get the "excellent" predicate with a percentage of 36%, 12 coaches who get the "good" predicate with a percentage of 48%, four coaches who get the "good enough" predicate with a percentage of 16%, no coach gets the "enough" predicate with a percentage of 0%. The overall performance of the futsal coach in Bandar Lampung City is already "good."

Diagram 1. Bandar Lampung City Futsal Coach Performance Research Based on Performance Indicators

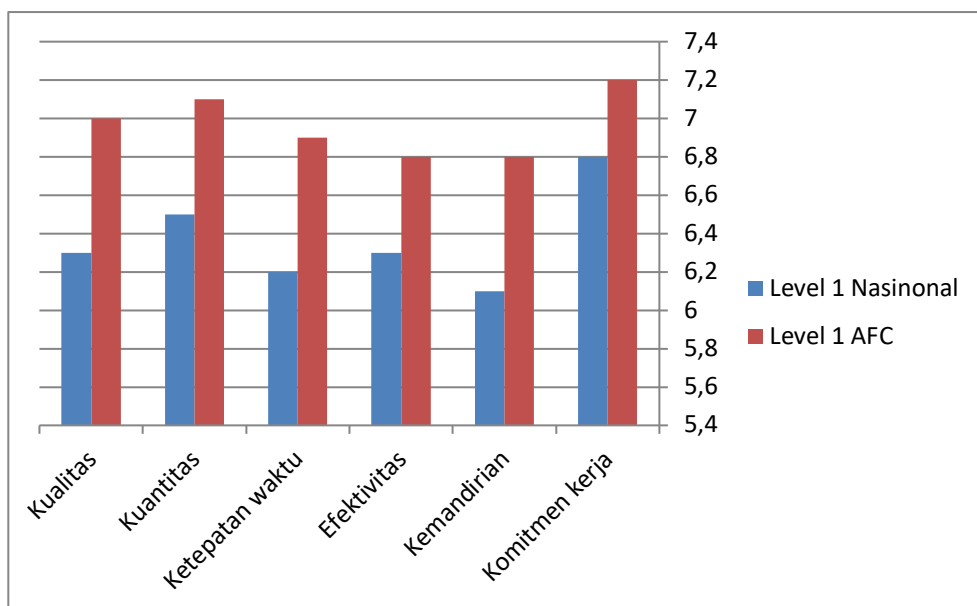
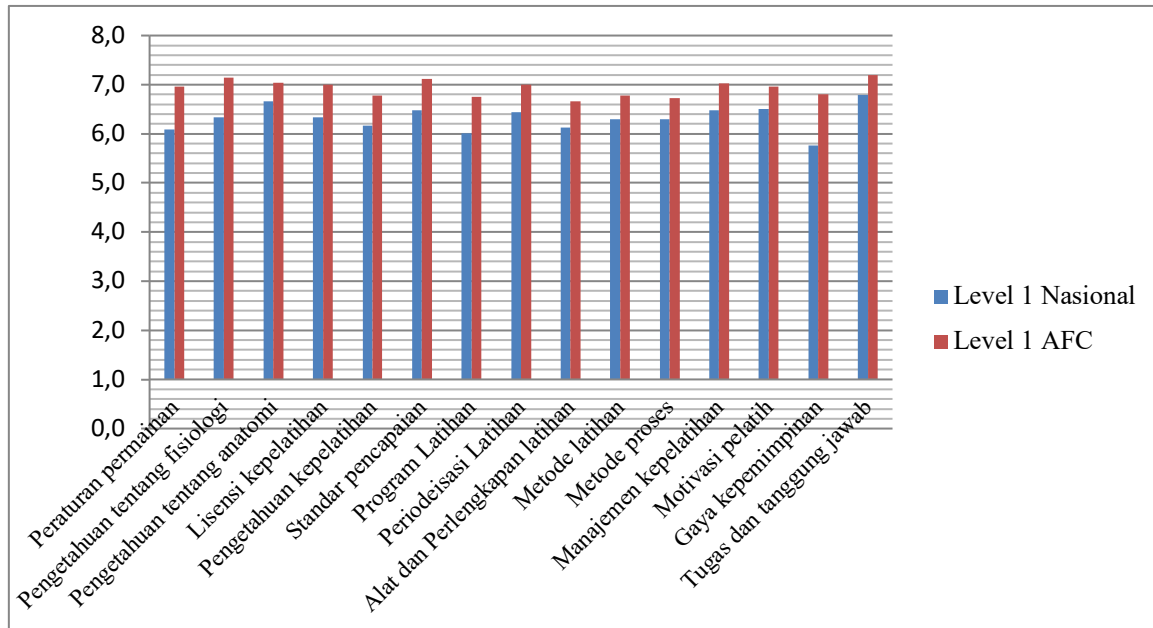


Diagram 2. Bandar Lampung City Futsal Coach, Performance Research Results, Based on Performance Variables



### Discussion

Bandar Lampung City has good competence. The reason is that the coach of the futsal team already has a coaching license, both AFC level 1 and national level 1. However, based on comparing the performance of coaches with a national level 1 license, they are still below those with an AFC level 1 license. These results are certainly not entirely good because some coaches are still on the national level 1 license, so they still need complete competence in providing the training.

The coach is a figure who plays a very important role behind the success of players, which can make a player give the best performance, in this case of course achievements. According to (Ramadan, 2018; Horas, 2012), Work achievement is the result that a person has achieved on a task that has been carried out based on experience, skills, skills, and sincerity. Agreeing with the opinion

of (Edy Sutrisno, 2019) Work performance is an effort made by a person based on the ability of characteristics and perceptions in doing the work. Becoming a coach who can have achievements and competitiveness, of course, will be seen from a coach's performance, which is one of the benchmarks being used as a basis or guideline to see, assess and evaluate a coach. There are many factors that can affect the intelligence of a coach, including those from within (internal) and from outside (external) a coach.

A coach with good Futsal knowledge and good skills in carrying out his duties and responsibilities will make it easier for players to understand how futsal should be played. Moreover, on the contrary, coaches who cannot carry out their duties and responsibilities will not positively impact players. However, many coaches in Bandar Lampung City still need help understanding

the duties and responsibilities of training properly and correctly, so players cannot fully accept the material provided.

The coach plays an important role and is a very crucial element in the implementation of the exercise. As a trainer, you must be able to design and compile an appropriate training program by making an exercise model and conducting appropriate evaluations on the training process (Ramadan, 2017). That way, becoming a qualified coach in the sport of futsal is certainly necessary to achieve the highest achievements (Sartono et al., 2020). Based on the experience of a very qualified coach can have a positive effect on the achievements of an athlete and team.

In a futsal team, the role of the coach is decisive, therefore a futsal coach must have good competence based on his field. From the results of the study, it can be seen that the performance of futsal coaches in Bandar Lampung City is based on four competency factors, totaling nine coaches who get the "excellent" predicate with a percentage of 36%, nine coaches who get the "good enough" predicate with a percentage of 28%, no coach gets the "enough" predicate with a percentage of 0%, with the overall performance of the futsal coach in Bandar Lampung City "good."

Then according to the expert assessment of direct coaches based on the overall four competency factors, nine coaches get the "excellent" predicate with a percentage of 36%, 12 coaches get the "good" predicate with a percentage of 48%, four coaches who get the "good enough" predicate with a percentage of 16%, no coach gets the "enough" predicate

with a percentage of 0%, the overall performance of the futsal coach in Bandar Lampung City is "good."

However, based on the results of the comprehensive study, the indicators of coach performance assessment in Bandar Lampung City are still lacking in independence, which includes coach motivation and leadership style, followed by effectiveness indicators, which include training equipment, process methods, and coaching management.

Based on the results of this study, it shows that all futsal coaches in Bandar Lampung City have good competence. The reason is that the coach of the futsal team already has a coaching license, both AFC level 1 and national level 1. However, based on comparing the performance of coaches with a national level 1 license, they still need to catch up to those with an AFC level 1 license. These results are certainly not entirely good because some coaches are still on the national level 1 license, so they still do not have complete competence in providing training.

## CONCLUSION

Based on the results of research on the performance of futsal coaches in bandar lampung city that has been carried OUT ON several coaches who have this coaching license, regarding performance in carrying out their profession as coaches, it can be concluded that the reason why futsal in bandar lampung city does not perform well both at the provincial and national levels, in this CASE, IS because in addition to human resources that are still left behind there are several

components that underlie this, As there are still many coaches who do not carry out their duties properly, this happens because coaches in Bandar Lampung City do not carry out their duties BY the performance standards of coaches that have been made by experts. In addition to not carrying out their duties according to procedures, there are still many coaches who do not develop their abilities optimally in the development and innovation of the futsal sport itself so that their abilities do not develop. Of course, this is not entirely the fault of the coach himself but OF various parties related to the sport of futsal in the CITY OF BANDAR LAMPUNG, such as the institution that is a forum for futsal itself.

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