



Palopo United Football School Development Management

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Abstract

Football is a game which has must be improved, both individuals, adults and young people who have played it and made football become the most famous game on the planet. The location of the research was carried out at the Gaspa Palopo field, carried out at 09.30 WITA, August 18, 2024. This research is a qualitative study aim in obtaining an overview and analyzing the implementation of the management function of football sports training at the Palopo United football school (SSB). The sample in this study are Coaches, Administrators, and Students of the Football School (SSB) from Palopo City. The researcher will examine the Chairman of SSB Palopo United, 2 coaches and 5 students of SSB Palopo United. Qualitative research, where the data is not in the form of numbers, more in the form of narratives, descriptions, stories, written and unwritten documents. This research was conducted at the Gaspa field, Palopo City, South Sulawesi. In this study, the subject is the Palopo United Football School where the sample is the Chairman of SSB Palopo United, the Coach and the Students of SSB Palopo United. The results of the interviews that the resercher have obtained on the sample managers and coaches are the shortcomings of SSB Palopo United are the lack of facilities, infrastructure and facilities such as fields and tools for training, such as balls, cones, kuns and other tools. Based on the results of the research that has been done, it is known that the number of this research samples is 3 from the management of SSB Palopo United, which are 1 chairman or manager and 2 coaches then 5 samples from SSB Palopo United students, with the results of the interview where all the answers are almost the same, there are only slight differences. Thus it can be concluded that SSB Palopo United is now, which was previously not developed, now has begun to develop rapidly in terms of their training facilities, SSB students who are starting to increase and experienced coaches who already have a National D License and an official National C License from the AFC.

How to Cite

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INTRODUCTION

Sports are activities carried out by humans to achieve health and fitness, which are related to physical fitness. The Catholic philosopher of America stated that sports are an extension or further development of play and its core values are taken from the play activities. According to Taufuquriza, sports are energetic muscle activities where an athlete demonstrates his movement abilities or motor skills and his will as much as possible.(Sadikin, Ahmad, & Ulpi, 2023). In general, the definition of sport is an activity that involves the exertion of physical and mental energy to train the human body, both physically and spiritually. The purpose of exercising is to improve a person's health status. In addition to improving physical fitness, exercise can improve the performance of the human brain so that it can work optimally. With a fitter physical condition and better physical strength, it will ultimately increase a person's self-confidence. For some people, sports activities are not only intended to improve health. Many people do sports activities for hobby purposes or to reduce stress due to daily routines and workloads(Stocks, 2016). Physical activity is often called sport by the public, but in reality sport is a special form of physical activity. According to Seno Gumira Ajidarma, the definition of sport is an activity or activity that is healthy for the human body and a means of competition to find someone's talent in the field of sport.(Sektor Fabio & Dwi Cahyo Kartiko, 2022). Sport is a good way to improve physical and spiritual quality, especially for the younger generation. (Azim, Hidayat, Pajarianto, & Riswanto, 2023). Regular exercise can also improve mental health and can reduce the risk of depression and cognitive decline as well as delay the onset of dementia and improve general well-being.(Alif, Azri, Ahmad, 2023). sport is one of the physical and psychological activities of a person that is useful for maintaining and improving the quality of a person's health after doing sports. By doing sports will improve the quality of physical condition in terms of physical fitness(Arya T Candra & Kurniawan, 2020).

Football is a game that must be improved, both individuals, adults and among young people who have played it a lot and made football the most famous game on the planet. Football is a team sport with goalkeepers, defenders, midfielders, and attackers on each team. On the other hand, Abizar & Ahmady said that football is a game of seeking victory. According to FIFA (World Football Federation), it is played by two

teams, has one main referee, two linesmen, and one reserve referee(Patandean, Jalil, & Kahar, 2023). Football is a very popular sport in the world and this sport is very easy to understand and the appeal of football lies in the naturalness of the game and is a dynamic sport that requires prime physical condition.(Nurdiansyah & Ismalasari, 2022). According to Emral in Irfan, M. Et al (2020:721) Football is a game played by 11 against 11 led directly by a referee who has assistant 1 and assistant 2, and has one referee as a reserve or substitute. The game takes place on a football field measuring 100 to 110M long and 64M to 75M wide. In the game there is direct contact between one team player and another team player. Agus Salim in Irianto, S (2016:3) states that basically football is a sport that plays the ball using the feet which is done agilely, alertly, quickly and well in controlling the ball with the aim of scoring as many goals as possible into the opponent's goal according to the rules set within 2x45 minutes(Judge, Candra, Yahya, & Kahar, 2023). In football, various techniques are used, such as dribbling, passing, controlling, shooting, and heading the ball.(Amalia, Nur, & Zainuri, 2023). Football is one of the sports that contains a lot of fun, this activity has many techniques of player style, games during training or matches. Football is a team game that requires a foundation of cooperation between fellow team members, as one of the characteristics of the game of football, the game of football requires good and strong team cooperation, so that it produces good results.(Mahardhika, Hidayat, Nurhayati, & Riswanto, 2023). Football is one of the most popular sports in the world today. Football is one of the most popular sports in all levels of Indonesian society, from children to adults, especially men. (Kahar, Pandi, Jalil, & Riswanto, A, 2022).

Football schools are known as football sports organizations that aim to foster and develop the potential and spirit of football athletes. In Indonesia, various SSBs have been established that have been able to achieve achievements both at national and international levels, this is due to the existence of effective management and coaching programs.(Aderaya Sasongko, 2023). Football school is a place for early age development. Football school aims to accommodate and provide opportunities for students to develop their hobbies and talents. The development of Indonesian football achievements is influenced by the role of football schools in carrying out their responsibilities. Football schools undergo a development process consisting of training programs, facilities and infrastructure that mark, ap-

appropriate training methods, and require qualified coaches who can recognize the characteristics of students from both physical and psychological aspects. (Bratakusuma & Ma'arifah, 2024). According to Suryanto in Alawi, a football school is an institution that provides knowledge about basic football techniques and basic football playing techniques to students starting from how to and mastery of football techniques properly and correctly. Coaching in football schools aims to develop the talents and interests of playing football in school-age children. Football schools can be called groups that support a football coaching system with good management in coaching, there will be many talented players, especially football players who have the function of developing children to be able to produce quality athletes in football. However, the purpose of parents putting their children in football schools is not only to develop their football playing talents but also to fill their free time or so that activities outside of school do not depend on games or social media on mobile phones or laptops. This is in accordance with Irianto's statement, namely that the purpose of doing this sport varies, some are just for recreation, to maintain fitness or just to channel hobbies/fun (Fokus et al., 2022).

Football schools (SSB) are the most appropriate place for early age football coaching, currently football schools are flooded with students. The role and responsibility of SSB have a very large share in the development of Indonesian football achievements in the future. This football school is where many reliable football players are found. Coaching from the beginning determines the future achievements of footballers. The role of professional coaches is needed for the success of the coaching process. In essence, the success or failure of early age coaching depends on the ability of the coach. In order for the coaching process to run smoothly, in addition to training programs, adequate facilities and infrastructure, and appropriate training methods, quality coaches are also needed who can recognize the characteristics of the children trained from both physical and psychological aspects. Therefore, every football school must have good management so that the purpose of forming the SSB can run well and can form and present the best players for their homeland.

METHODS

The research location was carried out in the Gaspa Palopo field. It was carried out at 09.30 WITA. August 18, 2024.

This research is a qualitative research aimed at obtaining an overview and analyzing the implementation of the management function of football sports coaching at the Palopo United football school (SSB).

The sample in this study are coaches, administrators and students of football schools (SSB) in Palopo City. The researcher examined the chairman of SSB Palopo United, 2 coaches and 5 students of SSB Palopo United.

Qualitative research is data that is not in the form of numbers, more in the form of narratives, descriptions, stories, written and unwritten documents. Examples of questions that The Researcher will give to the sample to obtain data:

Questions for SSB coaches or administrators:

1. What were the shortcomings of the Palopo United football school before it developed to what it is today?
2. What problems have you faced while coaching?
3. How is the development of Palopo United football school at present?
4. How is the development of the Palopo United football school students?
5. What approaches do you provide to students so that they are diligent in practicing and feel at home practicing at SSB Palopo United?
6. What materials do you provide to students to enable SSB Palopo United students to develop?
7. How many management structure sections are there at SSB Palopo United?
8. What are the training sections at SSB Palopo United?
9. How many trainers are there in each training section?

Questions for SSB students:

1. What are the shortcomings of SSB Palopo United?
2. What problems did you face while training at SSB Palopo United?
3. How do you feel about the development in yourself during training at SSB Palopo United?
4. What kind of approach do you like most about your coach?
5. What training material do you like the most while training at SSB Palopo United?
6. During the training process, have you ever felt excessive pressure from your trainer?
7. If there is any, please explain what kind of pressure you feel during training?
8. In SSB Palopo United, do you have feelings.

RESULTS AND DISCUSSION

This research was conducted in the gaspa field of Palopo City, South Sulawesi. In this study, the subject was the Palopo United Football School where the sample was the chairman or manager of SSB Palopo United, the coach of SSB Palopo United and students of SSB Palopo United.

The results of the interviews that The Researcher have obtained from the sample of Managers and coaches are that the shortcomings of SSB Palopo United are the lack of facilities, infrastructure and facilities such as fields and tools for training, namely balls, cones, kuns and other tools, the lack of fields is because the field is divided between two SSBs so they have to share the field and because SSB Palopo United is also divided into several age groups so their space for training is getting narrower. The problems that are often faced by coaches are the lack of understanding of SSB Palopo United children regarding the basics of playing football and also the difficulty of coaching children who are lazy to come to practice because they will definitely miss the material that has been taught by their coach. But behind the problems faced by the coach, they certainly have made quite good progress, namely the SSB Palopo United children who previously did not understand how to play football properly, many have understood all that so that SSB Palopo United has also often participated in competitions in Luwu Raya and because of all that SSB Palopo United has become a popular SSB so that many children in the city of Palopo are interested in joining SSB Palopo United. The approach they take to their students is by often giving jokes and games so that their students do not get bored in carrying out the training process, and of course the SSB Palopo United coaches also always give them all the motivation that with active training and hard work will bring us to success so that we can become professional football players. The material given to the SSB Palopo United children is certainly the basic techniques of playing football, understanding football playing patterns, defensive and attacking techniques, making transitions so that they know when they should defend and when they should attack and the training program that the coach gave them was modified. The management structure of SSB Palopo United consists of the Chairman or Manager, Club President, Treasurer, Coach and equipment section. SSB Palopo United has been registered with PSSI, they already have official legality in PSSI. The coaches at SSB Palopo United who

certainly have an official license from AFC, there are 5 coaches where the coaches are divided into several age groups at SSB Palopo United, namely at the age of 6-9 years there is 1 coach, 10-12 years there are 2 coaches and 13-15 years there is 1 coach and there is a special goalkeeper coach, these coaches have been given special tasks to train their students.

The results of the interviews that the researcher have obtained from the sample of SSB Palopo United students, there are several shortcomings in SSB Palopo United such as the condition of the field which is full of holes and when it rains the water on the field will stagnate and students will have difficulty in undergoing training due to the poor condition of the field. then another deficiency is the lack of training facilities. Then from 5 student samples there was only 1 child who had problems when undergoing training, namely his body felt sore after undergoing training, maybe because of the lack of warming up or seriousness in doing the warming up. Then for the development they felt during training at SSB Palopo United, they already understood the basic techniques of playing football and also their physique was quite good. The approach that SSB Palopo United students like is a coach who likes to joke and always includes games in training sessions and students also really like it when they are given advice and motivation from their coach. Then the material that SSB Palopo United students like the most is shooting the ball, dribbling the ball, controlling the ball, physical training and defense and attack techniques. During the training process, students never feel any pressure from a coach. In SSB Palopo United, students do not hate or dislike their teammates because they are taught about a sense of family, sportsmanship and playing as a team.

The chairman's control over the coach and the coach over the students and guardians aims to ensure that the program and strategic goals can be achieved optimally. Control is also needed to prepare students to participate in football events and overcome obstacles in carrying out SSB activities. In addition, control of facilities and infrastructure is also important to ensure the sustainability of the football education program.(Rika Widianita, 2023). Cones or training cones are essential equipment used for a variety of drills, including agility, speed and ball control drills. With cones, coaches can design a variety of training patterns that challenge and educate players.(Jumarin, Alfarisyi, Widowati, & Hadinata, 2024). SSB plays a role in identifying and developing young talents in the sport of foot-

ball. They provide intensive training and technical, tactical, physical development and instilling character values to young players. SSB is often the starting point for young players to start their professional careers. They provide the necessary infrastructure and training to help players reach their potential and enter professional clubs. (Industry, 2024). Management plays an important role in the success of athletes and sports clubs, including strategy, financial management, management structure, and performance. Management and achievement coaching are interrelated and inseparable. The purpose of sports management is to control, evaluate, and achieve the plans and goals of the sports club. (Aderaya Sasongko, 2023). Management as a process of moving an organization is important, because without effective management no business will succeed long enough. The achievement of organizational goals, both economic, social and political goals, largely depends on the ability of managers in the organization concerned. (Idrus, nd).

CONCLUSION

Based on the results of the research that has been done, it is discovered that the number of this research samples is 3 from the management of SSB Palopo United, namely 1 Chairman or Manager and 2 coaches then 5 samples from SSB Palopo United students, with the results of the interview where all the answers are almost the same, there are only slight differences. Thus it can be concluded that SSB Palopo United is now, which was previously not yet developed, now has begun to develop rapidly in terms of their training facilities, SSB students who are starting to increase and experienced coaches who already have a National D License and an official National C License from the AFC.

After conducting research on SSB Palopo United, The researcher suggest to SSB Palopo United that the SSB administrators in the equipment or media section should create several types of promotions, such as creating posters and videos containing the training process of SSB children and the development of SSB Palopo United accompanied by words that can encourage children to join SSB Palopo United so that parents who have talented children and enjoy football can see that SSB Palopo United can make their children become professional football players.

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