

Early Childhood Football Achievement Development System at the AFQOZ Grobog Club, Tegal Regency

Okky Rizki Adi Pratama[✉], Sugiharto Sugiharto, Nasuka Nasuka

Universitas Negeri Semarang, Indonesia

Article Info

History Articles

Received:

26 March 2021

Accepted:

20 April 2021

Published:

30 June 2021

Keywords:

System, Coaching,
Achievements,
Football, Early
childhood

Abstract

Researchers found several problems from the inadequate early age coaching of the AFQOZ Club in Tegal Regency. The research aims to determine 1)Fostering early childhood football achievements, 2)Training program, 3)Funding sources, 4) facilities and infrastructure, 5)The role of the community athletes, 6)The role of the coach. Qualitative research by describing and analyzing, the target of research on fostering the early childhood achievement of the AFQOZ Club. The location of this research is in the AFQOZ Club, Pangkah District, Tegal Regency. Collecting data using observation techniques, interviews, documentation. The research results are as follows: 1)Fostering the early childhood football achievements of the AFQOZ Club is quite good, because it often uses simulations and there is a tiered system in each age group up to the Elite Pro Academy, 2)The training program is good because it refers to PSSI standards according to the age group in the Club, 3)The club's source of funds comes from the AFQOZ Collection, which can be said to be good, even though the salary of the coach and manager is small, but the facilities obtained are quite adequate, such as club transportation,4)The facilities and infrastructure are quite a lot of good quality and modified, 5)Community support is lacking for the club, the local government does not release field management to the club to interfere with the training program, 6)The trainer becomes a motivator and initiator, plays a good role because it can bring fostered athletes have made achievements in football events.

[✉] Correspondence address:

Kampus Pascasarjana UNNES Jl. Kelud Utara 3,Gajahmungkur
Semarang

E-mail: okkyrizkiadipratama@students.unnes.ac.id

p-ISSN 2252-648X

e-ISSN 2502-4477

INTRODUCTION

Sport is an inseparable part of society; it can also promote strong mental and character development, allowing it to become a strategic process of developing self-esteem, self-identity, and self-pride, and success in sports, leading to increased achievement. a game (2017, Ghozali et al.) Sport is a part of human everyday activities that are conducive to the development of a balanced body and spirit, and it has made a positive and tangible contribution to improving public health up to this point (Erman & Jafar, 2017).

Football successes compete with the importance of early childhood coaching. Many clubs provide early childhood coaching to children who want to better their game. A systematic, planned, regular, and consistent coaching process must be assessed because it can perform well an area of work or poorly if an assessment is conducted (Satria et al., 2012). Football is the most popular sport in the world, and it is commonly played by all ages and genders, from children to adolescents and adults, including women (Herdiansyah & Nurasyifa, 2010: 1). Football is an interesting sport to watch because boys and girls of all ages can play it, and players must possess a variety of skills, including player quality, physical strength, and endurance (Naldi & Irawan, 2020).

The coach is the athlete's facilitator, and it is his or her responsibility to guide the athlete through the stages of coaching to the pinnacle of achievement. (2017, Nugraheni et al.) Every coach and sports coach who provides training must use the training method, because the training can be planned and carried out under the existing goals and conditions when using the training method (Soniawan & Irawan, 2018).

AFQOZ Football School (SSB) is one school that opens youth football coaching, which includes coaching for U-12 children. The implementation is carried out 3 times a week. AFQOZ Grobog is a club that was founded on September 20, 2016 with the support of someone who cares about early childhood education, especially in Tegal Regency, namely a

businessman from Grobog Mr. Mustofa Ibrahim, even though the AFQOZ Club has only recently been established, it has achieved many achievements. The coach factor also plays an important role in the technical and mental formation of players at the AFQOZ Grobog club, a coach who has made many achievements, namely Mr. although sometimes the honorarium received from the management is sometimes not on time, while in the process of performance development it takes a lot of funding to achieve the perspective of the coach's financing.

The coaching program can be started with facilities and infrastructure used as a home for athletes to come together to plan for a coaching (Aziz et al., 2014). Coaching is the effort, action and activity carried out in an empowered and successful manner in order to get better results. Sports experts around the world agree on the need for coaching stages to produce high sports achievements, namely through the stages of training, seeding and achievement (Rasyono, 2016). The coaching program will not be separated from funding problems because in the achievement coaching program it requires a lot of funding, such as building rent, honorarium and coach transport, tryouts, and other costs (Nurcahyo et al., 2014). In addition, it is necessary to consider the characteristics of athletes being fostered both physically / psychologically, the ability of the coach, facilities and infrastructure / facilities and the conditions of the coaching environment (Yunida et al., 2017).

For early childhood, learning knowledge is carried out through fun activities, such as running, playing with real objects, doing small experiments and even farming because early childhood education is oriented towards play activities, as we know children learn and get a lot of experience in playing (Dewi & Zaini, 2017). One form of play that children can play is through playing football (Komarudin, 2005). Early childhood is a unique phase of life, and is in a process of change as growth, development, maturation and perfection, both in physical and spiritual aspects (Pratiwi, 2017).

METHODS

The study was carried out using qualitative research methods, including descriptive and analytical research types. This study describes and describes the state of the early childhood football coaching system at the AFQOZ Grobog club in Tegal Regency because it attempts to discuss the development of early childhood football in Tegal Regency. This study was carried out using a qualitative research approach and a case study design.

The system of fostering sports achievement in the Tegal Regency AFQOZ Club by focusing on early childhood development will be related to club administrators, coaches, training programs from coaches, athletes, athletes' parents, and the community.

Direct interviews, observation, and documentation of the research subjects were used to collect data as documentation data for this study. Several administrators will be consulted for data sources.

Data analysis was carried out as part of the data collection process. Data is reduced by dividing it into sections with predetermined categories. Coding is used in this division. Data is presented using a brief description, tables, or diagrams. Predefined categories are represented in tables and diagrams.

RESULT AND DISCUSSION

Based on the research objectives, that: 1) Analysis of the Early Age Football Achievement Development Systems of the AFQOZ Club are: Fostering achievement is the main goal in the AFQOZ Club not only for seniors but for an early age as well, for an early age, it is hoped that athletes will appear - Supervised athletes who are superior, and as adults fostered athletes from the AFQOZ Club can play a role in several Professional Clubs that are already in the Indonesian League or at least be able to compete in the pride club of residents of Tegal Regency, namely PERSEKAT (Tegal Regency Football Association).

The simulation is used every exercise carried out by the AFQOZ Club such as simulations during defense and when attacking aims to develop athletes to get used to the actual matches and the development carried out at the AFQOZ Club in a planned, tiered and sustainable manner which will not stop at an early age, only when you get older, you will be upgraded to the age group so that it doesn't stop at an early age, the system of achievement development will continue until later towards the elite pro academy which at each age level all aim to achieve achievements which will later become motivation for athletes and become rejections. measure the progress of existing athletes at the AFQOZ Club. 2) Analysis of the Application of the Club Early Age Football Coaching Training Program AFQOZ is a training program in early childhood coaching at the AFQOZ Club to create superior fostered athletes in the future. The PSSI standard curriculum is a reference in preparing training programs that exist in the AFQOZ Club and is tailored to the age group. The PSSI curriculum standard in preparing training programs aims to avoid carelessness when conducting coaching because early childhood is vulnerable to physical exercise that is too heavy and will have long-term effects, the use of curriculum standards from PSSI is also so that the early childhood development of the AFQOZ Club is targeted, planned and leveled up to the elite pro academy.

The AFQOZ Club has devised a program, but there are several barriers in the way of putting it into action. There are several factors that act as barriers in the program's implementation, including: (a) The trainer who is concurrently in charge of the program division should be distinguished from the physical trainer himself, who uses his own technique to divide the tasks. (b.) Because the field is not fully owned by the Club, environmental factors may pose a challenge to the program that has been put together. (c). The tools available to support a structured training program are sometimes insufficient, resulting in suboptimal training results. (d.) Fostered athletes under the age of 12 still exist for public schools or madrasas, which

can be a challenge at times. 3) Club Funding Sources Analysis: One of a club's or organization's major strengths is strong funding, which supports operational costs, club housing, club facilities, and infrastructure, and large funding for all club activities and infrastructure. Even though the coach's fee is small, it is rarely late for payment, and facilities and infrastructure can still be modified from other existing tools, so there is no need for too much money, but even with a small fee and equipment. The coach is always serious and enthusiastic in carrying out training the fostered athletes in the AFQOZ Club, using modified tools made from existing items. Accommodation and operational funds come from the AFQOZ Collection Owner when participating in events or when purchasing a training jersey and a ball, all from the AFQOZ Collection Owner.

Training at the AFQOZ Club requires that fostered athletes bring Rp. 2,000 for cash income, which will later be used for travel accommodations, such as when going to a friendly match between clubs outside Tegal Regency or in Tegal Regency with remote locations; the money will also be used to increase the purchase of fuel for vehicles used when doing long-distance matches, for the AFQOZ Club. 4) Analysis of Club Facilities and Infrastructure is the availability and quality of facilities and infrastructure in the AFQOZ Club, still using modifications of some items assembled into a new form that will be useful later during training, the quality of the training equipment is quite low because it is made of water pipes. While the field is still the village field which has a problem because the village does not want to give the club full management of the field, there are still some residents who come into the playing field with their own balls while the club is running a training program, which slightly disrupts the fostered athletes' focus (Candrawati, 2018). The field is sometimes used for inter-village matches, which causes the AFQOZ Club fostered athletes' training to finish faster, causing the coach's program to be delayed.

The AFQOZ club is notable for the large number of balls available, but the quality is poor. Even though the size of the 4 balls may affect the weight of the ball, heavy balls are not good for the 12 year age group because they can be injured later because of the constant use of a heavy ball, the adult standard size 5 ball is sometimes used when the ball is not sufficient for a training program that uses a lot of balls because of the adult standard size 5 ball is used when the ball is not sufficient for a training program that uses a lot of balls. If a 12-year-old child continues to use a size 5 ball, it will feel too heavy and not maximal when dribbling or kicking the ball, potentially injuring the athlete's foot.

Facilities such as obstacles, cones, whistles and small hurdles already exist, although the variations of cones are still small and for obstacles and small hurdles, modifications of the water pipe are still used which cause them to be durable or easily broken if hit by the ball or stepped on by athletes, The infrastructure at the AFQOZ Club is quite good but of poor quality. 5). Analysis of Community and Parent Support for Coaching at the AFQOZ Club is that researchers have conducted research based on the results of the data at the time that community and parent support research was very influential on early childhood coaching in the AFQOZ Club, parents who act as coach partners when the child is at home, communicate with children for evaluation at home about how children exercise and encourage children to follow the training program that has been prepared by the coach, parents can also be agents of change for early childhood, the surrounding community appreciates the AFQOZ Club which carry out early childhood coaching in football because it means for the children to take part in soccer training so that children do not always play quickly at home.

The AFQOZ Club always participates in several existing events or acts as a provider of places when the event is held, such as the Suratin Cup, the age group category, which usually comes from the government, whose field

location is in the AFQOZ Club, and the role of the community here is seen as community appreciation because of the AFQOZ Club, which the community agrees. Even though the field is not entirely owned by the Club, an event or friendly match must be coordinated with the local community first. Because the AFQOZ Club is almost always in the top rank in every tournament or event that is followed, the public hopes that the Club will always participate in several existing tournaments or events so that the name of the Club and the name of the region will be raised as well. 6) Analysis of the Role of the AFQOZ Club Coach is an analysis of the role of the coach in the AFQOZ Club from the results of observations and interviews conducted by researchers that the role of the coach in the Club is very important even though there is only a coach who has to take care of all training programs both from physical training, technique, and several training programs in the AFQOZ Club, coaches who are the driving force for early childhood development are assisted by the role of parents who become second coaches at home, the coach is also a motivator for athletes when they are bored with the training program that has been prepared by the coach.

The instructor for the 12-year-olds Mr.Masuni always determines if the short to long-term training program that will be given to the fostered athletes is acceptable for the 12-year-old group, lest the training program given later causes the athlete to overstrain, resulting in injury, particularly if it is still early in the season. The 12-year-old community is always vulnerable to injury, and as a coach, and Mr.Masuni, still sets expectations for each training program, the coaches' confidence in the individual growth of the coached athletes in football is also a source of pride. In order to continue to grow, you must be never be afraid of being wrong.

CONCLUSION

The researchers' definition and study of the AFQOZ Club's early childhood achievement coaching system can be summarized as follows: 1) The AFQOZ Club's coaching system is very

good at grouping each athlete's age and developing a training program that is suitable for that age group; 2) PSSI guidelines the reference set a training program that is specific to the age group; early childhood football coaching at the AFQOZ Club is good enough training, three days a week. 3) Early childhood coaching at the AFQOZ Club is a powerful source of funding, considering the fact that the coach's honorarium is still limited and payment is seldom overdue. 4) Team AFQOZ infrastructure and facilities are still lacking, and the village's football field is not completely managed by the club. 5) Parents play an important role at the AFQOZ Club because they help inspire their children at home and act as coaches while they are at home. 6) The trainer acts as a motivator and initiator for AFQOZ Club athletes, motivating them to commit to the training program.

REFERENCES

- Aziz, R. R., Sulaiman, & Sugiharto. (2014). Evaluasi Program Pembinaan Atlet Pada Klub Bola Basket Putra Di Stkip Dharma Wacana Metro. *Journal of Educational Research and Evaluation*, 3(1), 1–7.
- Candrawati, Y. (2018). *EVALUASI PROGRAM PEMBINAAN PRESTASI OLAHRAGA BOLA VOLI PADA SMK NEGERI DI KOTA BENGKULU*. 2(1).
- Dewi, K., & Zaini, H. (2017). Pentingnya Media Pembelajaran Untuk anak Usia Dini. *Jurnal Pendidikan Anak Usia Dini*, 1(1), 81–96.
- Erman, R., & Jafar, M. (2017). Evaluasi Tingkat Kecemasan Pemain Sepakbola Subulussalam Muda Dalam Menghadapi Turnamen Tahun 2017. *Jurnal Ilmiah Mahasiswa Pendidikan Jasmani, Kesehatan Dan Rekreasi*, 3(3), 218–224.
- Ghozali, P., Sulaiman, & Pramono, H. (2017). Pembinaan Olahraga Sepakbola di Klub Indonesia Muda Purwokerto Kabupaten Banyumas. *Journal of Physical Education and Sports*, 6(7), 76–82.
- Herdiansyah, W., & Nurasyifa, W. (2010). *Mari Belajar Sepak Bola*. Bogor : Regina Eka Utama.
- Komarudin. (2005). *Permainan Sepakbola Sebagai Wahana Pembinaan Sikap Sosial Anak Usia Sekolah Dasar*. 3(1), 33–43.
- Naldi, I. Y., & Irawan, R. (2020). Kontribusi Kemampuan Motorik Terhadap Kemampuan

- Teknik Dasar Pada Atlet Ssb (Sekolah Sepakbola) Balai Baru Kota Padang. *Performa Olahraga*, 5(1), 6–11.
- Nugraheni, A. R., Rahayu, S., & Handayani, O. W. K. (2017). Evaluasi Pembinaan Olahraga Prestasi Bola Voli Pantai Puteri Klub Ivojo (Ikatan Voli Ngembalrejo) di Kabupaten Kudus Tahun 2016. *Journal of Physical Education and Sports*, 6(3), 225–231.
- Nurcahyo, J. P., Soegiyanto, K., & Rahayu, S. (2014). Evaluasi Program Pembinaan Prestasi Taekwondo Pada Klub Satria Taekwondo Academy Di Kabupaten Banyumas. *Journal of Physical Education and Sports*, 3(2).
- Pratiwi, W. (2017). Konsep Bermain Pada Anak Usia Dini. *Manajemen Pendidikan Islam*, 5(2), 106–117.
- Rasyono. (2016). Ekstrakurikuler Sebagai Dasar Pembinaan Olahraga Pelajar. *Journal of Physical Education Health and Sport*, 3(1), 44–49.
- Satria, M. H., Rahayu, T., & KS, S. (2012). EVALUASI PROGRAM PEMBINAAN OLAHRAGA SEPAKBOLA DI SEKAYU YOUTH SOCCER ACADEMY (SYSA) KABUPATEN MUSI BANYUASIN SUMATERA SELATAN. *Journal of Physical Education and Sports*, 1(2), 161–166.
- Soniawan, V., & Irawan, R. (2018). Metode Bermain Berpengaruh Terhadap Kemampuan Long Passing Sepakbola. *Jurnal Performa Olahraga*, 3(01), 42–49.
- Yunida, E., Sugiharto, & Soenyoto, T. (2017). Manajemen Pembinaan Merdeka Basketball Club (MBBC) Pontianak Kalimantan Barat Tahun 2016. *Journal of Physical Education and Sports*, 6(2), 125–132.