

ISBN : 978-979-3788-22-8

**1st Social Science and Economics  
International Conference  
February 20 - 21, 2015  
PALEMBANG - INDONESIA**




 **SOSEIC**

**Book<sup>2</sup>**

**“Social Science and Economics  
Challenges for Better Life”**

**Hosted by**

**Universitas Bina  
Darma** 

**In Cooperation with**

 **Program**

## **Football Performance Improvement Planning in Sub-district Sanga Desa District Musi Banyuasin**

**Ekisno Alisabana, Lin Yan Syah, Hardiyansyah**

University of Bina Darma  
e-mail: EkisnoAlisabana@gmail.com

University of Bina Darma  
e-mail: Linyansyah@gmail.com

University of Bina Darma  
e-mail: -

### **Abstract**

This study aims to determine the planning management Sports Performance Improvement of the football sub-districts Sanga Desa District Musi Banyuasin, type of research in this activity is a quantitative research. Data collected by (1) observation; (2) interviews with informants. The data was then analyzed through several stages: (1) the collection of information; (2) reduction of data; (3) presentation of data; and (4) conclusion. Research subjects in this study are coaches, players and administrators of serious FC. The results showed Recapitulation of Instrument Training Program Based on the Board's response, Coaches, Players Retrieved percentage of 49.02% can be categorized poor. Recapitulation Instruments of coach Quality Based on Response of coach Retrieved percentage of 68.75% can be categorized quite good. Recapitulation Instruments of facilities and Infrastructures Based Response of Management, Player/Athlete and coach Retrieved percentage of 24.62% can be categorized poor. It can be concluded that training programs, quality coaches, and facilities and infrastructure in serious FC in sequence can be categorized poor, quite good and poor.

Keywords: management planning, Performance Improvement, football

### **1 INTRODUCTION**

The game of football is a sport that is very popular. Allure of football in Indonesia inspired by professional footballers who have individual techniques above – average of other players from around Europe famous club. With a variety of allure that the young people flock-flocking to the soccer school as early as possible, so as to be forged his talent as a football player would become their mainstay.

In effort coaching soccer sports achievements, needed elements of a vital support. One such element is the educated trainers. Coaches who are educated is a coach who understands very well the problems concerning coaching, a club will have a greater chance for success and coach achievement rather than a club that does not use a trainer that has no basis in coaching. In addition to skills training and coach playing techniques, which need to be taken into consideration is the physical exercise. Exercise can be done alone or coordinated in a club or training center. The physical condition is a unity of component which can not be separated, both improvement and maintenance, meaning in improving the physical condition must develop all components.

Strategic Plan for sport in Sanga Desa is a synergy of technical implementation football sports coaching through recruitment system based on "talent scouting" and doing sports coaching football continuously, directed and continuous referring to the long-term development athlete to achieve optimal performance.

Football sports achievements in sub-district Sanga Desa which has not increased influenced by many factors. Factors affecting the achievement among others, the sports facilities, coaches, motivation, training, budget, moral support, and much more. It is no less important to note is the election of football coaching strategy that football achievements in Sanga Desa is able to perform again. Developed or not depends on how guidance.

Based on the description above, problem in this research is "How management Planning Foot Ball Sports Performance Improvement in sub-district Sanga Desa District Musi Banyuasin?"

This type of research in this activity is a quantitative research. As research subjects in the present study is that of the overall component Football Club in SangaDesa that coaches, players and management. With the improvement of the management of research variables football sports achievements in DistrictSangaDesa of MusiBanyuasin. Location Football Sport Management Research Development will be held in the sub-district Sanga Desa District Musi Banyuasin, the time of the study is planned in December 2014 to January 2015.

In this study data search was conducted using a variety of data collection methods, namely: (1) observation, (2) interviews within formants. The process of data analysis is performed continuously begins by reviewing all available data from various sources, from interviews, observations that have been written in the field notes, documents, and so on until the conclusion. In doing research data analysis is refers to the stages described Miles and Huberman which consist of several stages, among others:

1. Gathering information through interviews with key informant sarecompatible to research and then direct observation to the field to support research conducted in order to obtain the expected data sources.
2. Reduction data is the process of selecting, focusing on simplification, transformation of raw data that emerged from the records in the field for researching purpose shield transcript of data (data transformation) to select which information is deemed appropriate and not appropriate to the problem being research center in the field.
3. Presentation of data (data display) is a set of activities in the form of narrative information, network graphs, tables and charts which aims to sharpen understanding of research on the selected information is then presented in tables or description explanation.

In the final stage is the conclusion or verification who find meaning in patterns of explanation, possible configurations, the flow of cause and effect and propositions. Inferences to be done carefully to verify the form of a review of the records in the field so that data can be tested its validity.

### 3 RESULTS AND DISCUSSION

The factors above is a component that causes a developmental achievement in serious FC. It is based on data and information found from the interview that has the writer explained above. This factor needs to be put forward so that the problems that led to grow in absence of serious FC achievement can be seen clearly.

#### 1. Training Program

Training program which will be applied to the players have an enormous influence on the improvement of performance of the existing football players in serious football club FC. In order for directional guidance and has a goal that has been set, a trainer must prepare a training program focused on football training.

The following data on instrument training program based on responses administrators, coaches and players:

Table1: Recapitulation of Instruments training Program  
Based on the Board's response, Coaches, Players

No.	Responden	Distribution answer				Amount
		BS	B	KB	TB	
1.	Administrator	48,8	35,6	15,6	-	100
2.	Coach	50	37,5	12,5	-	100
3.	Player	48,27	42,88	8,85	-	100
<b>Total</b>		<b>147,07</b>	<b>115,98</b>	<b>36,95</b>	<b>-</b>	<b>300</b>
<b>Percentage (%)</b>		<b>49,02</b>	<b>38,66</b>	<b>12,32</b>	<b>-</b>	<b>100</b>
<b>Criteria</b>		Poor				

Based on the results, a coach actually implement guidance is directed, coordinated and orderly running systematically. From the analysis of the above data, that the training program in a serious FC on implementation has not varied, so that the club has not been able to improve performance through higher level. But the training program set to run smoothly and can be categorized as poor (49.02%).

#### 2. Quality of Coach

The following data on the quality instrument of coach:

No.	Instrument	Distribution Answer				Amount
		BS	B	KB	TB	
1.	How many years have you coach?	3	1	-	-	4
2.	Before becoming a coach, have you ever become a player of football?	4	-	-	-	4
3.	Do you have a coaching certificate?	1	2	1	-	4
4.	Have you ever attended training coaching?	3	1	-	-	4
<b>Total</b>		<b>11</b>	<b>4</b>	<b>1</b>	<b>-</b>	<b>16</b>
<b>Percentage (%)</b>		<b>68,75</b>	<b>25</b>	<b>6,25</b>	<b>-</b>	<b>100</b>
<b>Criteria</b>		<b>Quite</b>	<b>Good</b>			

To achieve the maximum performance of a club in addition to the factors athlete and other supporting factors, factors largely determine the quality of the coach. Professional will not have difficulties to deliver athletes achieve maximum performance. In the sports world can be characterized trainers quality through increased ownership certificate coaches in certain sports. In live lines serious FC coach has had a football coach certificate. And based on the results of the study showed that the quality of the serious FC coach categorized quite good (68.75%).

Results were in line with what is said above Harsono (1988: 7) that the criteria of a good coach is: 1. Having extensive experience and scientific, 2. Having a personality that can be replicated, 3. Expert or have skills in those sports that can be handled, 4. Purpose and responsibility, 5. Educated as a coach, 6. Mastering or have knowledge in training support, 7. Good health, 8. Have a sense of humor, 9. It has a high creative, critical and willed that hard and disciplined.

### 3. Facilities and Infrastructure

Facilities and infrastructure is a very important aspect in supporting the development of sports, as well as with sports coaching football at a serious FC. Facilities and infrastructure have contributed sufficient, while other facilities have not reached the level of compliance in accordance with the national standard football pitch, training equipment. The following data on the instrument facilities and infrastructures in serious FC:

Table 3: Instruments of facilities and Infrastructures Based Response of Management, Player/Athlete and coach

No.	Instrument	Distribution Answer				Amount
		BS	B	KB	TB	
1.	Facilities and infrastructure which is owned	31	21	9	-	61
2.	Facilities and Infrastructure play owned football able to support training program	36	14	11	-	61
3.	Owned facilities and infrastructure have met the national standards	11	17	33	-	61
<b>Total</b>		<b>78</b>	<b>52</b>	<b>53</b>	<b>-</b>	<b>183</b>
<b>Percentage (%)</b>		<b>42,62</b>	<b>28,42</b>	<b>28,96</b>	<b>-</b>	<b>100</b>
<b>Criteria</b>		<b>Quite</b>	<b>Good</b>			

Based on the analysis, that the existing infrastructure in serious FC where the average respondent to respond to the instrument infrastructure owned by the club, good by 61.33%, amounting to 28.67% quite good, poor at 10%. With these results, it can be said that the instrument infrastructure based on the responses given administrators, players/ athletes and coach coaches can be poor.

put forward some conclusions.

1. The training program in a serious FC is poor.
2. Coach Quality at serious FC categorized quite good.
3. Facilities and infrastructure in serious FC poor

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