



## JUARA: JurnalOlahraga

E-ISSN 2655-1896ISSN 2443-1117  
<https://doi.org/10.33222/juara.v5i1.1000>



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

Mirza Asmara<sup>1\*</sup>, Ali Munir<sup>2</sup>, Znzabil Adwa Fitriani<sup>3</sup>, Surisman Munir<sup>4</sup>, Joan Siswoyo<sup>5</sup>

<sup>1,2,3</sup> Department of Sports Science, Faculty of Sport Science, Yogyakarta State University, 55281, Indonesia

<sup>4,5</sup> Physical Education, Faculty of Teacher Training and Science, University of Lampung, Indonesia

\*e-mail: [alimunir.2021@student.uny.ac.id](mailto:alimunir.2021@student.uny.ac.id)

#### Info Artikel

Article History:

Received (month) (year)  
Approved (month) (year)  
Published (month) (year)

Keywords:

Performance,  
Coach,  
Futsal.

#### 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 the process of coaches in the city of Bandar Lampung, who have a 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 nontest 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 draw the conclusion 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 there are several things that 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 duties in accordance with the performance standards of coaches who have Was.*

© 2019 STKIP MuhammadiyahKuningan  
Under the license CC BY-SA 4.0

✉Alamatkorespondensi: Kampus Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta, Jl.Colombo, Sleman, DIY.

E-mail: [alimunir.2021@student.uny.ac.id](mailto:alimunir.2021@student.uny.ac.id)

## 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 quality of training, quantity, punctuality, effectiveness of resource use, independence, commitment. On the indicators of the quality of exercise is still lacking such as the lack of understanding of the tactics of the game, the physiology of the body, the anatomy of the body, 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 that he cannot determine the best performance on the team, after that on the timeliness indicator on 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, then the coach also does not pay attention to team management so that the implementation of the exercise does not run optimally, also agreeing with the statement of experts that being a coach must have knowledge and understanding of the basics of *melatih* 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 be able to bring out the potential of the athlete himself 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 but in the process of increasing their knowledge, there is still a lack of advanced training so that the coach's ability cannot improve over time, so 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 (Fitranto & Hasibuan, 2021).

Coaches in Bandar Lampung already have a license but in the process of increasing their knowledge, there is still a lack of advanced training so that the coach's ability cannot improve over time, 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 that have been achieved with work standards that have been made to measure work performance (Putra, 2019).

In line with the statement (Haddar, 2015) also argues about performance is a result that has been done over a period of 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, of course, you can measure a 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 to prove a truth. Therefore, monitoring or supervision from the authorities in the sport of futsal in Bandar Lampung City is needed so that the obstacles that occur 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. 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 who had national and level 1 AFC futsal coaching licenses in Bandar Lampung City with a population of 25 coaches who had AFC licenses 9 coaches and national licenses 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 in the process of researching target objects using a technique, namely nontests. 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 carried out

that were useful in measuring 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. In line with (Hita, 2020) states that in determining the score obtained from the study can use a likert scale in which there are 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 give an 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 4 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 there are two sources of assessment, namely from the trainers themselves and from futsal experts who make direct observations with questionnaires or questionnaires consisting of 50 statement items and 25 coaches. respondents from 2 different licenses, namely AFC level 1 license and National level 1 license. 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 obtained the results of research by experts, namely; 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:

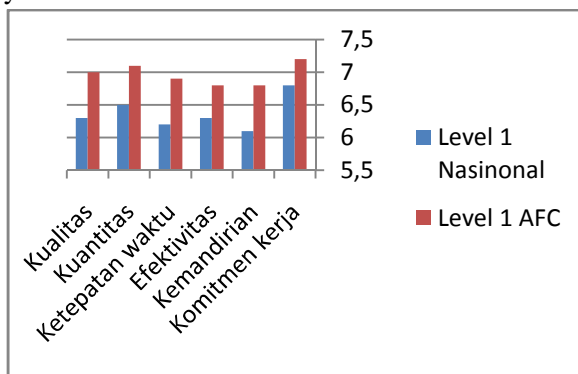
**Tabel 2.** Results of Research on Futsal Coach Performance in Bandar Lampung City by Coaches and Experts

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%

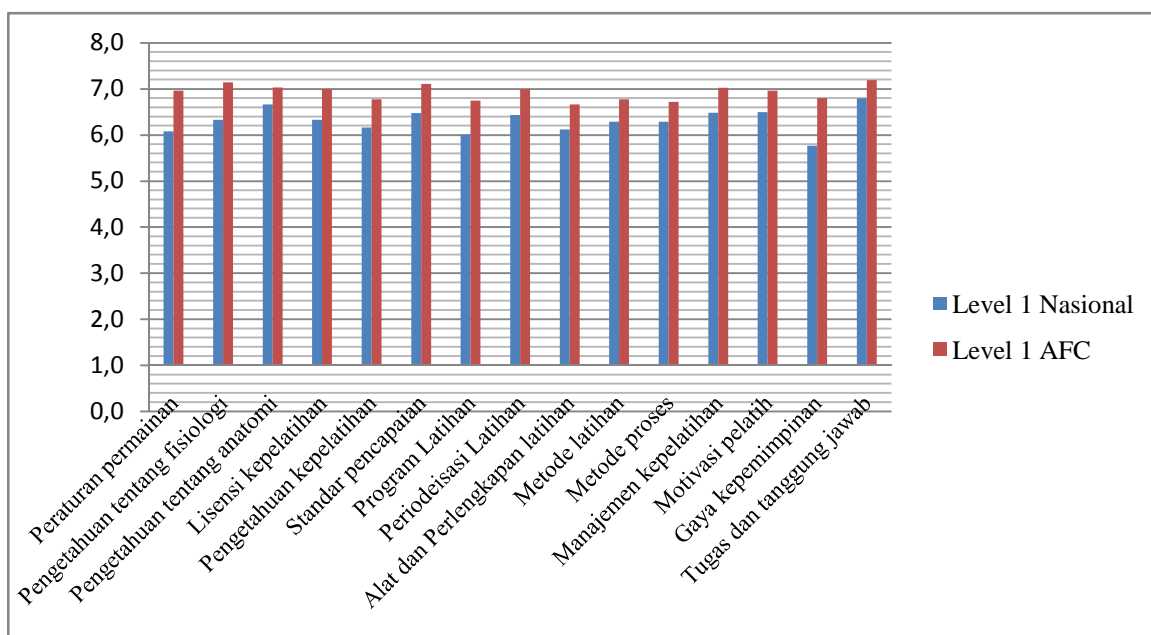
Based on table 2 above, it states that the performance of futsal coaches in Bandar Lampung City based on the entire 4 competency factors, there are 9 coaches who get the "excellent" predicate at a percentage of 36%, 9 coaches who get the "good enough" predicate with a percentage of 28%, no coach who 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 9 coaches who get the "excellent" predicate with a percentage of 36%, 12 coaches who get the "good" predicate with a percentage of 48%, 4 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".

**Tabel 4.** Bandar Lampung City Futsal Coach Performance Research Based on Performance Indicators



**Tabel 5.** Bandar Lampung City Futsal Coach Performance Research Results Based on Performance Variables



## Discussion

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

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 (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. To be able to become a coach who can have achievements and competitiveness, of course, it will be seen from the performance of a coach which is one of the benchmarks in 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 who has good Futsal knowledge accompanied by good skills in carrying out his duties and responsibilities will certainly make it easier for players to understand how futsal should be played. And on the contrary, coaches who cannot carry out their duties and responsibilities will not have a positive impact on players, but there are still many coaches in Bandar Lampung City who do not understand the duties and responsibilities of training

properly and correctly so that the material provided cannot be fully accepted by players..

The coach plays an important role and is a very crucial element in the implementation of the exercise. As a trainer, of course, you must have the ability to design and compile an appropriate training program, by making an exercise model and conducting appropriate evaluations on the training process. That way to become a qualified coach in the sport of futsal is certainly a must to achieve the highest achievements. Based on the experience of a very qualified coach, it 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 4 competency factors, totaling 9 coaches who get the "excellent" predicate with a percentage of 36%, 9 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 4 competency factors, there are 9 coaches who get the "excellent" predicate with a percentage of 36%, 12 coaches who get the "good" predicate with a percentage of 48%, 4 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 overall study, the indicators of coach performance assessment in Bandar Lampung City are still lacking in terms of independence which includes coach motivation and leadership style, then 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 the comparison of the performance of coaches who have a national level 1 license, they are still below those who have an AFC level 1 license. These results are certainly still considered not entirely good, because some coaches are still on the national level 1 license so that in providing training they still do not have complete competence.

## CONCLUSION

Based on the results of research on the performance of futsal coaches in bandar lampung city that has been carried out to 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 in accordance with 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 from 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.

## AKNOWLEDGMENT

The researcher expressed his gratitude to all levels of stakeholders, starting from the trainers of both national level 1 and AFC level 1, because the results of the collaboration researchers have completed the research very well. Hopefully, this research article can provide education to the entire community, especially futsal coaches in Indonesia, so that they can maximize indicators as a coach so that they can create professional futsal athletes in Indonesia.

## REFERENCES

- Adriyansyah, D. (2014). Stmik Pringsewu Futsal Player Selection Decision Support System Using Simple Additive Weighting (Saw) Method. *Information Systems Student Conference*, 2(1), 16–23.
- Al'afgani, M. G., Nasution, N. S., & ... (2021). Analysis of Futsal Player Anxiety in Extracurricular at SMK Bina Pendidikan 4 Karawang. ... *Sports Literacy*, 2(3), 195–201.  
<https://journal.unsika.ac.id/index.php/JLO/article/view/5448>
- Albiro, M., Kurniawan, F., & Rahman, I. (2021). Analysis of Confidence Level of Students of Smkn 1 West Karawang Who participated in the Futsal Match. *Penjakora Journal*, 8(September), 91–97.
- Ardi, B. (2018). Analysis of the influence of leadership, organizational commitment, and sanctions on player discipline. *Eprints.Undip.ac.id*.
- Ayuningrum, R., Imansyah, F., & Fahritsani, H. (2021). Evaluation of Futsal Sports Achievements in South OKU District. *Physical Activity Journal*, 2(2), 229.  
<https://doi.org/10.20884/1.paju.2021.2.2.3810>
- Dio, R. (2018). Coach's Leadership Style in the Implementation of Management Control System in Bintang Timur Club Surabaya. *University of Surabaya Student Scientific Journal*, Vol.7(No.1), pp.556-569.

- Febriansyah Afdol, P. D. A. (2018). Analysis of Futsal Coaches In Running Coaching Process Mursyid Effendi Futsal Academy U16 Afdol Febriansyah David Agus Prianto Abstract. *Journal of Physical Education and Sports*.
- Fitranto, N., & Hasibuan, M. H. (2021). Futsal-specific warm-up education for futsal players and coaches. *Journal Unsika*, 1(01), 32–36.
- Haddar, A. Al. (2015). Swot Analysis of Futsal Sports Coaching at Al Irsyad Futsal Club Surabaya Swot Analysis at Al Irsyad Futsal Club Surabaya. *Journal of Sports Health*, Vol 03 No(2), 274–285.
- Hita, I. putu agus dharma et al. (2020). Vo2Max Analysis Through Velocity Critical RunThe Men's Futsal Team Plus PGRI Cibinong. *Menssana Journal*, 5 No.2, 146–156.
- Horas, S. (2012). Pengaruh Kemampuan Kerja Terhadap Prestasi Kerja Supervisor PT. Swabina Gatra Gresik. *Gema Ekonomi*, 01, 138–156. <http://journal.unigres.ac.id/index.php/GemaEkonomi/article/view/253>
- Makhmudi, A., & Prianto, D. A. (2015). Profile of Junior High School Futsal Extracurricular Coach in Gresik. *Unnesa Journal*, 7(9), 27–44.
- Munir, A., Zahed, A., Qurtubi, A., & Wahyudir, A. N. (2022). Improved Learning Outcomes of Football Passing In Elementary School Students With The Sport For Development Method. *Sports Window*, 7(2), 119–129.
- Nidommudin, M., & Irawan, D. (2018). Analysis of the Use of Multi Fitness Test against Maximum Oxygen Capacity in Futsal Athletes. BRAVO'S (*Journal of Physical Education & Health Study Program*), 6(3), 101–104.
- Putra, I. D. S. (2019). Management Analysis of Futsal Achievement Development in Bangkalan Regency. *Journal of Sports Health*, 7(2), 543–550.
- Ridwan, M., Fikri, M. D., Aryanandha, I. D. M., Syafi'i, I., & Bulqini, A. (2021). Development Of Futsal Playing Skills Application Based On Web-Based Futsal Analysis System (FAST). *Jp.Jok (Journal of Physical Education, Sports and Health)*, 5(1), 53–60. <https://doi.org/10.33503/jp.jok.v5i1.1683>
- Siswanto, H. (2015). Management of Young Swallows Futsal Academy Kebumen Regency in 2012/2013. *E-Journal of Physical Education, Sport(Health and Recreation)*, 1613–1620.
- Wardana, W. K., & Kusuma, I. D. M. A. W. (2021). Engineering Biomechanics Profile Passing Team Manyala Surabaya. *Journal of Sports Achievement*, 116–125. <https://ejournal.unesa.ac.id/index.php/jurnal-prestasi-olahraga/article/view/43693%0Ahttps://ejournal.unesa.ac.id/index.php/jurnal-prestasi-olahraga/article/download/43693/37300>