

# An Evaluation of Extracurricular Coaches of Elementary School Sports Club

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**Abstract** – This study aims to determine and examine the stages of preparation, implementation, obstacles and the final results of the training that has been carried out by the trainer. The research method used is a qualitative method. The subjects in this evaluation study were the extracurricular trainers of elementary school sports clubs who were registered in the decree on the formation of a sports club by the Head of Hulu Sungai Utara District Education Office. The results showed that most trainers did not understand the basic concepts of coaching, and they did not understand the basic concepts of child development at elementary school age. In conclusion, the trainer did not carry out the preparatory activities properly, and the training ran without any clear direction and goals. Moreover, the trainees are traumatized because the training carried out by the trainer did not pay attention to aspects of child growth and development. In addition, the limitations of advice and supporting infrastructure are the main obstacles in the implementation of training activities carried out. Thus, for the last 3 years (2014-2016), children joining sports clubs in Hulu Sungai Utara Regency have lack of achievements, which is only 2 medals; 1 silver medal from the mini volleyball branch in 2014 and 1 bronze medal from the gymnastic branch in the same year. Furthermore, in 2016 the trainees of Hulu Sungai Utara Elementary School sports club were only able to get rank 4 on the men's chess sport, rank 4 on the men's swimming, rank 6 on the men's table tennis and rank 5 on the male martial arts.

**Keywords:** *evaluation, coach, Elementary School sports club*

## I. INTRODUCTION

Sport in modern life becomes a necessity and lifestyle in achieving well-being. In this completely automated and complex life, humans need exercise in an effort to defend themselves from interference from illness due to lack of movement (Hypo Kinesis Disease). If sports activities are carried out appropriately and correctly, it becomes an important factor in efforts to develop human potential. Physical fitness, personality traits, and tough health are supporting factors in developing human potential. By fostering quality sports and systematic human resources, it can lead to increasing responsibility, discipline, self-control with high sportsmanship in relation to other fields. Of all these qualities, increasing sporting achievements can be obtained in an effort to foster national resilience and pride as a whole. For this reason, sports development efforts must receive adequate attention by implementing systematic plans and plans for national development.

During this time the development of sports is carried out in 2 steps. The first step is with education, in organizing it in coordination with the Ministry of National Education, and the

second step is through community activities which implementation is coordinating with the Indonesian National Sports Committee (KONI), as a representative organization in the community.

The development of sports in education is usually known as the term PE (Physical Education) on how to add an element of physical education in the teaching and learning process of every level of education in elementary schools to colleges or intra-extracurricular. The purpose of physical education in schools is to present the achievements of athletes so that the foundation of sports is compiled with sports motivation efforts, the process of learning movement skills, and identification of talents as early as possible to obtain new talents to become outstanding sportsmen in school.

Article 25 of the Law on the National Sports System explains that developing and fostering the exercise of education is carried out and directed to become a systematic, sustainable unit with the National Education System. With physical education, students are directed through the socialization of physical activity sports skills [1]. Physical education is pedagogic communication in the world of appreciation and physical movement. It can also be said that physical education teachers try to benefit through teaching for the advancement of physical activity. Physical education as a teaching of motion arises itself in physical training. The purpose of education is the content of every aspect of education used by teachers to teach physical education.

Physical education must be carried out in a comprehensive and intensive development and look at the structure of the curriculum, teachers, facilities and infrastructure. Furthermore, efforts to foster using the triangular pyramid method that are sustainable from an early age, junior to senior athletes are needed. Physical education is also the basis of all aspects consisting of emotional, spiritual, social, mental, physical, and intellectual. Proficiency in sports as a leisure time through beneficial activities and requires skills from the start. The effort is through work programs that aim as a means of fostering and channeling the potential of students through extracurricular programs. Extracurricular is a program of work activities carried out outside school hours that can be run in schools to expand the knowledge and abilities that have been obtained from all subjects in the curriculum.

Extracurricular activities in the form of physical education will be important because it becomes a means of knowing the form and talent of achievement. Therefore, the existence of this extracurricular will increase the knowledge and member opportunities for students in developing their talents.

Implementation by fostering and directing students to obtain maximum performance. One of the extracurricular activities in elementary school is sports activities. To accommodate and focus on sports training to be more targeted and maximal, an Elementary School Sports Club is formed in each cluster. Elementary school sports clubs are a small part of a national sports coaching system, it is hoped that the formation of sports clubs in each cluster can improve achievement and interest in exercising from an early age, early athletes are a part of society because the existence of the child at this time will determine the achievements of future athletes .

Since the formation of elementary school sports clubs was created in 1997, Hulu Sungai Utara Regency began the training and coaching of elementary school students. Until 2002, it officially formed 6 sports clubs in 2 Districts in the Hulu Sungai Utara Regency. Until now, in Hulu Sungai Utara Regency, there are 9 Primary School sports clubs have registered in the Provincial Education Office and 4 Primary School sports clubs that have not been officially registered. Moreover, there are 3 subdistricts that do not have a sports club or are not registered in Hulu Sungai Utara Education Office. With the number of trainers which are 136 people registered in the decision letter of the Head of the Hulu Sungai Utara Service with the background in sports education and sports experts who are experienced in their fields, there are 9 trainers who already have training certificates in their respective fields. Indeed, interest in sports and achievements are very important. The trainers have many achievements at the provincial and national level, but the fact shows that children trained from elementary school sports clubs in Hulu Sungai Utara Regency have very minimal achievement at the provincial and national level.

The background above illustrates that the importance of conducting research on the evaluation of extracurricular sports club programs in Hulu Sungai Utara Regency would identify the causes of existing problems in order to improve achievement better and be able to overcome the problems that arise in coaching activities.

## II. METHODOLOGY

This study used qualitative methods. Qualitative research is an approach in conducting research that is oriented to natural phenomena or symptoms so that this kind of research is often also referred to as naturalistic so that this research cannot be done in a laboratory but in the field [2].

This research focused on evaluating the training process carried out by sports club coaches in accordance with the training carried out at sports clubs in Hulu Sungai Utara Regency. The scopes of this research were the preparation of the exercise, the training process and the results of the training using the survey.

## III. RESULTS AND DISCUSSION

The results of the training activities that have been carried out were measured through a competition activity in the form of a National Elementary School student sports olympiad which is held once a year. For the past 3 years, the Upper District of Hulu Sungai Utara has always been ranked last in terms of medalling. From these 3 years Hulu Sungai Utara Regency can get 2 medals, silver from volleyball and bronze from gymnastics in 2014; the results of the complete medal can be seen in the appendix.

In addition to direct observation in the field, data was also obtained from the results of questionnaires that were distributed to Dasaryang School sports club coaches that showed the coach's ability to prepare, carry out, evaluate the training activities carried out and address the results of the training he conducted. The results of the trainer's answers in the search for future athletes are not entirely based on tests and measurements through scouting guides but rather on the coach's instincts and looking at body posture. In the preparation of training programs, trainers do not all prepare training programs; only a few people prepare training programs. However, after careful training programs that are made, it is not training programs as they planned; they only outlined training plans without calculating the training portion, weights used, intensity or exercise cycle. In order to conduct the training to be beneficial and to produce good results, there needs to be an ongoing and directed exercise. This is different from what the researcher encountered in the field that the sports club extracurricular activities were only run when the time of the National Student elementary school sports Olympiad competition was close to be held. The rest of other activities were not carried out; moreover, the club does not have a trained athlete who practices on an ongoing basis.

In conducting training administration, it is found that the trainer did not have complete training administration in the form of training matrices, training attendance, training children's biodata, notes for each exercise or other administration.

In fact, the use of aids in training will make the exercise more maximal and not boring but not all trainers knew the use and application of these aids in training.

The trainer actually should understand the condition of the trainee before the time of the competition on how to provide training and motivation towards the children so that the children are ready to face the match. Meanwhile, in the field, the trainer did not know and understand these principles so that during the game, the children felt underpressured and not maximal in competition.

On The South Kalimantan National Student Sports Olympiad match, which was held for 3 days in banjarbaru, it was found that the trainees who were ranked in the O2SN Elementary School in 2016 representatives from the Hulu Sungai Utara Regency, were athletes fostered by sports clubs outside the Primary School sports club. Thus, when mentoring in the field, the child was not accompanied by his trainer but was accompanied by the PE teacher where he goes to school that made the child got confused with the instructions or directions given because it was different from what had been directed by his trainer so far which resulted in loss of the concentration in the competition. In addition, the techniques he got from his coaches could not be applied to the match so that it ended in defeat in the match.

Research carried out in the Hulu Sungai Utara Regency of extracurricular trainers of elementary school sports clubs based on the lack of achievement of elementary school sports club trainers at the provincial level in South Kalimantan was broadly outlined due to lack of basic knowledge about physical training, techniques and tactics, as well as motivational problem for elementary school children by the coach.

Research on elementary school sports club trainers conducted for 2 months obtained the results that in the

implementation of the preparation phase, the trainer did not carry out it well. This can be seen from the data collection conducted in the form of questionnaire answers, field observations, interviews and documents. In the preparation phase that began with the search for seedlings of trainees, the results of the questionnaire answers showed that 48.9% of trainers carried out a series of tests and measurements of the children to be trained, 21.3% only saw and antuism from children in certain sports and 7% was viewed from the body posture. However, the results of the data triangulation obtained show that to determine the sports that are followed by children and the selection of children, the trainer only did it based on the posture and interest of children randomly without carrying out a series of tests and measurements. It is not in accordance with the physical abilities of the child. The implementation of a series of tests and measurements was not carried out because 66.6% of trainers only knew part of the range of tests and measurements, the remaining 25.6% knew about it, and 29.7% did not know the tests and measurements in the selection of trainees. Tests and measurements carried out so far were only limited to the measurement of ability in mastering the chosen sport without taking into account other aspects of training so that the trainer did not know in detail about the weaknesses and strengths of the child. This is proven by the results of field data stimulation which show that the trainer did not have a document about the athlete's needs, weaknesses and strengths, and the biodata of the trainee. Hence, it is not uncommon for the chosen sport to not suit the child's abilities, and when trained, the child has never been given maximum training.

During this training carried out by elementary school sports club, coaches were not directed and orderly. This happens because in the preparation of the training program, the trainer did not understand the basis of making training programs, combinations and contents of the program so that the program created cannot improve the ability of trainees. In the implementation of the exercise, a trainer should make a note of each meeting. This needs to be done so that the trainer has a progress note of each exercise in order to make corrections and improvements in the next exercise, but in the field, there were no trainers who had notes in each exercise until the training which was run always repeated without any improvement or development. In addition, the use of assistive devices to make it easier to make variations of the exercise was not too noticed which made the trainee became bored and not serious about training. Ignorance of trainers about the various types of training aids, and the use of assistive devices, and the lack of creativity of the trainers in dealing with the limitations of assistive devices further aggravates the situation.

Mastery of aspects of training is an absolute thing for a coach, but there are other aspects that are no less important, namely mastery of the mental training patterns of trainers during training, before the match, during the match and after the match. This mental management becomes one of the keys to success in training children to get achievements because with good mental management, children will feel comfortable, motivated and excited to take part in training and undergo the game to the maximum without having to be burdened with the tasks he receives. However, not all trainers understand the importance of mental management of trainees; only a few trainers understand the mental management of trainees. It can be seen at the time of the match, the coach was only care with personal activities, talking with others without paying

attention to the child, even when accompanying children to practice pre-competition, the coach only talked about the strengths of the opponent without providing motivation and solutions or even blamed the child for making mistakes, so that the enthusiasm of children to compete became down.

Evaluation of the training or competition was carried out for reflection and improvement of the next activity. Evaluation activities should be carried out quarterly to be faster in implementing improvements, but the results of the field study on elementary school sports club trainers in the Hulu Sungai Utara Regency are only a small part of the implementation. The training activities were repeated and always made the children bored which gives the impact on the decreasing of the child's enthusiasm and minimal achievement.

Apart from the technical issues of coaching in the field and the elements of coaching, supports from various parties are very helpful in achieving maximum results. Support from the government from the Regency or Education Office plays an important role in the development and achievement of maximum results. Special attention should be given to the administrators and coaches of elementary school sports clubs equally. During this time, information and assistance in organizing coaching activities for elementary school sports clubs both in the form of equipment and funding seemed to be only for clubs in the city. This causes a gap which results in the disruption of the formation of elementary school sports clubs in the periphery area due to limited facilities and funding to carry out training activities. Moreover, there is mutual responsibility in terms of coaching the club.

The provincial level National Student Sports (O2SN) activity is a measure of the success of the training carried out at the Dasaryang School sports clubs run by coaches at their respective clubs. The results of the National Student Sports (O2SN) olympiad level at the Province of South Kalimantan for the last 3 years (2014-2016) found that Hulu Sungai Utara Regency was only able to get 2 medals, namely 1 silver medal for the mini volleyball branch in 2014 and 1 bronze medal for the branch gymnastics in the same year. Furthermore, in 2016 the children trained Hulu Sungai Utara Elementary School Sports Club were only ranked 4th in the male chess branch, ranked 4th in the male swimming branch, ranked 6th in male table tennis and ranked 5th in the male martial arts.

From the findings of the study, it can be concluded briefly that the fairness of children training elementary school sports clubs in Hulu Sungai Utara Regency results in minimum for an achievement because the trainer did not understand the basic concepts of coaching. Moreover, the trainer did not understand the basic concepts of child development at elementary school age. Physical education extracurricular activities benefit students [3]. Furthermore, students who take extracurricular activities have better fitness. In general, extracurricular activities benefit students in school [4].

#### IV. CONCLUSION

Sports clubs as the spearhead of coaching is the basis of coaching and sports development towards achievement. What is expected of a sports club is nothing but an increase in achievement because a sports club is a gateway for achievement sports coaching. Improved achievements of course can be obtained from the results of coaching in sports clubs that are followed.

In order to achieve the expected results, a process of carrying out activities by planning carefully and directing is needed by directing all available resources and involving all elements of the management of sports clubs. In the end, carrying out monitoring and evaluation activities to find out whether the results are in accordance with the plans and processes that have been determined is necessary.

Basically, evaluation is an activity to look back or reflection of an activity that has been carried out within a certain period of time. This evaluation serves to carry out improvements or improvements of an activity that has been conducted.

In this study, the evaluation focused on the activities of the trainers in carrying out extracurricular training activities at elementary school sports clubs held in Hulu Sungai Utara Regency. The evaluation was carried out for 2 months which focused on the preparation, implementation, constraints and results of the extracurricular elementary school sports club training activities.

An evaluation was carried out through questionnaires, observations, and interviews with trainers which can be concluded that:

- The trainer did not carry out preparatory activities properly. It was seen from the search for seedlings of trainees that were not carried out, administration of a trainer which included training supporting documents such as absences, data on training children, analysis of training children of training targets and training programs that were not owned by the trainer. Implementation of training activities without proper preparation made the exercises were just repeated and not necessarily directed.
- With the preparation stage that was not well prepared, the training ran without any clear direction and goals. This resulted in the achievement of training results which was not being maximized. Moreover, the trainee experienced trauma because the training carried out by the trainer did not pay attention to aspects of the child's growth and development. This happens because the trainer did not understand the proper training patterns for elementary school students.
- The limitations of suggestions and supporting infrastructure are the main obstacles to the implementation of the training activities carried out. To overcome this, most coaches got around with the modification of the available tools, but this resulted in confusion and lack of expertise in the use of the actual equipment in the competition.
- The extracurricular activities of elementary school sports clubs in Hulu Sungai Utara Regency have been running since 2002 until now. Yet, during this period, the elementary school sports clubs in Hulu Sungai Utara Regency were very low in achievement. This was seen from the results of the National Student Sports olympiad activities (O2SN) Province level for the last 3 years (2014-2016). It was found that Hulu Sungai Utara Regency only got 2 medals, namely 1 silver medal for the mini volleyball branch in 2014 and 1 bronze medal for the gymnastics branch in the same year. Furthermore, in 2016 the children training the sports club of Hulu Sungai Utara Primary School were only able to rank 4 in the male chess sport, rank 4 in the male swimming, rank 6 in the male table tennis and rank 5 in the male martial arts.

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