

## The Influence of Football Coach Competition on Athlete Achievement Results

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Received: 15 May. 2024, Revised: 26 May. 2024, Accepted: 30 May. 2024

### ABSTRACT

Football is a very popular sport and in demand by people worldwide, including Indonesia. However, the current achievements of Indonesian football are not yet impressive. One factor thought to influence soccer athletes' performance is competition and the quality of coaches. This research aims to determine the effect of soccer coach competition on athlete achievement results. The research method used is a literature study by analyzing related literature. The research results show that soccer coach competitions have a significant influence on athlete performance results. The higher the level of competition the coaches participate in, the better the athlete's performance results will be. This is because coaches who have experience participating in high competition will have better knowledge, skills, and coaching abilities. The implication of this research is the need for efforts to increase the competence of football coaches through increasing the level of competition they participate in, as well as adequate support and coaching from related parties that Indonesian football achievements can improve.

*Keywords: Coach Competition, Football, Athletes Achievement.*



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### INTRODUCTION

Sport is important and has become everyone's daily work, and healthy exercise is the goal of every athlete. Football is one of the most important sports in everyday life, it has great attraction in people's lives, and it is a professional method that produces many benefits in the form of healthy physical and material conditions.

The sport of soccer is a sport that contains several elements in terms of movement skills, so an athlete must have a level of ability to understand fast and precise movements (Mota et al., 2021). This is related to motor educability or a person's ability to recognize new movements which can make it easier for a person to master the movement so that the resulting movement becomes more efficient and effective. When an athlete's motor educability is very high, the athlete accepts new known movements more easily resulting in increased understanding in mastering movements which can help in the game of football (Sudharto et al., 2020).

Currently, Indonesian football is a sport that is very popular with the public and is very popular throughout Indonesia. Even for elderly fans, men and women are the same. This

sport has developed into a professional sport, enough to guarantee the future of its athletes. However, Indonesia's current football achievements have not yet produced encouraging results. If a country qualifies for the World Cup finals, then every time the country has an Indonesian league competition that is holding a match or when the National Team (TIMNAS) is playing, the stadium will be very full and filled with spectators. or supporters from both teams competing to support the team favorite who competes on the field. Football is very popular with the public because it is very beneficial for health and very easy for all groups to play, including students (Sauri et al., 2015).

As was by a football coach named Eddry Ardianda who works as an educator and also a football coach, by started his career coaching for the first time in 2012 at the Muspan Padang Football School (SSB), West Sumatra Province for 2 years, in the group ages U-13 (1 year) and U-15 (1 year) who have not had any achievements at all. So in mid-2014, Eddry Ardianda tried to train at Senior High School 2 Padang by participating in the Indonesian Education League for the city of Padang, with a record of success by winning 2nd place. Then he tried to work again as a coach at PSP Bangko Soccer School for 5 years in the U-15 age group, bringing very satisfying success. Finally, in 2016 he was allowed to take the National D License course in the city of Padang. In 2017 he was entrusted with coaching at Tabir FC to take part in the Suratin U-17 cup, but this has not yet been achieved. Then in 2018 he took part in the CAFC coaching course and succeeded in winning the best participant until in 2019 he was trusted to take part in the 2019 Jambi Province Governor's Cup which was held in Merangin Regency and was able to achieve by winning 1<sup>st</sup> place in the competition.

Football is the most famous sport throughout the world, can be played by all groups, and is very popular. The sport of football is important in everyday life, has great appeal in society, and provides many benefits. Football contains elements of movement skills, so athletes must have the ability to understand movements quickly and precisely (motor educability). Football in Indonesia is very popular with the public, but its achievements are not yet impressive. However, public interest is very high when there are league or national team matches. Take the example of a football coach named Eddry Ardianda who started coaching from an amateur level until he succeeded in achieving achievements at a higher level. This research aims to determine the effect of soccer coach competition on athlete achievement results based on research indicators.

## **METHODS**

The research method used is descriptive qualitative with an interview method, namely a problem formulation that guides research to explore or photograph the social situation that will be researched thoroughly, broadly, and in-depth (Hall, 2020; Haydam & Steenkamp, 2020). This research aims to present a complete picture of an event or is intended to expose and clarify a phenomenon that occurs.

This research focuses on soccer coaches with two sources of research data, namely primary data and secondary data. Primary data by conducting interviews and secondary data through data obtained from books, theories, articles, and so on. The research informant regarding the Influence of Football Coach Competitions on Athletes' Achievement Results was an interview conducted with a coach from Merangin Regency, Bangko, Mr. Eddry Ardianda who had trained athlete participants by achieving consecutive achievements at the 2014 PSP Bangko Soccer School.

## RESULT

This section is the main part of the research article and is usually the longest part of an article. The research results presented in this section are “clean” results. Data analysis processes such as statistical calculations and hypothesis testing processes do not need to be presented. Only the results of the analysis and the results of hypothesis testing need to be reported along with the discussion.

### 3.1 Coach Concept

A coach is someone who has the professional ability to help reveal an athlete's potential into real abilities optimally in a relatively short time (Sukadiyanto, 2011). A coach will be able to develop and shape character and mentality. The expected athlete's character and mentality are as follows: 1) Sportsmanship, perseverance, and discipline; 2) Emotional stability in any situation; 3) Confident; 4) Live a healthy, moral, and harmonious life; 5) Able to develop muscle function and physiology; and 6) Always develop yourself.

The relationship between coach and students determines the discipline pattern of an athlete, how the training system is imposed, and how motivation can arise from within each athlete. Coaches have a job as planners, leaders, friends, mentors, and controllers of the training program. While athletes have the task of carrying out exercises according to the program determined by the trainer. Coaches are people important behind the success of an athlete's achievements. Brooks et al (1984) stated that coaches have duties as planners, leaders, friends, mentors, and controllers of the training program. While athletes have the task of training according to the program that has been determined, coach. Just like the duties of a trainer which have been carried out by trainers from Bangko, Merangin Regency, namely Eddry Ardianda, who has carried out training for athlete participants by achieving consecutive achievements at the 2014 PSP Bangko Soccer School, as follows:

- 1) 4<sup>th</sup> place in the Danone U12 Cup at Jambi Provincial level 2015;
- 2) 1<sup>st</sup> place in the SSB Cup in South Sumatra in 2015;
- 3) Winner of the 1st Danone U12 Cup at Jambi Provincial level in 2016;
- 4) 3<sup>rd</sup> place in the 2016 Jambi Provincial Menpora U12 Cup;
- 5) 1<sup>st</sup> place in the SSB U11 Cup in South Sumatra in 2017;
- 6) 2<sup>nd</sup> place in the South Sumatra U13 SSB Cup in 2017;

- 7) 3<sup>rd</sup> place in the Menpora U14 Cup at the Jambi provincial level in 2017;
- 8) 1<sup>st</sup> place in the BliSpi U10 cup at the Merangin Regency level in 2017;
- 9) 3<sup>rd</sup> place in the FOPSSI U10 Cup at the Merangin Regency level in 2017.

### **3.2 Sports Concept**

Sport is any systematic activity to encourage, develop, and develop physical, spiritual, and social potential. Along with the goals of the perpetrators, the sport has now become a culture and at the same time an industry. Achievement sports are sports (activities) that foster and develop athletes in a planned, tiered, and sustainable manner through competition to achieve achievements with the support of sports science and technology. The transfer of sports knowledge and technology is carried out by qualified coaches and supported by sports organization administrators and sports experts. "Sport Science" is always developing following the results of studies and technological developments. Thus, physical education, which is part of overall education, is essentially an educational process that involves interaction between students and the environment which is managed through systemic physical activity to improve motor skills and functional values which include cognitive, affective, and social aspects.

### **3.3 Athletes' Achievements**

Achievement is the result of an activity that has been carried out or created, while learning is the process of changing a person's behavior thanks to the experience and training obtained from the individual's interaction with his environment. Eccles' Expectancy-Value Theory (EVT) defines achievement as encouraging individual motives to achieve what they want (Eccles, 2009). Just like what was done by coach Eddy Ardianda from 2014 until the next 5 years, the athlete participants under his guidance have achieved achievements successively and this has become a source of pride for both the coach and the athletes under his guidance.

### **3.4 Factors that Influence Athletes' Performance**

The factors that influence athlete performance in general are: 1) Factors Internal including physical abilities, techniques, athlete's mental, tactics, nutrition, and food; and 2) factors External an influence that arises from outside the athlete himself, such as facilities and infrastructure, trainers, families.

An athlete who excels should have and will need a strong physique, good technique, will, effort, high discipline, and also mental toughness. A strong body cannot move without support from a soul-healthy one. As was done by coach Eddy Ardianda, to make Athletes excel before playing football, of course, athletes warm-up training first, to train the athletes' physical abilities. To support his professionalism, a trainer must have knowledge that supports his profession as a trainer, namely having technical and theoretical abilities being able to direct a comprehensive program, and having the

motivation to achieve maximum potential abilities. The key to the trainer's success will be reflected in the ability and skills to train by applying all the training materials. It has been designed systematically, full of variations, and continuously. One indicator of an athlete's success in achieving achievements is how the coach can encourage maximum performance results in the athletes under his care.

### **3.5 Football Coach Challenges**

According to information from interviews conducted by the author, the challenge faced by this coach from Bangko is how to mold these athletes into athletes who can achieve achievements in competing in a soccer match (SSB), "and apart from that it is a challenge for me is how I must be able to become a competent coach or have good abilities so that I can produce good achievements, especially for the athletes I coach". Sedarmayanti (2004) said that the scope of these competencies is: 1) Motive, namely a person's basic needs that direct the way they think and behave; 2) Basic properties (Trait), namely what determines how a person acts/behaves. Personal image (Self-image), namely a person's view of their own identity and personality or inner-self; 3) Community role (Social role), namely how a person sees himself in his interactions with other people or the outer self; and 4) Knowledge, namely something that can be used in certain; and 5) Tasks/work Skills, namely the technical ability to do something well. According to Harsuki (2003), coaches must always appear with a pattern of hard work, discipline, authority, and humility but remain careful with various challenges and competition to achieve high achievements.

### **3.6 Causes of Decreasing Athletes' Performance**

Eddry Ardianda, when he started his career in 2012, had not made any achievements in the field of football, especially among the athletes he coached, so the athletes he coached did not show improvement in the sense of decreasing performance, this was mainly due to the lack of knowledge related to being a coach: 1) Lack of supporting facilities and infrastructure; 2) Preparation time for training is too close to match time; 3) There are no trials during preparation, resulting in the team not having their abilities tested; 4) Many players still have no experience in game tactics; and 5) The players' physical condition is still far from expectations. The decreasing motivation of athletes to improve their performance after being recruited and becoming trained athletes is indicated by the athlete's motivation which can be caused by factors originating from within the athlete (intrinsic/internal) and from outside the athlete (extrinsic/external) measured by winning gold medals, silver and bronze for the last three years, namely 2010, 2012, and 2012 (Muskanan, 2015). According to Setyobroto (2005), athletes' emotions or feelings need special attention in sports. Because the athlete's emotions, apart from influencing other psychological aspects (reason and desire), also influence the physiological aspects, they influence the increase or decrease in the athlete's performance.

### **3.7 Factors that Influence Competition on Achievement**

From the interview the author conducted with football coach Eddy Ardianda, competition has a very big influence on the athletes' achievements, because with competition the athletes are very enthusiastic and want to make their mark by scoring goals. So with the many competitions that athletes take part in, the athletes will have many opportunities, this shows that competition also greatly influences the achievements of football athletes (SSB). According to Muthohir (2008) states that in reality, coaches often force novice athletes, for example in their age group, to achieve peak performance. Muthohir (2008) further explained that this coercive process results in things that are not good for biological and psychological growth and development, and even creates a level of boredom in athletes. Gaps that occur like this result in many student-athletes who at the initial level seem to be successful in achieving, but in their subsequent development experience "stuck" so that in the end these athletes are unable to achieve optimal performance. This picture shows that even though the performance development system for top athletes is carried out well and with the most sophisticated support, this condition cannot be compensated for or improved.

### **3.8 Steps in Improving Athlete Performance**

According to Eddy Ardianda, to improve the performance of football athletes, it is necessary to 1) Routine training; 2) Understand the techniques in the competition; 3) Train emotions; 4) Intake of nutritious food; and 5) Availability of supporting facilities and infrastructure. Achieve maximum athlete performance requires programmed, unidirectional, and continuous coaching supported by adequate support, and achieving optimal athlete performance also requires effort and training power as outlined in a written training program plan that is arranged systematically as a guide for the direction of activities to achieve goals effectively and efficiently (Dinanta, 2015). The Government of the Republic of Indonesia has established national direction and policies in the development and development of sports (Law on the National Sports System No. 3/2005) stating "The government and regional governments are obliged to carry out sports guidance and development by their authority and responsibilities. The government carries out sports guidance and development through policy determination, upgrading/training, coordination, consultation, communication, counseling, mentoring, outreach, pioneering, research, trials, competency, facilitation assistance, licensing, and supervision".

## **CONCLUSIONS**

The conclusion of this research article highlights the important role of coaches in developing athletes' potential into optimal real abilities in a short time. Coaches not only function as planners and leaders of training programs but also as mentors, friends, and controllers who play a role in shaping the athlete's character and mentality. The

characteristics expected of an athlete include sportsmanship, perseverance, discipline, emotional stability, self-confidence, and a healthy and harmonious life. The success of coach Eddy Ardianda in Merangin Regency in developing football athletes, who achieved various achievements from 2014 to 2017, illustrates the effectiveness of the coach's role in achieving optimal results. Systematic and sustainable training supported by sports science and technology is the key to achieving sports achievements. Continuously developing sports knowledge and technology allows coaches to implement comprehensive and varied training programs. Apart from that, internal factors such as athletes' physical, technical, and mental abilities, as well as external factors such as facilities, infrastructure, and family support also have a significant influence on athlete performance. Challenges faced by coaches in developing athletes include lack of facilities, short preparation time, and lack of experience in game tactics. However, through regular training, understanding competition techniques, emotional training, nutritious food intake, and the availability of adequate facilities, athlete performance can be improved. Competition also plays an important role in motivating athletes to achieve optimal performance. The Indonesian government supports sports development through national policies that include sports coaching and development with a systematic and programmed approach. Thus, the success of a coach in improving athlete performance does not only depend on the ability and skills of the coach himself but also on adequate policy and infrastructure support.

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