

# Analysis of Sports Management Coaching, Wrestling Karo District

Gunawan Simulingga  
Sports Science  
State University of Medan  
Medan, Indonesia  
putralubispj@gmail.com

Novita  
Sports Coaching Education  
State University of Medan  
Medan, Indonesia

Albadi Sinulingga  
Physical Education  
State University of Medan  
Medan, Indonesia

**Abstract**— The purpose of this study to investigate the implementation of the management of coaching wrestling in 2019. This study is a qualitative descriptive method using interviews, observation, documentation and triangulation. The research was conducted in October 2019 took place at the training ground wrestling Karo. In this study, informants are coaches, administrators and athletes. The results showed: (1) Implementation of training principles include the development philosophy of training, training objectives, training style, character building and training of athletes varied, (2) Principles of behavior of coaches includes communicating with athletes, motivating athletes, and manage the behavior of athletes, (3) principles of teaching which includes approaches the game, skills, techniques, skills, tactics and planning instruction, (4) the principles of physical training includes training in basic skills, training, physical fitness, fitness training muscles, education, nutrition science and education drugs / doping, (5) principle management includes managing teams, managing co-operation and managing the risk of injury.

**Keywords:** management, wrestling, coaching

## I. INTRODUCTION

Efforts to improve performance in sports will bring up a sports underdog. Underdog sports coaching an athlete need to be implemented as early as possible through a talent search and monitoring, breeding, education and sports training that is based on science and technology effectively and efficiently, and to improve the quality of sports organizations both national and regional levels. In the constitution of the Republic of Indonesia on the Sports System Article 34 paragraph 2 states that "District / City Government shall maintain at least one pre-eminent sport national and international level". From the contents of Article 34 are expected of a region capable of fostering and developing at least one sport,

Many factors are influential and decisive on achieving a high level of achievement. One of the factors that influence achievement must be seen in the natural state, social status, types of people, coaches, facilities and infrastructure, support from parents, social agencies and anthropometric. If seen

geography, Karo is situated between mountains and hills. Of conditions that existed then Karo should be able to give birth to athletes who are talented and reliable on sports and nature of the individual. Sports Karo who built it under the auspices of the Department of Youth and Sports Karo.

Teachers as educators must try to develop their competencies in order to achieve educational goals [1]. Physical education in its understanding is a process of education utilize physical activity to produce holistic changes in individual qualities, both in terms of physical, mental, and emotional. Education the body treats the child as a whole, total being, rather than just think of it as someone who is separate physical and quality mentally [2]. Schools are one place in shaping character [3]. On the other hand that training activities are a fundamental factor if you want to get the peak performance. This condition forces anyone who wishes to do performance training exercises to understand the training procedures themselves in order to achieve the expected goals [4]. Education is a basic need of every human being to ensure his life to be more dignified [5]. Improving the quality of human resources is a serious problem from every country including Indonesia [6].

Based on data from the athlete's performance in the last 10 years, from 2009 until 2018, the sport of wrestling whose achievements can contribute to the achievements Karo continuously in each year, both at the provincial level, national level and to the level of international. Sport wrestling is now used as one of the sport are seeded in Karo and a wrestling mecca of North Sumatra is currently chairman of the Board said PGSI Karo Regency, Firman Firdaus Ginting, executive director of the National SH through Barus, S.Pd. With the enactment of wrestling as a sport featured in Karo, this means that Karo has been running Law of the Republic of Indonesia on Sports System in article 34 paragraph 2 mentioned above.

Ups and downs wrestling Karo at national and international levels is possible there are some paktor namely because not optimal management system implementation in the training of wrestling as a whole such as the implementation of the exercise, training principles, principles of teaching, training time, infrastructure and other aspects , All

coaches goal will be achieved with the ability to coach in management training.

Wrestling Karo has five coaches, the main coach and four assistant coaches. The main coach of the National Mr. Barus, S.Pd (National Wrestling Coaches License Basic Level), assistant coach in January Bobby Nesra Barus, M.Pd (National Wrestling Coaches License Level Youth), Secretary Tiberius Barus, S.Pd, Wandes Institution Sembiring, S .Pd and Longmas Pasaribu, S.Pd. The role of the coach in improving the athlete's performance is very important, a coach must have the professional skills that have the skills and knowledge to enhance the capabilities and skills of athletes. Successful coaches help athletes master new skills, enjoy competing with others, and develop themselves. Successful coaches are not only well versed in the technical and tactical skills of the sport, but also know how to teach skills to athletes.

Based on the above researchers concluded that wrestling Karo succeed in the game at local, national and international, although still often fail eventnationally and internationally. It also raises questions and interests of researchers wanted to see the success of coaching wrestling Karo district in terms of the success of a coach from a management point of coaching as expressed by Rainer Martens in his book Successful Coaching the success of a coach must have the ability to develop principles in exercise as follows: 1) Principles of Training, 2) Principles of behavior Coach, 3) Principles of Teaching, 4) Principles of Physical Training, 5) Principles of Management [7].

#### A. Sports Training Management

To achieve the goals of an organization / institution to carry out management functions: planning (planning), Organizing (organizing), agitation (actuating) and supervision (controlling). Basically, sports training management is seen as a science and art in regulating the process of utilization of human resources and other resources effectively, efficiently and productively so it becomes important to achieve certain goals.

According to George R.Terry in his book "Principles of Management ", To achieve the goals of an organization / institution to carry out management functions: planning organizing , agitation and supervision. Terry further said that basically people develop a plan or a pattern of future activities that will come integrated in predetermination. It requires the ability to forecast, visualize, looking ahead fortified with specific objectives.

In practice the four fundamental functions related to the management and closely related to each other, but the implementation of certain functions are not completely stopped before the start of the second function. For example, in terms of establishing the organization a new sport, the order of the functions follow what has been mentioned above, but for a sports organization that has lasted a long time, then the manager may at any point running control measures, and then carry out agitation followed by re-planning. It should also be remembered that certain functions must be implemented before other functions can be implemented.

#### B. Exercise Itself

Exercise is meant by the word excercises are matter and form of exercise that is at the core exercises and additional exercises (supplement). While the material and form of exercise in the opening, heating, and closure are generally the same, to proceed with practice and exercises.

The principles of exercise: 1) the principle of active participation in training, 2) the principle of comprehensive development, 3) the principle of specialization, 4) the principle of individual, 5) the principle varied, 6) models in the process exercise, and 7) the principle of an increase in load [8].

The principles of practice guiding for the purpose of exercise can be achieved, among other things: 1) the principle of readiness, 2) individual, 3) adaptation, 4) load, 5) progressive, 6) specific, 7) variations, 8) heating and cooling, 9) a long-term exercise, 10) the principle of contrast, 11) is not excessive, and 12) systematically [9].

Each process requires a committed workout goals and objectives to be achieved, Goal exercise is needed as guidance and direction of the reference by trainers and athletes in running exercise program.Successful CoachingVictory is an aspect of a successful training. But success in training is much better than a tournament whose only objective was to win. Successful coaches help athletes master the skills, enjoy competing with others, and develop themselves. Successful coaches are not only well versed in the technical and tactical skills of their sport, but also know how to teach these skills to athletes. And successful coaches not only teach athletes sports skills, they also teach and model of athlete skills needed to live successfully in the community. Training is teaching, but also more than that. Coaches not only to teach and guide the athlete's technique, tactics, and life skills, they also organize and direct their athletes in achievement.

Being a successful coach is a big challenge, good intentions are not enough to be successful, need to require all knowledge. Coaches can also learn a lot by watching and talking to other coaches. They can teach effective training practices and ineffective. By studying the basic principles in the training, the trainer will be in a better position to make that distinction. Coaches also will learn from his own experience, when training, periodic testing experience and thinking about what is learned. What can be done differently to be more successful coach, the coach who succeed are those who can learn new skills, are flexible enough to change old ways when a change is needed, which can accept constructive criticism,

In the implementation of successful training then the coach must know the principles in the training process takes place as follows: 1) The principle of training, 2) Principles of the coach's behavior, 3) Principles of teaching, 4) The principles of physical training, 5) management principle [7]

## II. METHOD

The main data sources in qualitative research are the words, the actions, the rest is additional data such as documents and others. The place implementation of this research is planned on the training ground wrestling Karo, a study conducted in October 2019.

The selection of a group of subjects in purposive sampling, Based on certain characteristics that are considered to have a close relation with the characteristics of the population that is already known in advance. The object of research used by the author in this study include: 1) The Board Wrestling Karo, 2) Wrestling Coach Karo District 3) Wrestling Athletes Karo.[7]

In qualitative research, which became the instrument or tool is the researcher's own research. Data collection techniques used in qualitative research was conducted in the state of nature, the source of primary data and more data collection on participating observation (participant observation), In-depth interviews (in-depth interviews), documentation and field notes[10], [11].

### **III. RESULTS AND DISCUSSION**

In this section, discuss findings and relate them to the opinion of experts who have been described in Chapter II or the opinions of other used as a reference in strengthening of research findings. The discussion includes: (1) Principles of sports training wrestling Karo, (2) Principles of behavior of coaches in sports training wrestling Karo, (3) Principles of teaching at the wrestling District karo, (4) The principles of physical training in the sport of wrestling Karo , (5) the management principle of wrestling Karo.

analysis that has been done on 35 respondents consisting of administrators, trainers and athletes from some Pengcab, so that it is obtained 89% of respondents said that they had taken measurements of the reaction speed of the hands and feet and 11% never did. Then 56% of respondents said they had done a reaction speed test using digital equipment and 44% did not. Furthermore, respondents said 100% of respondents need digital equipment to develop hand and foot reaction test kits. Then 59% of respondents answered measurement using digital tools have better accuracy than manuals and 41% disagree. Next 92% of respondents said that if there was a digital tool to measure the reaction speed the respondents wanted to use it and 8% did not want to use it. The results of the needs analysis can be illustrated in the diagram below:

#### **A. Wrestling Sports training principles Karo**

According to analysis carried out on the field notes, interview notes and documentation, the planning done wrestling Karo include the philosophy of training, training objectives, training style, coaching for character and training for athletes variety. A discussion of the philosophy of training, training objectives, style, training for the character and training for athletes variety.

##### **1) Training Philosophy**

Coaches in sports training wrestling Karo has a philosophy that the main purpose of this training is to win and the championship in which the results of interviews on the background of this man to conduct this training for property in the area Karo with athletes from youth Karo original (sense of nationalism high on the region). And further to develop this training philosophy refers to the primary purpose of training is to win and the championship, which seen in the training program, adding to the experience of athletes in the match,

trobosan-trobosan against government agencies, parents and motivations of the athlete.

##### **2) Objectives of Training**

Based on the analysis of the research results, it is concluded that the training of wrestling in Karo aims to follow the game and become a winner in every championship and can not be separated to enable students / i in order to avoid negative activities and influence people who are not good.

##### **3) Style Training**

Based on the results of the analysis, it is concluded that the wrestling coach Karo use command leadership styles in practice more often give orders to athletes.

##### **4) Training To Character**

Based on the analysis of the research results, it is concluded that the training of wrestling Karo apply the principles of character fear of God Almighty, noble, healthy, knowledgeable, skilled, creative, independent, and become citizens of a democratic and accountable.

##### **5) Athletes Training Diverse**

Karo wrestling training for a variety of coaching athletes performed only in pairs with the same gender and physical ability or the same maturity and the same number of matches.

#### **B. Principles of Behavior Sports Training Wrestling Coach at Karo**

##### **1) Communicating with Athletes**

Karo wrestling training that the coach has the ability to communicate both orally active and writing to athletes, parents, the government agency that oversees the sport achievements, board of wrestling and the cooperation with the training. Communication is done regularly and continuously through social media such as facebook, whatshap group and others.

##### **2) Motivate Athletes**

Wrestling coach Karo To meet the needs of athletes, coaches do something encouraging to intrinsic motivation. A good coach must understand the difference between extrinsic and intrinsic rewards, and that means more to athletes. Trophies, medals, money, praise, and a trip to a tournament are examples of rewards internally ekstrinsik.Yang satisfactory when the athletes participating in sports. Have fun and feel competent and successful are intrinsic rewards.

##### **3) Managing Behavior Athletes**

Kabuapten wrestling coach Karo manage or guide the behavior of athletes, manage emotions, to know right from wrong, and have the self-discipline of the rules in training. In dealing with misbehavior, athletes respect a tough coach, to make them disciplined and effective as follows: 1) Create a culture of right team, 2) Consultations with the team, 3) Develop a team rules, 4) Make a routine of the team, 5) Practice doing interesting, 6) Rewarding those who behave Good, 7) Guidelines for correcting discipline.

#### **C. Principles of Teaching in Sports Training Wrestling Karo**

According to analysis carried out on the field notes, interview notes and documentation, then the principle of wrestling Karo teaching include: Training the game

approaches, the teaching of technical skills, teaching skills teaching tactics and planning. Discussion on Training the game approaches, the teaching of technical skills, teaching tactics and planning skills teaching can be seen as follows:

#### 1) Approach Game

To create a realistic situation and enjoyable learning wrestling coach Karo through the game approach to physical training, techniques, and tactics so that athletes really understand the sport of wrestling, and how to organize themselves for effective instruction.

#### 2) Skills Teaching Techniques

To teach the technical skills of wrestling coach Karo use the following four steps: 1) Introducing the engineering skills2) Demonstrate and explain the technical skills, 3) Athletes practice technical skills, 4) Fix the error.

#### 3) Skills Teaching Tactics

The coach of wrestling Karo teach skills in tactics by the main capital is to introduce the game rules to athletes to not make mistakes during the game, then sparing shadow with all types of opponents, watch the game and discuss together, to re-watch the game yourself, look at the game against the will compete with it, and how to use the time to win the match and attack when it missed the point.

#### 4) Planning Teaching

Karo wrestling training run micro and macro training program, game plan to develop an exercise plan for each day pertaining to the division of time for date, time of exercise, and the length of practice, the purpose of the exercise, required equipment, heating, practice previously taught skills (Physical), teaching and practice skills, relaxation, the guidance of coach and evaluation practice.

### D. Principles of Physical Training

According to analysis carried out on the field notes, interview notes and documentation, the principles of physical training wrestling Karo cover on the basis of physical training, training for physical fitness, muscle fitness training, nutrition science education and drug education or doping. A discussion of the basic physical training, training for physical fitness, muscle fitness training, nutrition science education and drug education or doping can be seen as follows:

#### 1) Basic Physical Training

In teaching elementary physical exercise in the sport of wrestling Karo performed on the last session of each exercise with strength training, endurance, flexibility, balance, explosive power and coupled to the micro-dikususkan workout schedule one day of physical exercise.

#### 2) Training for Physical Fitness

Athletes today can not achieve the level of fitness they need to be successful by starting the training program a couple of weeks before the game. Karo wrestling training to stay in shape all year round with a training plan that brings athletes to peak condition for a competitive season in the sport or game. They exercise jog or long Murch to the top of the mountain or hills.

#### 3) Training For Muscle Fitness

Muscle fitness is having enough strength, endurance, speed, strength, and flexibility to meet the demands of wrestling Karo done in the last session in every day practice and devoted one day of exercise for fitness training muscles in gym or field.

#### 4) Education About Nutrition Sciences

For education about the science of nutrition to athletes in wrestling sports training Karo performed only in general terms and as a source speaker is the coach itself and explain basic nutrition in meal are carbohydrates, proteins, fats, vitamins and minerals for athletes to be able to maintain weight and nutrition balanced with the training process.

#### 5) Education About Drugs and Doping

A coach is required to explain or introduce the form of drugs, drink alcohol, painkillers and tobacco are prohibited, starting from basic ingredients, uses, side effects and functions of each of the drugs and alcohol. Agara athlete not abusing illicit drugs because it can interfere with performance. In wrestling training Karo did not do education about drugs and doping to athletes, who do only enforcing drug free.

### E. Principles of Management In Sports Training Wrestling Karo

#### 1) Manage Team

Karo wrestling training conducted Management training is the same as any position. It consists of planning, organizing, staffing, directing, and controlling. This is done on the personnel manager, manager of events and competitions, logistics managers and instructional manager.

#### 2) Manage Cooperation

Based on the analysis of the results of the research, it was concluded that wrestling Karo cooperation with other parties, namely government agencies (KONI, Dispora and school) and parents of athletes in the provision of infrastructure and budgets to follow good games or tournaments in a tiered event open.

#### 3) Managing the Risk of Injury

Wrestling training Karo for the management of risk of injury to athletes, and working with the medical or insurance in the treatment of injuries to athletes. Only conducted by the board first aid and then handed over to the athletes concerned parents to take care of it.

### IV. CONCLUSION

The results showed: (1) Implementation of training principles include the development philosophy of training, training objectives, training style, character building and training of athletes varied, (2) Principles of behavior of coaches includes communicating with athletes, motivating athletes, and manage the behavior of athletes, (3) principles of teaching which includes approaches the game, skills, techniques, skills, tactics and planning instruction, (4) the principles of physical training includes training in basic skills, training, physical fitness, fitness training muscles, education, nutrition science and education drugs / doping, (5) principle

management includes managing teams, managing co-operation and managing the risk of injury.

## REFERENCES

- [1] Sinulingga, A., Suprayitno, S., & Pertiwi, D. (2019). Professionalism of physical education teachers: from the leadership of school principals, school culture to teacher work motivation. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 5(2), 296. [https://doi.org/10.29407/js\\_unpgri.v5i2.13113](https://doi.org/10.29407/js_unpgri.v5i2.13113)
- [2] Sinulingga, A., & Nugraha, T. (2013). Penerapan Pendekatan Ilmiah Pada Pelajaran Pendidikan Jasmani Olahraga Dan Kesehatan Dan Dampaknya Pada Siswa Sma Negeri 15 Medan. *Jurnal Pedagogik Olahraga*, 53(9), 1689–1699. <https://doi.org/10.1017/CBO9781107415324.004>
- [3] Karo-karo, A. A. P., Sinulingga, A., & Dewi, R. (2018). Character Building in Full Day School, Extracurricular and Student Athletes. Atlantis Press. <https://doi.org/10.2991/aisteel-18.2018.52>
- [4] Akhmad, I. (2015). Efek Latihan Berbeban Terhadap Fungsi Kerja Otot. *Jurnal Pedagogik Olahraga*, 1(2), 80–102.
- [5] Bangun, Sabaruddin Yunis. 2016. Pengembangan Pengetahuan Anak Difabel Melalui Pendidikan Jasmani Olahraga dan Outbound. Journal Physical Education, Health and Recreation. Vol 1, No 1. Hal 70-77.
- [6] Wicaksono, Sinulingga, A., & Bangun, S. Y. (2020). Comparison of the Effect of Scientific and Conventional Learning on the Creativity and Learning Outcomes of Physical Education Student. Atlantis Press. <https://doi.org/10.2991/aisteel-19.2019.14>
- [7] Rainer Martens. (2012). Successful Coaching Fourth Edition. Amerika Serikat: Human Kinetic.
- [8] Bompa, TO 2003. Serious Strength Training. Champaign, www.humankinetics.com,
- [9] Sukadiyanto.2005. Introduction to Physical Training Methodology Teoridan. Yogyakarta: FIK UNY.
- [10] Sugiyono. (2009). Quantitative Research Methods, Qualitative and R & D. Bandung: Alfabeta.
- [11] LJ Moleong. (2004). Qualitative Research Methodology. Bandung: PT Remaja Rosdakarya.