

Profile of Sport Coaching Achievements in Sport-Specific Class

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ABSTRACT

Sports achievements can be obtained with proper coaching management from an early age. This study aimed to describe the management of sports coaching achievement in the Sport-Specific Class at SMP Negeri 1 Surakarta. This research method employed a basic interpretative qualitative study. Data collection techniques utilized were observation, interviews, and document analysis. The data used were in the form of documents on the legal basis of sports coaching management criteria, field documents, and interview results. The Sport-Specific Class at SMP Negeri 1 Surakarta has implemented management functions in the form of planning, organizing, guidance, and supervision. The training for KKO (Sport-Specific Class) athletes at SMP Negeri 1 Surakarta was arranged according to the training schedule and lesson schedules determined by Dispora (Youth and Sports Service) and SMP Negeri 1 Surakarta. The training program applied training periods with the highest target of achievement in the POPDA (Regional Student Sports Week) championship. KKO's contribution to the improvement of Surakarta City's performance was very significant. In POPDA activities, KKO contributed 32% of the total medals in 2018 and 67% of the medals in 2019 of the total medals obtained by Surakarta City. The achievements of the KKO athletes at SMP Negeri 1 Surakarta have reached the international level. It indicated that the KKO's achievements could be considered. KKO guidance for SMP Negeri 1 Surakarta is sustainable with the establishment of KKO for SMA Negeri 4 Surakarta so that students who have graduated can continue their sports achievements at the senior high school level.

Keywords: Athlete Coaching, Management, Sports Class, Sport Coaching

1. INTRODUCTION

Coaching and development of achievement sports are carried out and directed towards accomplishing sports achievements at the regional, national, and international levels. Coaching is conducted by the main sports branch organizations, both at the regional and central levels. According to Law Number 3 of 2005, coaching is carried out by empowering sports associations, developing national and regional sports development centers, and holding tiered and sustainable competitions [1]. Sitepu (2020) adds that student motivation significantly affects sports achievement. Motivation can be influenced by parental background, talents, and goals in sports activities [2]. Qian (2020) states that athletes who compete under external pressure significantly influence the resulting performance [3] [22]. Apart from that, Borysenko (2020) reveals that physical factors are one of the sports achievement

determinants. Height affects students' motor performance [4].

The theory of "Golden Age" achievement published in the Ministry of Youth and Sports (2007) states that athletes' peak in various sports is between the ages of 18-24 years. Because the athletes' training to achieve peak performance takes approximately 8-10 years, sports coaching orientation should be started with children who are around 4-14 years old [5].

In collaboration with SMP N 1 Surakarta, the Surakarta Youth and Sports Office has formed a Sports-Specific Class (KKO) in the 2017/2018 school year to accommodate potential athletes in Surakarta. This class is intended to accommodate students who are talented in sports. The Sports-Specific Class (KKO) is a class specifically aimed at developing students' talents and interests in accordance with the sport they are engaged in. The Sports-Specific Class at SMP Negeri 1 Surakarta had 13 sports: athletics, table tennis, tennis, badminton, archery, judo, fencing,

karate, taekwondo, Pencak silat, volleyball, and football.

The KKO achievements at SMP Negeri 1 Surakarta could be seen in various provincial levels of POPDA (Regional Student Sports Week) championships, where KKO athletes contributed many medals to Surakarta City. It cannot be separated from the implementation of good management. Management is an essential component and inseparable from the overall coaching and training process. Without good management, sports achievements will be difficult to realize.

Three problems would be examined in this research. (1) How is the KKO (Sports-Specific Class) management in SMP Negeri 1 Surakarta? (2) How are the athletes coaching in the KKO (Sports-Specific Class) at SMP Negeri 1 Surakarta?

Athlete coaching itself is an effort to optimize coaching from an early age to adulthood. The coaching is carried out in stages and continuously, which is expected to increase interest and channel talents to achieve optimal achievements in the future. Triyasari (2016) suggests that long-term coaching is needed to foster and produce high-achieving athletes. Such coaching requires systematic, directed, planned, and consistent handling, which is done from an early age or at school children's age. Efforts to screening and foster achievement sports must be carried out comprehensively through educational institutions as a center for guidance under the coordination of each sports organization together with the community to attain proud achievement goals at the international level [6].

Moreover, coaches and athletes have different duties and roles. Brooks and Thomas (1984) assert that coaches have duties as a planner, leader, friend, mentor, and controller of the training program. Meanwhile, athletes have the task of doing the exercises according to the program determined by the coach [7]. Logman (1989) affirms that there are many ways the trainer approaches in realizing the program that has been compiled, among others, through style, which is a way of working usually done as a person's characteristic [8]. A coach needs to master a variety of abilities, including emotional and anxiety management. Ozrudi (2020) states that emotional and anxiety management needs to be trained with special mentoring. Athletes need strong motivation to get good sports performance. It is included in the team manager's authority [9].

Coaching is carried out in a systematic, integrated, tiered, and sustainable manner, which is expected to accomplish maximum performance results.

Ambarukmi (2007) states that the coaching of athletes towards the peak of achievement is conducted based on a pyramid of sports achievement, comprising the following stages: a. mass involvement (*pemasalan*), b. screening, c. achievements [10].

Sports mass involvement basically engages or involves many people in one activity. Irianto (2002) states that sports mass involvement involves all society levels from various age groups [11]. Sports mass involvement aims to encourage and direct the public to better understand and appreciate the nature and benefits of sports as a necessity of life, especially sports that are easy, cheap, attractive, useful, and mass. In connection with that, Hidayatullah and Sapta (2008) argued that mass involvement as a pattern of skills and physical fitness are carried out in a multilateral manner and specialization [12].

Harsono (2015) affirms that the multilateral development stage (comprehensive development) is also called the multi-skills stage, given to children aged 6-15 years. It aims to develop basic movements, such as walking, running, jumping, climbing, catching, throwing, and so on. Meanwhile, the specialization stage is generally carried out at the age of 15-19 years. The training material provided must be in accordance with the sport's needs. Specialization means devoting all abilities, both physical and psychological, to a particular sport. Thus, athletes will not be distracted because they can focus their attention on one concentration. It is different if an athlete participates in two or three sports at once [13].

The coaching of sports achievement is indivisible from the organization's role. Harsuki (2013) defines an organization as the body, media, and place of a collection of people who work together to attain specific goals [14]. Organizing means bringing together basic resources in an orderly manner and arranging people in such a pattern to carry out activities to achieve specified goals. Furthermore, according to Hasibuan (2019), an organization is a formal union system of two or more people who work together to accomplish particular goals [15]. Article 1 Number 24 Law Number 3 of 2005 concerning the National Sports System states that a sports organization is a group of people who collaborate by forming an organization to organize sports under statutory provisions [1]. A good sports organization must meet special requirements as a sports organization so that a sports organization that is healthy, good and runs smoothly can be realized.

Based on some of the opinions above, it can be concluded that the organization is a tool or media for managers to carry out activities to achieve goals. An organization is basically a group of people who work

together to achieve predetermined goals. In this case, the field of sports requires forming an organization related to activities engaged in sports and has a vital role in sports activities. The role of the organization in sports activities is regulated, and there is a systematic division of tasks so that it can be expected to facilitate the implementation of planned activities. A constitution (AD) and bylaws (ART) are needed in a sports organization so that irregularities do not occur.

Organizations in sports activities require special management. Management includes functions such as (1) planning (determining what to do), (2) organizing (planning and assigning workgroups), (3) guidance (motivation, leadership, integration, and conflict management), and (4) supervision [14].

- a. Planning is the process of defining organizational goals, creating strategies to achieve those goals, and developing an organizational work activity plan.
- b. Organizing is an effort to complement the plan that has been made with the organizational structure of its implementation.
- c. Guidance or direction means maintaining, sustaining, and advancing the organization through each person, both structurally and functionally, so that each activity is inseparable from efforts to achieve goals.
- d. Supervision is a process carried out to ensure that the entire series of activities that have been planned, organized, and implemented can run with predetermined targets [15].

Two management systems are used in managing sports performance:

- a. Sports Management - Harsuki (2013) states that sports management is a combination of management science and sports science. Management in sports is the coordination of all existing resources, including Human Resources (HR), material, technology, and finance, which an organization needs to achieve its goals. In sports management, all resources are pooled so that the work and workforce can run more productively [14].
- b. Human Resource Management - In achieving the stated goals, an organization must have quality human resources. According to Sutrisno (2009), HR is the only resource with a sense of feeling, desire, skills, knowledge, drive, power, and work (ratio, taste, and intention). All these HR potentials affect the organization's efforts to achieve goals [16].

- c. Recruitment - One way to find qualified human resources is by recruiting. A good organization is one that has good HR (human resources). Sutrisno (2009) elucidates that recruitment is a process of reaching, procuring, finding, and attracting applicants to be employed in an organization [16].
- d. Coach - A coach is a professional whose job is to help athletes and sports teams improve and enhance their performance. Because the coach is a professional, the coach is expected to provide services in accordance with existing professional standards. According to Adzalika et al. (2019), selecting a coach is carried out by considering a person's skills, his/her license, good physical condition, and the ability to create a training program that will be carried out during the training session [17]. A coach is understood as a person who is considered an expert to prepare a person or a number of people to master specific skills. According to Sukadiyanto (2002), a coach is someone with the professional ability to optimally help reveal a sportsman's potential into a real ability in a relatively short time. The coach is a figure who will become a role model for the athletes he trains. Athletes consider a coach to be an expert in everything; hence, a coach must strive to look perfect in front of his athletes. The coach's tasks are (1) planning, compiling, implementing, and evaluating the training process, (2) finding and selecting talented athletes, (3) leading in competitions, (4) organizing and managing the training process, and (5) increasing knowledge and skills. For this reason, the coach's role is crucial in coaching to achieve optimal performance [18].
- e. Athlete - Athletes are people who exercise to gain body strength, endurance, speed, agility, balance, flexibility, and strength in preparing long before the competition starts. According to Adzalika et al. (2019), regarding the selection of athletes, the maximum achievement is very much influenced by a good athlete selection system. At this point, several variables need to be considered, such as age, talent, and good physical and mental condition. If athletes or prospective athletes already hold these variables, they will likely pass the selection process because they already have some basic values to consider for the next stage of selection to become a professional athlete [17].

2. RESEARCH METHODS

This research applied a qualitative basic interpretive perspective. This study produced

descriptive data in the form of written and spoken words from people whose behavior was observed through direct observation, interviews, and document analysis. Thus, this research focused more on sentences that were more profound, detailed, and complete. According to Muleong (2018), qualitative research uses a natural setting to interpret the facts that occur by involving existing methods [19]. Bonzolan (2015) asserts that a basic interpretive study provides a targeted description for understanding phenomena, using data collected in various ways, such as interviews, observations, and document reviews. Its purpose is to understand the world or experiences of others. It is the simplest and most common qualitative study [20].

Sources of data in this research of Athlete Coaching in the Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta were people in KKO. They were the Principal of SMP Negeri 1 Surakarta, Head of Sports, KKO Coordinator, Coaches, and Athletes. Sources of data were obtained by interview techniques. There are three types of data collection techniques in descriptive research: observation, interviews, and document analysis. Observations were made at the Surakarta KKO training site, among others are Manahan, Kartapuran Field, the Tapak Suci Sumber sports hall, the Fencing Gym of Universitas Tunas Pembangunan Surakarta, the Kadipiro Toraja Sports Hall, and in each sport in different places. Interviews were conducted regarding planning programs, organization, recruitment, infrastructure, and implementation of training for athletes in the Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta. Document analysis was carried out by collecting data from documents or archives in the research area. Document analysis was referred to as content analysis, namely that researchers recorded not only essential content expressed in documents or archives but also its implied meaning.

Two triangulation techniques were employed in this study: data triangulation and method triangulation. Data triangulation was used by collecting data from various sources, both from administrators and trainers, so that similar data could be tested for its reliability and accuracy. The second triangulation was method triangulation, by utilizing multiple methods to study a single problem or program, such as interviews, observations, structured questionnaires, and documents. The triangulation method was used because the data collection in this study was carried out with different techniques through observation, document analysis, and interviews.

3. RESULTS AND DISCUSSION

This study has two discussions: management and coaching in sports achievement in the Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta.

3.1 Management of the Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta

3.1.1. Planning for the Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta

Planning began by designing a recruitment process for KKO coaches, consisting of trainers for each sport, consultants, masseurs, and nutritionists, who would be responsible for developing each child involved in this program. Each division had its respective duties, expected to support Sport-Specific Class (KKO) athletes' development. The recruitment of coaches for the Youth and Sports Service (Dispora) was carried out by submitting an application to the sports city board, which then provided recommendations for the coach candidates to be selected by the team. KKO also worked with a team of experts from FKOR UNS to conduct tests. After the test, the candidates would be selected as KKO coaches.

Recruitment of coaches had specific requirements; namely, trainers should be licensed and had a minimum education level of senior high school graduates. The higher the education level, the higher the qualifications of the human resources being recruited. The making of test items was submitted to the consultant, namely from the Faculty of Sports (FKOR), Universitas Sebelas Maret (UNS). The test items comprised written tests and interviews related to the prospective coaches' ability to create an exercise program in each sport.

The next stage was the student recruitment process. In the new academic year, KKO SMP Negeri 1 Surakarta opened registration for students with ID cards in Surakarta City who graduated from sixth grade or graduated a year earlier. The quota was determined after the test. After they registered, there were written tests, psychological tests, and tests according to their sport. In determining physical test items, researchers worked with a consultant team from FKOR UNS. The KKO PPDB selection process started with four test stages.

3.1.1.1 Administration Tests

File administration - This test was also called a portfolio test, a data collection conducted by a selection team of students on ownership of a sports award certificate, with the criteria for winning I, II, III at the provincial, district, or sub-district level. This test

aimed to find out whether students had a background in sports. This test was not mandatory for students because later, it would only serve as an added value in the process of determining the KKO test selection. In this stage, students were grouped based on each sport selected.

3.1.2.1 Health administration

Students who joined the KKO recruitment test were required to collect a health certificate from a doctor and a drug-free test, which was then submitted to the selection team.

Physical test - This test consisted of eight components:

- a. Arm muscle strength test with push-ups
- b. The abdominal muscles strength test with sit-ups
- c. Leg strength test
- d. Hand-eye coordination test by a throwing-catching tennis ball
- e. Flexibility test
- f. Agility test, with the test of shuttle run, namely running back and forth with a distance of five meters
- g. Speed test by running 40 meters
- h. Endurance test using beep test or MFT test

Anthropometric Test - This test was in the form of recording the student's height, sitting height, and weight.

Sports Test - Students took the test according to their sport. This test item was based on each sport's characteristics.

After the KKO coach candidates' requirements were arranged, Dispora (Youth and Sports Service) began to compile the details of the budget for funds originating from the 2017 Surakarta City Budget. This budget was used to meet various facilities and needs of students and program coaching. This budget was divided into pocket/transportation money for the coach, pocket/transportation money for KKO students, school uniforms and supplies, training equipment according to the sport, and consumption during training, consisting of morning and evening snacks, breakfast, and lunch. Meanwhile, coordination meetings were held regularly related to the programs carried out by the trainers, evaluating the progress of students and delivering programs from Dispora and SMP Negeri 1 Surakarta.

3.1.2 Organizing

The division of tasks in the KKO at SMP Negeri 1 Surakarta had two patterns: the education pattern and the training pattern. The education pattern was the responsibility of SMP Negeri 1 Surakarta, while the

training pattern was the responsibility of Dispora, especially under the sports development section's guidance.

The KKO organizational structure was divided into two: under the auspices of the Youth and Sports Agency (Dispora) and the Education Office. The organizational structure in the KKO Dispora belonged to the sports field; below it, there was the sports development section; below it, there were trainers, mentors and caregivers, and therapists, then KKO students. Under the Education Office structure was SMP Negeri 1 Surakarta; underneath again, there were student affairs, then the KKO students.

3.1.3 Guidance

Guidance or direction means maintaining, sustaining, and advancing the organization through each person, both structurally and functionally, so that each activity is inseparable from efforts to achieve goals. In this case, the Youth and Sports Agency (Dispora) had a role in providing direction to the trainer so that the program ran well and so that the trainer knew the objectives set in KKO SMP Negeri 1 Surakarta. Coordination with SMP Negeri Surakarta was also carried out to convey various problems, programs from Dispora and synchronize training schedules and lesson schedules.

3.1.4 Supervision

One of the supervisory function activities was to conduct evaluations related to programs running in KKO SMP Negeri 1 Surakarta. The evaluation was carried out at the end of the year. Each sports coach reported the performance results for one year, starting from the achievements, the championships followed, to the problems faced by KKO athletes.

3.2 Coaching for the Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta

The process of KKO coaching at SMP Negeri 1 Surakarta began with routine exercises every morning and evening. It was continued by attending formal education in schools, which had adjusted the learning hours. Students were given facilities in the form of consumption, and their daily and school needs were met.

Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta had two coaching patterns: sports training and education patterns. The training pattern referred to activities in Dispora through the sports section. Meanwhile, the education pattern followed the existing rules at SMP Negeri 1 Surakarta. Coaching for KKO athletes at SMP Negeri 1 Surakarta started at

05.30 WIB until 08.00 WIB. It started with a morning parade, then continued with the practice. Prior to school, athletes ate breakfast at Gelora Bung Karno Manahan. Then, it was continued with learning activities at school, starting at 08.30 WIB until 15.00 WIB. The subjects received were the same as regular students at SMP Negeri 1 Surakarta, but the learning start time was different due to practice. In the afternoon, training would be carried out around the Manahan stadium according to each sport until 18.00 WIB.

There were 13 sports in the KKO of SMP Negeri 1 Surakarta, including athletics, archery, table tennis, tennis, badminton, swimming, Pencak silat, judo, fencing, karate, taekwondo, volleyball, and football. Each sport had a trainer who already had a certificate of at least regional level training. Each coach from 13 sports had their program adjusted to the daily, weekly, or monthly work program.

The trainer's program applied a training period created to make it easier for the coaches to compile an exercise program. This periodization was the process of dividing an annual training program into smaller phases of training. The purpose of making training periods was to make it easier to arrange smaller training stages (periods) so that the training program could be organized more carefully and carried out systematically to ensure proper performance peaks according to the predetermined time. The stages of training were divided into three stages.

- a. Preparation phase
- b. Match Stage
- c. Transition Stage

The preparation and match stages were then divided into two stages because each stage's goals or objectives differed.

- a. General Preparation Stage (TPU)
- b. Special Preparation Stage (TPK)

Meanwhile, the match stage was divided into two:

- a. Pre-Match Stage (TPP)
- b. Main Match Stage (TPU)

The above stages were further broken down into a macrocycle (1 macro = 1 month) and a microcycle (1 micro = 1 week), and there was a mesocycle between macro and microcycles. Each cycle's training objectives were specific and a breakdown of the annual training program's general goals.

KKO SMP Negeri 1 Surakarta did try in and try out before the championship to reach the championship target. It was done to determine how far the athletes were capable and increase the experience of competing to form their mental.

The establishment of the Sports-Specific Class (KKO) at SMP Negeri 1 Surakarta had a good impact, and there was an increase in achievement in the Solo City. It was evident in the POPDA (Regional Student Sports Week) event in the last two years.

Table 1. Medals for KKO at SMP Negeri 1 Surakarta in POPDA SMP Central Java Level 2018

No.	Sports	Medal Results			Total
		Gold	Silver	Bronze	
1.	Swimming	4	0	1	5
2.	Archery	3	4	2	9
3.	Taekwondo	0	1	1	2
4.	Athletics	1	1	0	2
5.	Pencak Silat	0	1	0	1
6.	Volleyball	0	1	0	1
Total		8	8	4	20

In 2018, Surakarta City participated in POPDA and managed to bring home 67 medals, consisting of 32 gold medals, 23 silver medals, and 12 bronze medals. From the details of the total medals, students of the Sports-Specific Class (KKO) at SMP Negeri 1 Surakarta won 20 medals, containing eight gold medals, eight silver medals, and four bronze medals. It was calculated to contribute 25% of the total gold medals, 38% of the total silver medals, and 33% of the total bronze medals, which were obtained by the Surakarta City contingent.

In 2019, KKO won 49 medals: 17 gold medals, 21 silver medals, and 11 bronze medals, accounting for 57% of the total gold medals, 68% of the total silver medals, and 85% of the total bronze medals won. Based on these medals, the contribution of KKO athletes to the achievements of Surakarta is very significant. In 2019, KKO contributed 67% of the total medals obtained by Surakarta City.

Table 2. Medals for KKO at SMP Negeri 1 Surakarta in POPDA SMP Central Java Level 2019

No.	Sports	Medal Results			Total
		Gold	Silver	Bronze	
1.	Athletics	3	2	2	7
2.	Swimming	6	5	1	12
3.	Archery	3	10	2	15
4.	Tennis	0	0	1	1
5.	Table Tennis	0	0	1	1
6.	Football	0	1	0	1
7.	Volleyball	0	1	0	1
8.	Pencak Silat	1	1	2	4
9.	Taekwondo	1	1	0	2
10.	Karate	1	0	1	2
11.	Judo	2	0	1	3
Total		17	21	11	49

The KKO athletes' achievements at SMP Negeri Surakarta during the 2017-2018 period were recorded at nine international medals, consisting of one gold medal, two silver medals, and three bronze medals in archery, one silver medal in fencing, one silver and one bronze in judo. Furthermore, 111 medals were obtained at the national level, with details of two medals in judo, five medals in fencing, six medals in karate, two medals in Pencak silat, five medals in taekwondo, two medals in archery, three medals in table tennis, five in tennis, and 81 medals in swimming. At the provincial level, KKO athletes won 167 medals: five medals from athletics, 50 medals from swimming, 11 medals from table tennis, 29 medals from archery, two medals from volleyball, 15 medals from taekwondo, 17 medals from Pencak silat, 21 medals from karate, 11 medals from fencing, and six medals from judo. Then, there were 80 medals at the city level, with details of ten medals from athletics, 32 medals from swimming, four medals from tennis, one medal from table tennis, five medals from archery, one medal from volleyball, three medals from soccer, 12 medals from taekwondo, three from Pencak silat, and nine medals from karate.

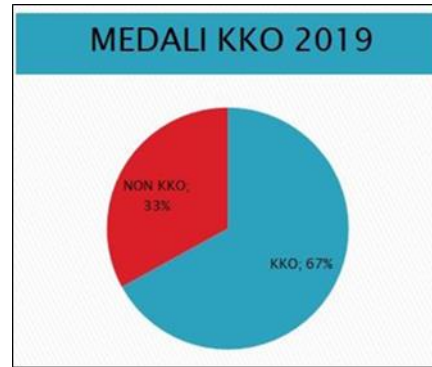


Figure 1. KKO Medal Won. Source: Dispora data

The KKO athletes' achievements at SMP Negeri Surakarta in 2019 alone recorded six medals at the international level: one gold medal in karate, one silver medal in Pencak silat, one silver medal in karate, one bronze medal in tennis, and two silver medals in judo. Furthermore, 138 medals were won at the national level, with details of 35 medals in swimming, two medals in tennis, five medals in table tennis, 42 medals in archery, two medals in football, 16 medals in taekwondo, 12 medals in Pencak silat, 13 medals on karate, and 11 medals on fencing.

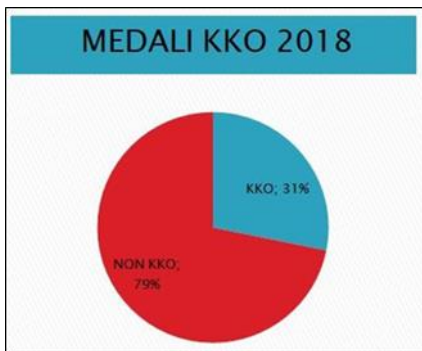


Table 3. Medal Won at Various Championships by KKO Students in 2018 Source: Dispora data

No	Sports	International			National			Province			City		
		Gold	Silver	Bronze	Go ld	Silve r	Bron ze	Gold	Silver	Bronze	Gold	Silver	Bronze
1.	Athletics							1	2	2	9	1	
2.	Swimming				43	30	8	14	20	16	15	16	1
3.	Badminton												
4.	Tennis				1	1	3				2	2	
5.	Table Tennis				1	1	1	2	1	8			1
6.	Archery	1	2	3	1	1		12	13	4	4	1	
7.	Volleyball								2		1		
8.	Football										1	1	1
9.	Taekwondo				3	0	2	5	6	4	6	2	4
10.	Pencak Silat				1		1	8	7	2	2		1
11.	Karate				3	2	1	8	6	7	8	0	1
12.	Fencing		1		1	1	3	5	3	3			
13.	Judo		1	1	1	1		1	2	3			
		1	4	4	55	37	19	56	62	49	48	23	9
	TOTAL	9			111			167			80		

Table 4. Medal Won at Various Championships by KKO Students in 2019 Source: Dispora data

No	Sports	International			National			Province		
		Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze
1.	Athletics							12	9	8
2.	Swimming				3	19	13	10	17	11
3.	Badminton							2	5	10
4.	Tennis			1			2	4	4	4
5.	Table Tennis					3	2	1	1	2
6.	Archery				12	19	11	8	9	1
7.	Volleyball							9	5	0
8.	Football				1		1	5	2	0
9.	Taekwondo				2	9	5	17	7	4
10.	Pencak Silat		1		5	3	4	10	6	2
11.	Karate	1	1		6	2	5	7	5	4
12.	Fencing				3	1	7	16	9	10
13.	Judo			2				4	2	6
		1	2	3	32	56	50	105	81	62
	Total	6			138			248		

At the provincial level, KKO athletes received 248 medals, with details of 29 medals from athletics, 38 medals from swimming, four medals from table tennis, 18 medals from archery, 14 medals from volleyball, 28 medals from taekwondo, 18 medals from Pencak silat, 16 medals from karate, 35 medals from fencing, and 12 medals from judo. In 2020, various championships were postponed, and some were canceled, including POPDA in 2020, so that the KKO in 2020 could not participate in the competition due to the COVID-19 pandemic.

4. DISCUSSION

4.1. Management of the Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta

Management is the science and art of regulating the process of using human resources and other sources effectively and efficiently to achieve specific goals. Some of the management functions include planning, organizing, guidance (direction), and supervision. The following are some of the management functions in the Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta:

- a. Planning - Planning began with conducting comparative studies to various Sport-Specific Schools (SKO), including SKO Ragunan Jakarta and International Sport-Specific School (SKOI) in Kalimantan, until it was decided to form a special sports class in Surakarta. It was then to formulate a budget and determine which schools were appointed to be part of the Sport-Specific Schools. After that, the recruitment of KKO coaches and KKO athletes was carried out.
- b. Organizing - Organizing is a process of dividing work into smaller tasks, assigning tasks to people according to their expertise, allocating resources, and coordinating to achieve organizational effectiveness. According to Nugroho (2015), organizing is an effort to complement the plan that has been made with the organizational structure of its implementation. One of the activities in the organizing function is the division of tasks. The division of tasks for the Sport-Specific Class at SMP Negeri 1 Surakarta was responsible for student affairs, and through the sports section, Dispora was responsible for the training patterns [21].
- c. Guidance/direction - One of the activities in the guidance function is to provide regular assignments and explanations about work. It was done by holding a coordination meeting. The Sport-Specific Class carried out routine coordination between administrators, coaches, athletes, and SMP Negeri 1 Surakarta regarding achievement or problems faced during KKO coaching. Then, it was also to deliver programs from Dispora and synchronize schedules from SMP Negeri 1 Surakarta.
- d. Supervision - The activity in the supervisory function is to conduct an evaluation. The Sport-Specific Class at SMP Negeri 1 Surakarta conducted an evaluation at the end of the year. Coaches in sports reported performance results for one year, ranging from achievements, the championships followed, to problems faced by KKO athletes.

Based on the description above, management in the Sport-Specific Class at SMP Negeri 1 Surakarta has been going well. Management functions have been implemented. These management functions included planning, organizing, guidance/direction, and supervision. It is what made the achievements in the Sport-Specific Class at SMP Negeri 1 Surakarta continue to increase.

4.2 Coaching for the Sport-Specific Class (KKO) at SMP Negeri 1 Surakarta

Through the Sport-Specific Class at SMP Negeri 1 Surakarta, Surakarta City had fostered and developed the potential of athletes aged 12-15 years, namely at the Junior High School (SMP) level. Coaching in the Sport-Specific Class at SMP Negeri 1 Surakarta had two guidance patterns: sports training and education patterns. The training pattern referred to activities in Dispora through the sports section, while the education pattern followed the existing rules at SMP Negeri 1 Surakarta.

Coaching for KKO athletes at SMP Negeri 1 Surakarta started at 05.30 WIB until 08.00 WIB. It started with a morning parade, then continued with the practice. Prior to school, athletes ate breakfast at Gelora Bung Karno Manahan. Then, it was continued with learning activities at school, starting at 08.30 WIB until 15.00 WIB. The subjects received were the same as regular students at SMP Negeri 1 Surakarta, but the learning start time was different due to practice. In the afternoon, training would be carried out around the Manahan stadium according to each sport until 18.00 WIB.

There were 13 sports in the KKO of SMP Negeri 1 Surakarta, including athletics, archery, table tennis, tennis, badminton, swimming, Pencak silat, judo, fencing, karate, taekwondo, volleyball, and football. Each sport had a trainer who already had a certificate of at least regional level training. Each coach from 13 sports had their program adjusted to the daily, weekly, or monthly work program.

The Sport-Specific Class aimed to become a champion in the POPDA championship so that the coach applied the training periodization program to its peak during the POPDA championship. KKO SMP Negeri 1 Surakarta did try in and try out before the championship to reach the championship target. It was done to find out how far the athletes were capable and increase the experience of competing to form their mental. The KKO's contribution to Surakarta's improvement could be seen in the POPDA championship at the Central Java level. Surakarta City became the overall champion in a row in the last two years, namely in 2018 and 2019. Based on data in

2018, KKO contributed 32% of the total medals obtained by Surakarta City. In 2019, KKO's achievements increased by donating 67% of the total medals in Surakarta.

Based on the description above, the coaching for KKO athletes at SMP Negeri 1 Surakarta has been going well. There has been synchronization of training schedules and lesson schedules between Dispora and SMP Negeri 1 Surakarta. The training program has been appropriate because the coach could apply training periods to the peak of achievement in the POPDA championship. The KKO's contribution to the improvement in the performance of Surakarta City was quite significant. It could be seen from POPDA results, where KKO contributed 32% of the total medals in 2018 and 67% of the medals in 2019 of the total medals obtained by Surakarta City. Not only at the city, provincial, or national level, the KKO athletes' achievements at SMP Negeri 1 Surakarta have also reached the international level. It indicated that the KKO's achievements could be taken into account. KKO coaching at SMP Negeri 1 Surakarta has been sustainable with the establishment of KKO at SMA Negeri 4 Surakarta so that students who had graduated could be accommodated in this senior high school.

5. CONCLUSION

Management at the Sport-Specific Class at SMP Negeri 1 Surakarta has been going well. Management functions implemented included planning, organizing, guidance, and supervision. It is what made the achievements in the Sport-Specific Class at SMP Negeri 1 Surakarta continue to increase. Besides, the coaching for KKO athletes at SMP Negeri 1 Surakarta was carried out following the training schedule and lesson schedules, which had been agreed upon by the Department of Youth and Sports (Dispora) and SMP Negeri 1 Surakarta. The coach could apply a training period with a peak of achievement in the POPDA championship. The KKO's contribution to the improvement in the performance of Surakarta City was significant. It was evident from the POPDA results that KKO successfully contributed 32% of the total medals in 2018 and 67% of the medals in 2019 of Surakarta City's total medals. The achievements of KKO athletes at SMP Negeri 1 Surakarta have reached the international level. It indicated that the KKO's achievements could be taken into account. KKO coaching at SMP Negeri 1 Surakarta has been sustainable with the establishment of KKO at SMA Negeri 4 Surakarta so that students who had graduated could be accommodated in this senior high school.

AUTHORS' CONTRIBUTIONS

Bayu Ady Kurniawan designed and performed the experiments, analyses the data and wrote the manuscript in consultation with Sugiyanto and Tri Aprilijanto.

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