

The Patterns of Sports Coaching on Athletic Achievement PASI

I Gusti Ngurah Putra Wira Prasetya^{1,*}, Suratmin², Syarif Hidayat³

^{1,2,3}Sport Science and Health Department, Universitas Pendidikan Ganesha, Singaraja, Indonesia

¹wiragustingurah190@gmail.com *; ²suratmin@undiksha.ac.id; ³syarif.hidayat@undiksha.ac.id

*corresponding author

ABSTRACT

The pattern of sports coaching is a step in improving sports performance. This study aimed to analyze the pattern of sports coaching on athletic achievement at PASI Buleleng, Bali. The research method used descriptive qualitative. The research sample was 43 people. Data were collected through observation and surveys, questionnaires, interviews, and archives. Data analysis with the triangulation technique is a method to test the validity of the data. The conclusions of the study indicate that the pattern of sports coaching on athletic sports achievement (1) the pattern in promoting athletic achievement at Indonesian Athletic Association (PASI) Buleleng applied an athlete recruitment system with a natural and direct approach by the coach, (2) the training program in athletics is still conducted in general for the number of competitions and did not implement mental training, (3) the Indonesian Athletic Association (PASI) in Buleleng is under the PASI of Bali Province, (4) the facilities and infrastructures are managed by Indonesian National Sports Committee (KONI) Buleleng, and (5) the funding system comes from the Buleleng KONI budget. Based on the conclusions, it is suggested that the sports coaching system for athletic achievement needs to be improved on the athlete recruitment system, coaching management, mental training program, and funding as needed, and it is important to evaluate coaching so that athletic sports achievement at Indonesian Athletic Association (PASI) Buleleng Bali is achieved optimally.

Keywords: coaching patterns, sports achievements, PASI

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Correspondence Address:

I Gusti Ngurah Putra Wira Prasetya
Sport Science and Health Department, Universitas Pendidikan
Ganesha
Singaraja, Bali, Indonesia
E-mail: wiragustingurah190@gmail.com



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INTRODUCTION

Athletics is a sport that consists of several combinations of sports, such as running, throwing, jumping, and walking. According to (Suratmin 2018) explained that athletics is a combination of various types of sports, athletics is also referred to as the mother of other sports (mother of sport). In addition, athletics is a sport that requires good bio motor and movement skills between other body parts. Bio motor abilities are very important in a process of increasing achievement in sports.

The process of improving sports achievement requires a pattern of coaching athletes as early as possible through a process of talent search and monitoring, breeding, education, and training for sports achievements based on science and technology. A coaching system is also conducted by empowering sports associations, developing national and regional sports

development centers, and organizing tiered and sustainable competitions (Herdinata 2020). For the achievement improvement process to be more effective, it is necessary to improve the quality of sports organizations to be better at the central and regional levels. In producing competent athletes, it is necessary to have a long-term coaching process that requires systematic, directed, planned, and consistent handling which is applied from an early age or since elementary school (Kamal 2011).

Buleleng is one of the regencies in Bali Province, Indonesia, and the capital city is Singaraja. Singaraja is one of the areas in Bali known as the City of Education. Besides, Singaraja also has many achievements, one of them being in the field of sports which has contributed to a lot of excellent achievements, specifically athletics. The athletics branch has an athletic sports organization in Buleleng Regency named Indonesian Athletic Association (PASI). PASI is the core organization for athletic sports with competition numbers including running, jumping, throwing, and walking. PASI Buleleng was founded on September 3, 1980. The number of athletes owned by PASI Buleleng currently amounts to 30 athletes which include senior, junior, and beginner athletes. The current number of trainers is 4 people. There are currently 9 members on the board of directors. The achievement of athletics includes several numbers, namely running, throwing, and jumping. PASI Buleleng's athletics at the provincial level won several medals, including gold, silver, and bronze medals.

Based on data from Provincial Student Sports Week (PORPROV) results in 2015-2019 achieved by Buleleng Regency in the number of running, throwing, and jumping numbers, the quality of athletes has decreased, which also affects the level of athlete achievement. It happens due to the lack of discipline in the presence of athletes during the coaching process. In addition, the existence of coaches is still low in fostering the achievements at PASI Buleleng in terms of throwing and jumping numbers. Another factor experienced by several athletes is the quality of which decreases due to athletes' boredom with the exercises given during the training session. It can be seen from the number of athletes who attend the field. The current number of athletes at PASI Buleleng Bali is 30 athletes, 4 coaches, and 9 administrators, which means the number is still low in the achievement development process. The development of human resources (HR) in Buleleng Regency annually has increased the number of people. Furthermore, the situation does not occur anymore in PASI Buleleng, the management which includes the general chairman, daily chairperson, secretary, and coaches can provide or hold a competition event that aims to find potential children in athletics, then fostered according to

the pattern of training that has been set, structured, directed, programmed, and planned.

To achieve maximum and optimal athlete achievement at PASI Buleleng, a more programmed, directed, and sustainable coaching process is needed and supported by several very adequate supporting factors (Rohani and Anam 2022). Sports coaching is a process to achieve the best performance (Nugraha and Pratama 2019). A good and structured coaching pattern is needed to improve athletic sports achievement. The factors, including factors, talent, management, organization, and infrastructure. To improve an athletic sports achievement, it is necessary to have several supporting stages, such as the initial preparation stage, the formation stage, and then try out stage.

Several studies on coaching patterns in certain sports have been investigated over the past decades. Prabowo and Wismanandi (2017) examine the pattern of coaching in a hockey sports club at SMA Negeri 1 Menganti. This descriptive qualitative research showed that the pattern of coaching sports club achievements at the school is classified as very good, and the facilities and infrastructure are adequate for the implementation of coaching and training. The pattern of training was conducted in long-term and short-term training programs. Similar research was also conducted by Nurwanda, Zhannisa, and Setyawan (2021) which analyses the pattern of wushu martial arts performance development. The results of his research prove that the pattern of fostering the achievement of wushu martial arts at KONI Semarang Regency uses a talent scouting system, meaning the process of scouting athletes' talents from the recruitment stage to the final stage of coaching. The spirit of training and the athletes' efforts in achieving optimal performance is supported by the good quality of the coaches, because all coaches have trainer certifications, and the training programs provided are included in the good category. The management organization in good criteria is seen from the attention of the management to the athletes and the management of the Wushu martial arts management. The facilities and infrastructure owned are included in the criteria both in terms of the completeness and quality of the existing facilities and infrastructure. The funding for the implementation of Wushu martial arts achievement development is included in the criteria both in terms of funding sources and how to allocate funds for the coaching process (Nababan et al. 2018) analyzed the pattern of coaching and sports development in North Sumatra. From the research, it was found that the pattern of coaching implemented had fulfilled the regulations that were running in the organization where as many as 30% of the program had been realized.

Based on the data obtained in conducting observations at the athletic sports coaching training center at PASI Buleleng, it can be seen that there has been a decrease in achievement,

and also the coaching process that is run is still not optimal. In addition, several previous research results confirm that the pattern of coaching athletes is still an interesting topic of discussion to be researched. Therefore, researchers are interested in researching the pattern of coaching athlete achievement in athletic sports at PASI Buleleng Bali. The purpose of this study was to determine the stages and patterns of achievement development in all athletics at PASI Buleleng.

METHODS

This research was qualitative descriptive research with a survey method. This research was conducted at PASI Buleleng, Buleleng Regency, with a training center at the Major Metra Stadium, Mayor Metra Street, Singaraja. The population involved all individuals who become members of PASI Buleleng, Bali. Meanwhile, the samples were 9 administrators, 4 coaches, and 30 athletes. Thus, the total sample was 43 people. The sampling technique applied a non-random sampling technique which means all individuals or people in PASI Buleleng are involved.

The instruments utilized observation, questionnaires, and documentation guidelines (documentation method). The questionnaires were used to collect data, including organization, personal data (managers, coaches, and athletes), and infrastructure. In addition, the question questionnaire was used to explore and seek deeper information by asking a question. For the question questionnaire, the researcher gives a question that consists of 25 items and there are answer choices using two options "Yes" and "No". This method is used as primary data retrieval or primary data to find information about the course of achievement development at PASI Buleleng. Documentation is digging, looking for data or about variables in the form of notes, transcripts, books, newspapers, magazines, inscriptions, meeting minutes, leggers, agendas, and so on (Siyoto and Sodik 2015). The documents related to the activities at PASI Buleleng athletics were obtained through archives, training programs, achievements that have been achieved and achieved in the form of award certificates, and photos of ongoing athletic competitions.

After the primary data and secondary data have been collected, the data were analyzed through qualitative methods. In the process of data analysis, four elements must be considered, i.e., 1) data collection, 2) data reduction, 3) data presentation and 4) conclusion drawing/verification. The data were collected by the means of observation, questionnaires, and documentation. The data obtained from the field were recorded in a descriptive form about

what the researchers saw, heard, and experienced in the field. During the data collection process, data reduction was implemented through selection, centralization, simplification, abstraction, and transparency of rough data obtained using written notes in the field, then summarizing, coding, tracing themes, creating clusters, partitioning, and writing small notes. memo) on a moment of importance. The presentation of data in qualitative research is in the form of narrative text from field notes. Then make a final analysis or conclusion that allows it to be poured as the final result of the research.

RESULTS AND DISCUSSION

The Pattern of Athletes' Achievement Development in Athletics

The achievement development of athletics at PASI Buleleng can be categorized as a good category if the components of achievement development consisting of administrators, coaches, athletes, training programs, facilities and infrastructure, and funding are in good condition to achieve the goals. The sources obtained from the results of data collection and interviews submitted by Adhyatma and Putu Sudiada as coaches, and Cita as senior athletes, namely: as for the components in coaching activities that are less than ideal so that the achievement of the goals of the achievement coaching process cannot be achieved, namely the lack of preparation of training programs for number brisk walking, discus throwing and shot put, and inappropriateness for the coach's early training program for athletes. The pattern of coaching athletes' achievements in athletic sports at PASI Buleleng, Buleleng Regency, has met the criteria and components in the process of fostering these achievements.

The coaching process that is applied to athletic sports at PASI Buleleng is a talent scouting system, which is programmed and sustainable and is supported by adequate supporting factors. Sports coaching is a development concept that provides tangible and positive benefits to development performance (Suci, Gau, and Arifin 2011). Talent scouting here means the process of recruiting athletes which is carried out during an event, championship, or competition in the student category and general category. The coaching guidebook and the pyramid system for coaching sports achievements, namely the nursery stage, talent scouting, training system, and champion maturation.

Nursery

An expert Suratmin (2018) explained that in determining the superior seeds an athlete has several characteristics, namely: 1) innate qualities from birth, 2) good body shape and according to the sport of interest, 3) healthy physical and mental state, 4) good organ function,

such as lungs, , and heart, 5) good basic movement skills, such as speed and endurance, 6) quick and precise adjustment both physically and mentally, and 7) an innate character from birth that can support excellent achievement. In the nursery process, it means the efforts made to attract talented athletes in sports achievements in a directed, measurable, structured, and intensive way through being parents, teachers, and coaches in a sport. This is an athletic sports nursery that children should do as early as possible to continue with intensive coaching. These results are supported by a study that explains that the process of identifying athletes' talents needs to be carried out as early as possible so that the coaching process can be carried out properly and optimally (Visalim et al. 2018). Nurseries have more authority, only the coaches handle achievement coaching. The nursery system involves individual athletes in building their professionalism through a system that has been established with the goal of achievement (Rudiansyah and Hidayah 2017). This is in line with the research conducted by Amirzan (2017) which mentions the initial nursery to the achievement development, there is a series of directly responsible institutions, and the highest responsibility lies with KONI.

Talent Scout

Based on the expert explanation ion Suratmin (2019) There are several assessment criteria for the selection of talented athletes as follows: 1) Biological aspects include potential or ability, 2) Psychological aspects include intellectuals, 3) Age or age, 4) Heredity, and 5) Environmental aspects. Talent guidance here for athletic sports athletes to form and select athletes in terms of age, talent, and inner desire to estimate training to achieve peak performance. There are two ways to identify talented athletes, namely natural selection and scientific selection. At PASI Buleleng, the identification system for talent scouting for athletic athletes is carried out by natural selection, which is not focused on the age of the athlete.

Coaching

Akhmad (2012) explained the coaching process which was supported by various stages, namely: 1) the massing stage, 2) the specialization stage, and 3) the nursery stage. The pattern of coaching in athletic sports at PASI Buleleng, Buleleng Regency, is directed at the training process that is following the number of specializations or talents to assist in improving athlete achievement. In this case, the role of the coach will determine the improvement, progress, and success of athletes. Coaching, evaluation n process are very important and must be done to fix mistakes repeatedly during the coaching process.

Exercising Systems

The training system on the pattern of achievement development at PASI Buleleng has the aim of increasing progress and achievement skills, especially in athletic sports in Buleleng Regency. The task of the coach at PASI Buleleng is to coach and guide beginners to senior athletes. The developmental form of the training system must create an exercise program for the long term, but at PASI Buleleng not all trainers make programs for the long term, only making programs with micro units (weekly). The schedule of exercising can be seen in Table 1.

Table 1. Schedule of Exercising Program

<i>Day of Training</i>	<i>Division</i>		<i>Details</i>
	<i>Evening Exercise</i>	<i>Fitness Exercise</i>	
Tuesday	03.30 P.M – 06.00 P.M	-	Exercise Schedule
Thursday	03.30 P.M – 06.00 P.M	16.00 – 18.00	Exercise Schedule
Sunday	03.30 P.M – 06.00 P.M	-	Exercise Schedule

The results of a similar study conducted at the Futsal Club sport in Kebumen (Widiyono 2022). The findings indicate that the Futsal coaching pattern for Women's Futsal in Kebumen has been in a good category, where the facilities and infrastructure have been adequate, the organization formed at the Kebumen Futsal Club has been categorized as good, and all existing trainers have been certified as training in a good category. Another study also found that the football training system in Kuala Lumpur has been implemented through the creation of a structured program. The implementation of the training is carried out through 6 steps, namely: planning, pre-implementation, implementation, training sessions, observation, and evaluation (Khairulhalimi et al. 2020). Other studies have found similar results that the pattern of extracurricular training in athletic sports at SMA Padangsidempuan (Lubis 2020). These results indicate that the pattern of athletic sports training at SMA Padangsidempuan is lacking so it still needs to be developed. In addition, the training program still focuses on the principles of training according to the wishes of the coach and does not adapt to the characteristics of the athlete.

Exercising Programs

By knowing the limits of one's ability, one will be able to determine accurately and well in providing training workloads as well as predicting scientific achievement of athletes. To achieve the high potential we must always pay attention to the limits of each athlete's ability (Suratmin 2018). The preparation and planning of an exercise program are to direct the training process over the long term. As a coach, you must be able and capable of compiling a structured

training program and periodization according to the needs of each athlete. Although each coach knows about preparing different training programs, the content and targets for achievement are the same as for other coaches for the needs of increasing maximum athlete achievement.

The preparation of training programs is one of the business strategies to achieve future goals of athlete achievement as optimally as possible. A coach must be able to make a training plan by being able to have a target of demands that need to be implemented to improve current performance to future achievements as a target to be achieved by athletes. The purpose of training is to shape and educate an athlete in directing the path of success to achieve achievement. According to [Suratmin \(2018\)](#) The training program is said to be successful, good, and appropriate if the plan is made by considering the key factors for achieving the goals, the factors include, among others: 1) Talent and materials, 2) Athlete's ability, 3) Exercise density, 4) facilities and Infrastructure, 5) Funding, 6) Training Programs, and 7) Trainers. In addition, coaches need to build good communication with athletes to create healthy relationships and facilitate the training process. This is by the results of the research found that the communication relationship between coaches and athletes must be optimized to facilitate the development of athletes' achievements (Sosiawan and Saptono 2020).

Organization

The organization at PASI Buleleng, Buleleng Regency, from the results of data collection and interviews submitted by the management, Mr. Adhyatma, and Mr. I Nyoman Windia as treasurers, that the PASI Buleleng organization has been running well as organization, such as funding problems that are less than optimal, in addition to having good management written and the relationship between administrators, coaches, and athletes go well. According to [Doddy and Sudarmada \(2014\)](#), The organization is a container that consists of people, facilities, costs, and goals that are well organized to achieve a goal. In making coaching clothes at PASI Buleleng, athletes, coaches, and administrators spend personal money in making suits. Cooperation in the relationship between fellow athletes looks less sustainable from one athlete to another, this is experienced by beginner athletes who are less familiar with junior and senior athletes.

As long as the important rules that bind an organization or group have been running as desired, for example, the formal formation of management and holding a meeting agenda in

the progress of the coaching process at PASI Buleleng.

Facilities and Infrastructure

Facilities and infrastructure is something that plays important role and cannot be separated from the achievement development process. The standardization and quality of facilities and infrastructure already refer to the national standards of the All-Indonesia Athletics Association (PASI). The quality of facilities and infrastructure in fostering athlete achievement in PASI Buleleng athletics, Buleleng Regency, includes:

1. The facilities, namely stopwatches, whistles, mattresses, etc. are very well available and the condition of some of the facilities is still very good for use in the training process,
2. Infrastructure, namely 1 running track, with a length of one lap of 400 meters, a track width of 7.30 meters, and a width of 1.22 meters between tracks. There are 2 jumping tracks, the long jump track is 47.68 meters long, 1.25 meters wide, 8.00 meters long, and 2.80 meters wide and is not filled with a repulsion board. and triple jump track with a length of 47.77, a track width of 1.22 meters, a length of distance between boards measuring 11.30 meters, a length of a repulsion board measuring 20 cm, a length of a tub measuring 8.00 meters, a length of a tub measuring 2.80 meters, and the throwing field is 3 pieces, the throwing field has a diameter of 2.13 meters, the length of the midpoint to the board is 1.22 meters, the length of the board is 1.10 meters, and the width of the board is 20 cm. The wide discus throwing field has a diameter of 2.13 meters, the length of the midpoint to the board is 1.22 meters, the width of the board is 20 cm, and the length of the board is 1.10 meters, and the long javelin throwing track is 26.93 meters wide and track measuring 4.00 meters. Information on athletic sports facilities and infrastructure at PASI Buleleng on the facilities are good and still suitable for use. The training process and infrastructure for running numbers are good and have national standards, for jump numbers it is good and some are still not of national standard and still need a little improvement, and for throwing numbers is good and some are still not of national standard.
3. Materials, namely the materials in making the track for running are good, made of mashed red bricks, the jumping track is well made of mashed red bricks, and the javelin throwing field is good with mashed bricks, the chakra field is good made of cement materials, and the same shot put field is made of cement materials.

Fundings

The source of funds in PASI Buleleng, Buleleng Regency, comes from the Buleleng

Regency budget (KONI). All funding costs are provided for the smooth progress of the coaching process in athletic sports at PASI Buleleng. In addition, the athletics branch at PASI Buleleng is prioritized over other sports because the athletic branch in every championship or competition always contributes an achievement to PASI Buleleng. The Indonesian National Sports Committee (KONI) of Buleleng Regency always helps in funding the education or training process for trainers in following licenses only at the National and International levels. In the purchase of facilities to support the smoothness of the coaching process, it was given from (KONI) Buleleng Regency, then the PASI Buleleng management rushed to follow up on the purchase of facilities.

Achievements

For achievements achieved during the championship or competition starting at the Provincial event. The competition that PASI Buleleng regularly participates in is Provincial Sports Week (PORPROV). PASI Buleleng's achievements in participating in the Provincial Sports Week (PORPROV) since 2015-2019, namely: In 2015, medals (gold medals totaled 4, silver medals amounted to 3, and bronze medals amounted to 4), in 2017, medals (there are 6 gold medals, 4 silver medals, and 6 bronze medals, and in 2019, the medal tally (5 gold medals, 4 silver medals, and 5 bronze medals). PASI Buleleng fielded only 15 athletes, the number of athletes who were revealed at the Provincial Sports Week (PORPROV) where the athletes had taken all the initial tests and the final tests were given by the coach.

In addition to championships or competitions at the provincial level, several athletes who won in PORPROV will be prepared again for the National Sports of Student Competition (POPNAS), the East Java Open Championship, and the National Sports Week (PON). The target of this year is tougher than before, the athletes must try to defend their title as a medal winner at the Provincial Sports Week Championship (PORPROV). While participating in the championship and successfully donating medals for athletics in Buleleng Regency, the athletes who become the winner will get a reward in the form of money, certificates, and other facilities to increase their enthusiasm and motivate junior or beginner athletes in carrying out the process. training and coaching.

CONCLUSION

Based on the results of research and discussion obtained, it can be concluded (1) the pattern of fostering athletic achievement at PASI Buleleng uses an athlete recruitment system

with a natural and direct approach by the coach, (2) the training program in athletics is still not specific for the number of competitions and there is no mental training, (3) the Buleleng PASI organization is under the PASI of Bali, (4) the facilities and infrastructure are still coordinating with KONI Buleleng, and (5) the funding system comes from the Indonesian National Sports Committee (KONI) Buleleng.

Therefore, based on these conclusions, further researchers are advised to use the results of this study as reference material in reviewing similar studies. In addition, coaches, especially sports coaches in athletics, are advised to always pay attention to the pattern of coaching that is carried out on all athletes sustainably and sustainably so that the sports achievements achieved will also increase.

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