

# Pattern Analysis of Development of Aceh Pplp Archery Athletes In 2021

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## **Abstract**

Archery athlete achievement development program through physical condition training activities that are programmed in a systematic and planned manner in order to achieve the best peak performance. The physical condition training program must be well planned, systematic and aimed at increasing physical fitness and functional abilities of the body system so that it can cause athletes to achieve better performance as expected. The Student Education and Training Center (PPLP) Aceh archery is one of the programs Regional PPLP in Aceh which is managed by the Youth and Sports Office (Dispora) of Aceh Province. PPLP conducts performance development for high school archery athletes. In addition, the achievements of the various championships that were followed became a factor that supported the achievement development at PPLP Archery in Aceh Province went well. The aim of this study was to find out the pattern of coaching PPLP Aceh archery athletes. descriptive approach. The data collection technique in this study was to conduct interviews. The results showed that the purpose of the establishment of PPLP in archery was to foster interest in the talents of local men and women, especially Aceh, to be able to excel at the national level. The influencing factor in achievement at this time is the Covid-19 pandemic, which has an impact on the construction of the archery sport, the training program that has been implemented is physical exercise, such as: endurance and strength as well as concentration training. The athlete's motivation to join the Aceh PPLP team is to get the best possible performance.

**Keywords:** Pattern of Development, Dominant Physical Condition, Archery.

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## **I. Introduction**

Sports achievement is not just a satisfying final achievement based on the initial target of a team or athlete, within the scope of the sports world, but how the process to achieve sports achievement is in accordance with the target. In Law No. 16 article 93 paragraph 4, which is about the minimum standard of sports services for sports achievements as referred to in paragraph 1 (the minimum service standards of sports as referred to in article 92 include educational sports, recreational sports, and sports achievements) includes the following requirements: (1 ) sports coaches, (2) clubs or associations, (3) training, (4) upgrading, (5) infrastructure and facilities that meet standards, (6) competitions, (7) sports championships or fairs, (8) coaching centers, (9) sports science and technology, (10) sports information systems, (11) funding, and (12) awards. To achieve achievement in this sport, several factors are needed, namely internal factors and external factors. External

factors include psychological factors, exercise routines, coaches, physical conditions, as well as techniques and skills possessed by athletes. While the Internal Factors include the coaching system and sports facilities. Not only these factors can support an achievement sport, because in sports achievement there is HR management such as: recruitment, selection, orientation, process, evaluation, promotion and degradation of athletes, trainers and managers, and there are long-term, short-term training programs and program evaluations. If all these factors can be met, then surely Indonesia's sports achievements will be better.

The Indonesian Archery Association (Perpani) as the main archery organization in Indonesia and Perpani Aceh Province is the parent institutional organization that is fully responsible for collecting, fostering achievements, and coordinating all archery activities, especially in Aceh Province in order to advance achievement, always trying to advance the sport of archery by holding competitions or matches as well as *try outs* between clubs, besides that, there is a selection of outstanding players through extracurricular activities at school and in clubs. So the existence of infrastructure is very important for all parties, including sports. One of the important infrastructures for coaching athletes is the existence of a coaching program, training that is structured systematically, programmed, planned and has a goal to achieve sports achievement. a structured sport that can provide space for talented athletes to develop their talents, as well as an appropriate means of learning.

As contained in the National Sports System Law number 3 article 22 (2005:13): "The government carries out sports coaching and development through policy determination, upgrading/training, coordination, consultation, communication, counseling, correctional guidance, pioneering, research, trials, competitions, assistance, licensing and supervision". The achievement sports coaching and training program in Aceh is the Student Education and Training Center (PPLP) which is managed by the Aceh Youth and Sports Office (Dispora Aceh). In the development of PPLP Aceh, there are several sports, one of which is Archery. PPLP has a management management system that is applied to athletes and provides structured and planned training programs to achieve achievements. Archery coaching at PPLP through the process of recruitment, coaching, training and evaluation. In this case, Harsono (1988: 53) suggests: "the condition of the athlete plays an important role in the training program". The physical condition training program must be well planned and systematic and aimed at improving the physical fitness and functional ability of the system. Thus enabling athletes to achieve better performance.

Archery athlete achievement development program through physical condition training activities that are programmed systematically and planned in order to achieve the best peak performance. Sugiyanto (2011:2) states: As a frame of mind good archery physical conditions will increase work productivity (archery achievement). The physical condition plays an important role, especially in improving the functioning and the system of organisms body, among others: (1) there will be an increase in the ability of the circulatory system and heart action, (2) there will be an increase in strength, flexibility, speed, coordination,  $VO_2$  max and other, (3) there will be a better economy of movement, (4) there will be a faster recovery in the organs of the body after training or competition, and (5) there will be a fast response from our body's organism if at any time a response is needed. Therefore, it must be adapted to the specificity of the sport.

The physical condition of the athlete plays an important role in carrying out the training program. The physical condition training program must be well planned, systematic and aimed at improving physical fitness and functional abilities of the body system so that it can cause athletes to achieve better performance as expected. The components of physical condition according to Syarif (2014: 53) are "endurance, stamina, flexibility, agility (*agility*), strength, *power*, muscle endurance, speed, reaction speed and coordination". Good physical condition in archery is more dominant towards isotonic and isometric strength, endurance and flexibility. Strength in archery occurs when lifting the bow and aiming and continuing the pulling process until it reaches the *anchor* position (holding). Flexibility in archery is required from the *anchor* position (holding) to *release* (releasing the arrow) there is an *extending* process (waiting for the arrow to pass the *clicker*). When the arrow will pass through the *clicker* body position until the fingers must be in a position that is not tense or stiff. (Matyschiok *et al.* . 2010:23)

To develop a physical training program for archery, it is necessary to have dominant elements that become the needs of the sport. To find out the description of the needs for the physical condition of archery, it is necessary to observe and examine the performance of athletes in a competitive atmosphere, because the results of the competition are a parameter of success in an exercise.

The Student Education and Training Center (PPLP) for the Aceh archery branch is one of the Regional PPLP programs in Aceh which is managed by the Youth and Sports Office (Dispora) of Aceh Province. Based on the results of the analysis, the researcher saw that PPLP had advantages over other archery teams. Such as in terms of technique, physical condition, and good athlete discipline. After further analysis, it turns out that PPLP conducts performance development for high school archery athletes. In addition, the achievements of the various championships that were followed were a factor that supported the achievement of the PPLP Archery in Aceh Province to run well.

Basically the PPLP achievement development pattern comes from the school route, although there has been no real coaching. In practice, athletes who are members of PPLP have passed the selection with all kinds of test parameters and criteria that have been set. As coaches and managers of PPLP, they must actively look for potential archers to areas around Aceh Province, for example by monitoring various sporting events such as Popda, Kejurda, and other sporting events. There are also athletes who are intentionally registered by the relevant department or school to take part in the regional selection carried out by the Provincial Dispora. However, what must be considered in the development of PPLP Archery's achievements is the age factor of the athlete, which has a limit every year.

## **II. Research Methods**

This study uses a descriptive type of research with a qualitative approach. The sampling technique in this study is using total sampling. The sample in this study was 1 administrator / coach of Aceh Dispora athletes with the initials FW, 1 PPLP Aceh archery coach with the initials NB and 4 Aceh PPLP archery athletes with the initials KP, RA, IM and CA.

Data collection techniques using interview techniques ( *interviews* ). Interview (*interview*) is a dialogue conducted by the interviewer with the respondent to obtain information (Arikunto, 2006:201).

## **III. Research Result**

Based on the results of research with interview methods with resource persons, the following data were obtained:

### **a. Results of Interview with Aceh Dispora Athlete Development Management**

PPLP archery has been established since 2018, with the aim and purpose of establishing the PPLP for archery is to foster interest in the talents of local men and women, especially Aceh, to be able to excel at the national level. Judging from year to year the Aceh archery branch has provided extraordinary changes, every year the athletes provide improvements, for example: in 2016 when the PON was held in West Java, the archery branch exceeded the target and as an appreciation or appreciation for the sport. archery, then the trust is given to the archery sport to join the guidance of PPLP Aceh. In addition, archery is also a sport targeted as a contributor to the 2020 Papua PON medal which will be held in 2021 and is also included in the Aceh KONI fostered branch.

Recruitment is carried out to recruit coaches once a year, because we expect coaches who have good quality in guiding and fostering athletes both physically and psychologically for athletes and the Sports Service also helps to evaluate the coaches who aim to see the extent of the coach's performance and commitment. in carrying out training programs to achieve athlete achievement. If during the evaluation results describe a decrease in the athlete from the results of training and athlete achievement, then the coach will be replaced with another. This means that not only athletes who have quality but also coaches must have good qualities. For now, we have 1 coach and 4 athletes. The source of funds used to finance the management of PPLP development comes from the APBN, the source of direct concentration funds is from the Ministry of Youth and Sports. Starting from honorarium and accommodation costs, consumption is based on the provisions of KEMENPORA.

The management of an organization must be planned and executed properly, focusing on fostering by supporting it through suggestions and infrastructure as well as a well-structured and well-planned coaching program. By paying attention to the condition of the nutritional balance of athletes, so that the athlete's performance is getting better in achieving achievements, it is supported by the presence of *rewards* (gifting bonuses) in accordance with their achievements or achievements. As an appreciation and appreciation for athletes. Hope for the coaches and coaches, throughout the City District to support the coaching of the seeds of athletes who will later continue their coaching in PPLP Aceh.

### **b. Interview with PPLP Aceh Archery Branch Coach**

The implementation of coaching PPLP Aceh athletes, especially archery has indeed been carefully prepared as a foundation for coaching outstanding athletes, PPLP Aceh in archery is a pattern of gifted development in adolescent athletes with training patterns that are given gradually and systematically for the success of athletes in achieving achievements in their teens.

The influencing factor in achievement at this time is the Covid-19 pandemic which has not gone away until now, starting from 2020 to 2021, the death rate due to this virus is increasing, so that it has an impact on the development of archery, which results in less intensity of training time. undertaken so that it affects the athlete's achievement. However, it does not reduce the enthusiasm of the athletes in carrying out exercises even though the conditions are still not conducive, the athletes continue to exercise by following the health protocols that have been set by the Banda Aceh City Health Office.

The exercise program that has been implemented is physical exercise, such as: endurance and strength as well as concentration training. Dominant physical condition is the most important foundation in a sport.

Programs that have been running for physical condition training so far are arm, leg, and abdominal muscle strength training as well as flexibility training as well as mental training of athletes by frequently participating in *try outs* between clubs which are useful for increasing the athlete's experience in facing a match. And don't forget to exercise cardiopulmonary endurance, in order to increase the cardiopulmonary endurance of athletes so that they are not easy to experience significant fatigue and easy to regulate breathing when concentrating on aiming. Based on good physical abilities can support technical training. Because the components physical condition training is very sustainable with technical ability. The nutritional intake received by PPLP Aceh archery athletes is in accordance with the needs for energy adequacy in undergoing training. Multivitamins and pudding are given to maintain stamina and the athlete's condition is more prime.

The target to achieve this year is the passing of athletes in the Pre-POPNAS and PPLP National Championships, coaches and athletes are trying their best to be able to get gold medals. PPLP Aceh is the spearhead for coaching young athletes, of course it can be a motivation in achieving the achievements of athletes who have potential and talent in their fields.

c. Results of interviews with Archery Athletes

The training program they have been carrying out so far is physical exercise in the morning and archery and concentration training in the afternoon. According to them, what has been given by the coach so far has been in accordance with the program being carried out and the coach is also very good at guiding and directing them and has become a second father figure for them. The facilities and infrastructure are adequate and well met, but they still need a few arrows when the athlete is exercising.

While joining PPLP Aceh, athletes have been able to get medals at both regional and national level championships. With athletes getting medals, it can be a motivation to encourage them to be more active and disciplined when doing exercises to prepare for future championships.

Their hope in the future is that they can give the best achievements for Aceh, especially in the sport of archery, and they believe that the process will not betray the results, and that their efforts during the training so far can be paid off through the medals they have won in future championships.

#### IV. Conclusion

Based on the results of the interviews, the following conclusions were obtained: The basic purpose of establishing PPLP Aceh in the Archery Sport branch was based on the achievements of archery athletes so far. In addition, Archery is also a sport that is targeted as a contributor to medals in the upcoming PON. The pattern of gifted development at the age of teenagers and the pattern of training that is given gradually and systematically to achieve achievement goals. The task and role of a coach in coaching achievement is to help athletes to practice well and produce the best performance. Athletes under the auspices of the Aceh Dispora were recruited through a recruitment process. Athletes were screened from various regions in the district and city. The Aceh Archery Athlete coaching program is carried out based on a planned and systematically structured training program. The training program is arranged by each coach in accordance with the goals of achieving the peak achievements that will be faced. The championships that are followed by these archery athletes are: the PPLP Inter-National Championship which is held once a year, POPNAS and POPDA. There are 4 archery athletes consisting of 2 male athletes and 2 female athletes. From all these athletes answered interview questions, it can be concluded that: Archery athletes fostered by the Aceh Dispora undergo training with discipline and follow the training program prepared by the coach well. Archery athletes who are currently included in the PPLP Aceh Guidance program have also succeeded in achieving achievements at the previous National Championship and POPNAS levels.

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