

ABSTRAK

PROGRAM LATIHAN TIM PERSADA SUMBA BARAT DAYA MENUJU LIGA 4 NASIONAL

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Latar belakang: Persada Sumba Barat Daya berhasil lolos ke Liga 4 Nasional, sehingga diperlukan persiapan yang matang untuk menghadapi persaingan yang lebih tinggi. Keberhasilan dalam kompetisi tidak hanya ditentukan oleh kemampuan pemain, tetapi juga dipengaruhi oleh kesiapan fisik, teknik, taktik, mental, serta dukungan manajemen dan organisasi tim.

Tujuan penelitian: Penelitian ini bertujuan untuk mendeskripsikan program Tim Persada Sumba Barat Daya menuju Liga 4 Nasional.

Metode Penelitian: Penelitian ini menggunakan pendekatan kualitatif dengan jenis penelitian deskriptif. Lokasi penelitian dilaksanakan di Lapangan Galatama Kabupaten Sumba Barat Daya. Informan penelitian terdiri atas Ketua ASKAB Sumba Barat Daya, Asisten Pelatih, dan tiga orang pemain yang dipilih secara purposive. Pengumpulan data dilakukan melalui observasi, wawancara mendalam, dan dokumentasi. Analisis data dilakukan secara deskriptif dengan teknik triangulasi sumber, teknik, dan dokumentasi untuk menjamin keabsahan data.

Hasil dan Pembahasan: Hasil penelitian menunjukkan bahwa program latihan Persada Sumba Barat Daya telah dilaksanakan secara terencana dan sistematis. Program latihan meliputi peningkatan kondisi fisik, penguasaan teknik dasar, penerapan taktik permainan, serta pembinaan mental pemain.

Kesimpulan: Program latihan Persada Sumba Barat Daya menuju Liga 4 Nasional telah berjalan dengan baik melalui program latihan yang terstruktur dan dukungan organisasi yang memadai. Meskipun masih terdapat beberapa kendala, kerja sama seluruh pihak mampu meningkatkan kesiapan fisik, teknik, taktik, dan mental pemain sehingga tim memiliki peluang untuk bersaing secara kompetitif dan mencapai target yang telah ditetapkan pada Liga 4 Nasional.

Kata kunci: Program latihan tim, sepak bola, Liga 4 Nasional, Persada Sumba Barat Daya, penelitian kualitatif.

ABSTRACT

PROGRAM LATIHAN TIM PERSADA SUMBA BARAT DAYA MENUJU LIGA 4 NASIONAL

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Background: Persada Sumba Barat Daya successfully qualified for the National League 4, requiring thorough preparation to compete at a higher level. Success in the competition is determined not only by the players' abilities but also by their physical, technical, tactical, and mental readiness, as well as the support of effective team management and organization.

Objective: This study aimed to describe the preparation program implemented by Persada Sumba Barat Daya in preparation for the National League 4.

Methods: This study employed a qualitative approach with a descriptive research design. The research was conducted at Galatama Field, Southwest Sumba Regency. The informants consisted of the Chairman of the Southwest Sumba Football Association (ASKAB), the assistant coach, and three players selected using purposive sampling. Data were collected through observation, in-depth interviews, and documentation. The data were analyzed descriptively using source, technique, and documentation triangulation to ensure the validity and credibility of the findings.

Results: The findings showed that Persada Sumba Barat Daya's preparation program had been systematically planned and implemented. The program included physical conditioning, improvement of basic technical skills, tactical training, mental development of players, and effective management coordination to support the team's preparation for the National League 4.

Conclusion: The preparation program of Persada Sumba Barat Daya for the National League 4 has been implemented effectively through structured training programs and adequate organizational support. Although several challenges remain, the collaboration among the management, coaching staff, and players has enhanced the team's physical, technical, tactical, and mental readiness, providing a strong opportunity to compete competitively and achieve the targets set for the National League 4.

Keywords: team preparation program, football, National League 4, Persada Sumba Barat Daya, qualitative research.