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## **BASKETBALL SPORTS COACHING MANAGEMENT**

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### **Abstract**

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The management of basketball sports coaching in Medan City in 2021 is still unknown, where the success of the Methodist club, one of which is determined by management and some administrators still do not carry out management functions or tasks in the Methodist club. Therefore, this study aims to determine how planning, organizing, implementing, and supervising basketball sports coaching management activities at Methodist in 2021. This research uses qualitative research with a descriptive approach, with the subjects of this research being the Chairperson, Coach, and athletes. Data collection using interview, observation, and documentation methods. Data analysis uses a method that is carried out continuously with data reduction, data presentation, and conclusion drawing. The results of this study: (1) Planning has not been programmed properly (2) Organizing is still not competent (3) the implementation of training is still often hampered due to lack of facilities and infrastructure (4) Supervision is still not perfect because it is only left to the coach. The conclusion from the results of the above research regarding the Methodist club is said to be not good. The author's suggestion to the Chairman of the Methodist club is to maintain good communication with all members so that they can achieve the targets that have been set.

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## INTRODUCTION

At the junior or senior high school level, basketball is one of the extracurricular activities offered to students (Alim et al., 2022). Learning basketball through extracurricular activities is part of physical education. Physical and health education is essentially an educational process that utilizes physical activity and health to produce holistic changes, in individual quality both in terms of physical, mental and emotional" (Hendrawan et al., 2022). Basketball is currently growing rapidly as evidenced by the interest of almost all age groups ranging from children to adults (Lubis & Nugroho, 2020). Basketball is a sport for everyone (Mawardinur et al., 2022). Although basketball is a youth sport with most players being teenage boys, it is played by men and women of all ages and body sizes and even by those with disabilities, including those in wheelchairs (Azandi et al., 2022). While there are many benefits to being tall, there are also many opportunities for short, skilled players (Setiawan et al., 2022).

The game of basketball is a sports game that has managed to achieve popularity in the international community (Yendrizal et al., 2023). This can be seen from the frequency of news in the mass media, both electronic and printed media, which is more specifically the popularity of the National Basketball Association (NBA), namely the basketball association in the United States (USA), many screenprinted shirts are sold with the name of the NBA club and its star players (Sulistianta et al., 2022). The basketball game that is now known throughout the world is classified as a game that moves quickly but is quite interesting to follow and watch. Basketball is a fast-paced, dynamic, exciting, and amazing game (Syahputra et al., 2019). The score changes that occur every minute make the game interesting" (Ikhsani, 2022). The game of basketball is a simple game, easy to learn and master perfectly which also requires the need to do a good exercise (discipline) to form teamwork (Iqbal, 2016).

In a basketball game, all players must have good basic playing techniques (Sakti, 2021). The basic techniques of the game include passing, shooting, and dribbling (J. Nugroho et al., 2021). A person's flexibility (flexibility) greatly supports a person's effectiveness in basketball games, as his adjustment to carry out all body activities by stretching as widely as possible, especially the ligament muscles around the joints (Siswoyo et al., 2020). Basketball is a game played by 2 teams, each of which consists of 5 players, each team trying to put the ball into the opponent's basket and prevent the opponent from scoring (Lubis et al., 2017). Basketball is also easy to learn because of its large ball shape, so it does not make it difficult for players when bounce or throw the ball (Selan et al., 2023).

Medan City is one of the centers for the development of basketball athletes. The development and coaching of these athletes are usually developed through activities in the basketball team in each region or extracurricular activities at school. Almost all schools and regions have basketball teams. Some basketball players choose to join basketball in the surrounding area, besides that Methodist often participates in basketball matches (events) held in Medan City. The Methodist Club itself is used as a forum to foster and develop the ability to play basketball for its members. Members of the Methodist Club itself are followed by junior high school students, high school students, and university students as well as the general public who live around Medan Kota sub-district and are active in basketball. Methodist practices are held every Tuesday, Thursday, Saturday, and Sunday at 15.00-18.00 WIB at the Methodist School basketball court. Methodist conducts significant training that can have a positive impact on competing in inter-regional competitions. The first exercise as usual is to warm up first so that the body and muscles are not stiff, then proceed with running around the field 10 times, followed by exercises such as ABC Running, Passing, and Lay Up. Then the game is played, after which the coach always conducts a briefing to find out and convey shortcomings to his players so that players will understand what to improve and how.

From the conclusions above, researchers can see that the coach has been able to show an attitude that can provide good direction for each of his members so that the players show progress in every exercise they do. Coaches and administrators also continue to carry out health protocols

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during the pandemic to maintain and prevent the spread of the COVID-19 virus. According to the initial observations that have been made by researchers, the current problems that occur or are experienced by this Methodist, include first, the management of the Methodist program is not yet clearly known. Second, the a lack of maximum training programs provided by the coach during training activities. Third, the facilities and infrastructure are not adequate and complete for the training process at the Methodist Basketball Club in Medan City.

### **METHODS**

The qualitative research method is an approach or search to explore and understand a central symptom (Fitrah, 2018). To understand this central phenomenon, researchers interview research participants or participants by asking general and rather broad questions. Information is then collected in the form of words and text. The collection of information is then analyzed. From the results of the analysis, the researcher then elaborates on the research of other scientists made previously. The final results of qualitative research are outlined in the form of a written report.

Qualitative research methods are research methods based on the philosophy of postpositivism, used to research on natural object conditions, (as opposed to experiments) where the researcher is the key instrument, sampling of data sources is done purposively and snowball, collection techniques with triangulation (combined), data analysis is inductive or qualitative, and qualitative research results emphasize meaning rather than generalization (U. Nugroho et al., 2021). By using this approach, researchers are expected to describe and test hypotheses, the results of which will be outlined in the form of a report and explanation of how the management of basketball sports coaching at the Methodist club.

### **RESULTS & DISCUSSIONS**

#### **Results**

##### **Planning**

Based on the planning aspect, is a very important component and needs to be considered to know how to take steps to plan it. The Methodist Club so far the training program is not prepared by the coach, but is conditional to get the achievement of the target set. The following is an excerpt from the researcher's interview with the coach "Regarding the planning of long-term and short-term training programs, I do not make a written training program. Only based on experience and conditions in the field and what I have applied in training such as providing fundamentals, defense or offense techniques". The training program planning carried out by the coach, the coach does not make a training program that is physically recorded, this shows that the training program activities have not been well planned starting from the long and short term. In planning the training program, it is only based on experience without being based on the preparation of a program that is designed in such a way, so that the training program is only limited to experience not as a guideline to control players to get the expected target. The role of a coach is less active in implementing effective and efficient training in training program planning. Although the coach of the Methodist basketball team has a C license, the coach does not provide structured training.

##### **Organizing**

Organizing is the whole process of grouping all tasks, responsibilities, authorities, and components in cooperation to create a good work system for achieving the set goals. Organizing is the next step of planning so planning can be carried out well if organizing goes well too. The following is an excerpt from the results of the researcher's interview with the Chairperson of the Methodist club regarding its organizational structure "For the organizational structure in the preparation of management, it is made only based on the task, and is not made in writing. For example, I am the Chairman who is responsible for everything in the club, the role of the coach who has full responsibility in the field and the nursery process ". The organization carried out by the Methodist Club does not have a written organizational structure. So in its implementation,

many players do not know the management structure of club activities. Even though there is no written organizational structure in the club, each task has been formed by the management. The coach is the person in charge of the activity.

#### **Implementation**

The driving function of the club starts from monitoring the implementation of activities carried out by the coach to the players. The following is an excerpt from the researcher's interview with the coach regarding the implementation process "Especially for Methodist in the implementation of club training, the club hands over to me as a coach. Training activities are carried out 4 times a week, every Tuesday, Thursday, Saturday, and Sunday. Training starts at 15.00 until 18.00 WIB ". The development of the Methodist club is not matched by the existence of adequate facilities and infrastructure. The following is an excerpt from the researcher's interview with the coach "The lack of equipment for training slightly hampers the training process, because we only have 3 size 7 balls and 2 size 6 balls, while we have a lot of players who are very enthusiastic, even if the field problem is quite fulfilling". Facilities and infrastructure are inseparable from the implementation process. Success, smoothness, and running or not an implementation are among the existing facilities and infrastructure. The club's facilities and infrastructure are not yet supported by sufficient facilities and infrastructure.

#### **Monitoring**

Monitoring is carried out by the club by assessing and correcting the implementation of work to gain confidence that it can meet the target criteria. Supervision of players has been carried out by the regulations made, but some have not yet run due to several obstacles. Supervising activities, the supervision of club activities is entirely left to the coach alone as the person in charge of supervising the performance of club activities. Regarding the evaluation carried out by the coach, the evaluation process is used as a reference material for activities to be held. The evaluation is carried out by the coach after each training session in the form of strengthening the material and directing the correct technique, whether the training carried out is according to plan properly, if not according to plan why it can happen, and this is a form of supervision so that training standards are maintained. In achieving player performance, the coach measures ability by holding trial matches against local clubs. To see the development of each individual and teamwork.

#### **Discussions**

In general, the program planning program prepared to advance the Methodist club is not good, especially in the training program prepared by the coach is conditional. In planning the training program carried out by the coach, no physical planning is made, so that the training program that will be carried out is less structured, starting from the long term and short term. Then regarding the funding planning of the Methodist club, it only depends on cash contributions for each meeting, namely Rp.5000 / meeting, which makes the facilities and infrastructure needed very minimal or inadequate. Planning is a process and series of activities to set goals in advance for a certain period/period and the stages/steps that must be taken to achieve these goals. The planning function includes budget setting. Planning or planning will be more appropriate if formulated as setting goals, policies, procedures, funding, and organizational programs. So, with the planning function including budgeting, the management function is intended to determine the goals to be achieved by the organization.

In simple terms, the organization can be interpreted as a unit which is a container or means to achieve various goals, and the formation of an organization in the Methodist club that does not have specific or written evidence makes the players not know the club's organizational structure, even though it does not have a physical form or in writing, each member is considered to understand their respective responsibilities. An organization is a formal, structured, and coordinated system of association of a group of people who work together to achieve certain goals. The implementation of Methodist club activities has been running according to the existing schedule. There are some training obstacles, namely when it rains because it uses an outdoor field,

for infrastructure problems, it is inadequate because of the enthusiasm of many players with the number of balls used, because the Methodist club accepts all groups to participate in training, but the club already has the names of players to take part in events.

Supervision at the Methodist club has not gone well as seen from the lack of an active Chairperson in supervising club training activities. One of them is the responsibility for his duties at least the Chairman is present in the club's training activities. So it creates a lack of communication between the coach players and the chairman. Supervision is the process of observing the implementation of all organizational activities to ensure that all work being carried out is by a predetermined plan. Without measurement, management will be carried out in an undirected manner so that good management is not achieved. The coach always evaluates the training ends. The existence of an evaluation after training is complete aims for the players to be able to understand and understand what has been obtained during training and know what is right and not right during the training process.

Based on the research and the results of the conclusions regarding the Management of Basketball Sports Coaching at the Medan City Methodist Club in 2021, the researchers suggest several things, including; For the Chairperson of the Methodist club to supervise the field and establish communication with players and coaches. So that it can increase motivation for players and coaches; For the coach to continue to carry out a structured training program even though it is conditional so that it still makes the players get the desired standard; and For the players to have a good attitude and work hard to meet the standards desired by the club coach.

### **CONCLUSION**

Based on the results of research and discussion regarding the Management of Basketball Sports Coaching at the 2021 Medan City Methodist Club, it can be concluded as follows; Methodist club planning already has a fairly clear goal, such as the coach's training program has made it, but it is not recorded or in writing. Regarding funding, it only relies on cash contributions; Organizing Methodist club activities, there are already people in charge of each in their fields, but they do not have a written organizational structure of activities; Implementation of Methodist club training according to the scheduled schedule and with the enthusiasm of players in training. But in the training process, there are several obstacles such as inadequate facilities infrastructure, and communication; and Supervision of Methodist club activities still has shortcomings such as evaluation and supervision which are completely left to the coach which makes the club leader less aware of what obstacles and what is lacking in the field.

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