



ISSN: 2456-0057  
IJPNE 2017; 2(2): 366-368  
© 2017 IJPNE  
www.journalofsports.com  
Received: 03-05-2017  
Accepted: 04-06-2017

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## The evaluation of futsal training program in student activity units of engineering program in Universitas Diponegoro Semarang

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### Abstract

Futsal game is played by two teams of five players in each team. This study aims to carry out an evaluation on the implementation of the training program in Futsal engineer Diponegoro University of Semarang. She drew interest from researchers to conduct research into the implementation of the training program that was done from futsal coaches to athletesukm genius Diponegoro Semarang University. Researchers collect data using interviews and observation. Informants including coaches and athletes from Futsal ukm Engineering Diponegoro Semarang University. Based on the data collection that the implementation of the training program are not totally in accordance with the procedure by which athlete ukm genius University Diponegoro Semarang each workout just do futsal play as usual and Without correction of the coach, the infrastructure used is also not maximized, which increases the capacity of each individual the coach did not do optimally. The results showed that the implementation of the futsal training program conducted by athletes UKM genius University Diponegoro Semarang is going well and a maximum of results. The coordinating athlete coach can produce results as the correction and evaluation of the gaps of each individual that can affect the performance and ability of the athletes themselves may mean that the achievements of each individual will be able to Increase significantly with co-ordinated coaching coaches to athletes. The results of the data obtained by the results of the data and the actual facts on the ground that the training program implemented by the coach proved to effectively implement the futsal training program. The conclusion of this article athletes experience performance improvement by implementing the futsal training program tailored to the abilities and conditions of each athlete, as well as the principle of gradual training suppression load.

**Keywords:** implementation of the exercise program, futsal, SME engineering diponegoro University Semarang

### Introduction

Sport is a part of daily human activities that are useful to train physically and spiritually in good health. So far, sport has contributed positively and significantly to the improvement of public health. Besides exercise also play a role in improving the nation's ability to implement a system of sustainable development that achieve the realization of paths through olahraga achievement.

In accordance with the terms of sporting achievements mentioned above, sporting achievements of sports coaching and development potential to a person who makes in a planned, gradually and through skill in order to achieve high performance. By doing sports activities, a person must also have a good physical condition to be able to do sports activities achievements without experiencing excessive fatigue; on the contrary, if a person has a physical condition is not particularly good bad then someone will have Struggling to do sports activities are causing excessive fatigue, One branch of the sporting feat is futsal, through futsal, teenagers have taken many advantages, especially in terms of physical, mental and social growth. What people do futsal play is basically the same, namely to get pleasure, gain physical condition and get optimal functioning. The maximum course achievement also formed with the exercise program which was planned and structured with the adjustment needs of the athletes themselves.

Preparing the training program is an important task of a coach. Exercise program must be organized in a systematic manner and in accordance with the needs of the athletes. The success

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or failure of the goals to be achieved depends on the exercise program done in advance so that the results will be seen during the current futsal game. Know-how or ability of individual techniques greatly affect the game of futsal as a whole and without exception. If individual techniques are combined collectively futsal game will be easier to execute a tactic and strategy that is well-formed and conceived. Excellent technique must be owned by a futsal player to achieve the greatest achievement.

Benefits of the exercise program basically aims at a number of things such as: 1) Preparing an exercise program is one of the leaders of activities organized activities to get peak performance of a sport, 2) In order to avoid accidental factors in achieving excellence in sport, 3) effective and efficient use of time, money, effort to achieve objectives, 4) to identify obstacles quickly, and (5) supervising the production of the exercise program will clarify the direction and objectives to be achieved, (6) as a means of control if predetermined objectives have been achieved Or not.

Thus, researchers are interested in using athletes samples from ukm Engineering Diponegoro University to evaluate the achievement of results from the exercise program which was given the title of "Futsal program evaluation exercise on Some Engineering University Diponegoro Semarang".

### Literature

Futsal is a game played by two teams, each composed of five people. "According to Justinus Lhaksana (2011: 7) <sup>[6]</sup>, futsal is a game that is very fast and dynamic. Futsal is a team sport, large community will raise the level.

In terms of quantity, futsal is played by many people and the futsal phenomenon will increase rapidly. Seen from the other side in terms of quality, the majority of futsal players a lot of play for leisure, so the futsal basic sports lovers are still many shortcomings. Thus, the need for futsal sports enthusiasts have the basic techniques in futsal. It can be obtained either from reading even given a training will increase the knowledge of the basic techniques in futsal.

Futsal relies mainly on individual skills and quite minimal to rely on tactics and strategy. Modern futsal has to be done. Modern soccer futsal is a game with its players are taught with very fast ball circulation in attack and defense, in addition to the circulation of a player without the ball or the moment is right, (Justinus Lhaksana, 2011: 28) <sup>[6]</sup>.

Therefore, he needs the ability to master the basic game of futsal. The technique of basic futsal that are passing, controlling, feeding the stomach (flaking), dribbling and shooting. In addition to the basic ability of the technique to play futsal, indoor soccer team players must have a good strategy game by playing opposite team game to win the game. Own strategy artiannya is a ploy or a state of mind that is used to achieve long-term goals. The long-term goals in accomplishing the sport simply and solely is to achieve victory or to become champion.

The exercise program is a substance or activity that should be implemented in practice. Either in form to form physical conditions, techniques and strategies. To determine the exercise program should be based on several factors that can support the success of the exercise. Implementation of the exercise program right and adapted to the athletes' abilities to improve the quality of the athlete to the maximum. One thing that must be maintained in the preparation of the training program is to determine the objectives of the exercise beforehand or the targets to be achieved. It is very important for athletes to be able to practice with the motivation to

achieve the goals.

### Methodology

The research was conducted during the month with the methods used in this research is the method of qualitative research methods that are used in this study to examine the state of natural objects where the researcher is a key instrument.

This study uses the multiple regression model to analyze the data. Using in-depth interview technique, in-depth interview technique is an interview conducted in order to learn more about what is in the mind / heart, viewpoints, and meaning behind the words of the unknown by observation. The validity of data in the use of search methods is enhanced by the use of triangulation of data sources and then testing the validity of data analysis.

### Results and discussion

On the basis of the discussion on the training program at UKM Futsal, it can be the following results:

Futsal Coaching Program OnSme Engineering University Diponegoro have clarity in setting up development that is based on facts and data in accordance with field data.

Entry Futsal SME Management Engineering Diponegoro University has excellent graphics, this can be seen from the data obtained.

Process implemented in the development of SMEs Futsal Engineering Diponegoro University consists of aspects of the implementation of training programs, wellness, transportasi, and good coordination and in accordance with the procedure in athletes with the board The government, the coach and the surrounding community.

Product covering sports coaching at UKM Futsal IngénierieDiponegoro Semarang University by successful aspect of the coaching program which includes the possibility of playing futsal and success in the competition.

### Conclusion

The evaluation of training programs conducted by SMEs Futsal Engineering Diponegoro University has the result which was considered a success in creating the exit from the entry into the process which aims to form a product in this case, Futsal engineering team of the Diponegoro University has become a berkompentensi futsal team and able to achieve the envisaged achievement. The success of this program can not be separated from their execution infrastructure and human resources in Futsal technical SMEs who have a commitment and understanding of the principles of delivery of training.

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