

# **STRATEGI MANAJEMEN PELATIHAN ATLET *PETANQUE* DALAM PERSIAPAN UNTUK MINGGU OLAHRAGA PROVINSI TAHUN 2025**

## ***PETANQUE ATHLETE TRAINING MANAGEMENT STRATEGY IN PREPARATION FOR THE 2025 PROVINCIAL SPORTS WEEK***

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### **ABSTRAK**

Penelitian ini bertujuan untuk menganalisis dan merumuskan strategi manajemen pelatihan yang efektif bagi atlet *petanque* di Kabupaten Magetan dalam rangka persiapan Pekan Olahraga Provinsi (Porprov) 2025. Metode yang digunakan adalah kualitatif dengan pendekatan studi kasus. Pengumpulan data dilakukan melalui wawancara mendalam, observasi, dan dokumentasi yang melibatkan atlet, pelatih, dan pengurus cabang olahraga dari Federasi Olahraga *Petanque* Indonesia (FOPI) Kabupaten Magetan. Penelitian ini menyoroti pentingnya program pelatihan yang terstruktur, kepemimpinan yang efektif, dan manajemen sumber daya dalam meningkatkan prestasi atlet. Tantangan utama yang diidentifikasi meliputi keterbatasan fasilitas pelatihan, kurangnya pelatih yang berkualifikasi, dukungan psikologis yang tidak memadai, dan penjadwalan yang tidak konsisten, yang secara kolektif berdampak pada perkembangan atlet. Temuan penelitian menekankan bahwa manajemen pelatihan yang sukses memerlukan pendekatan holistik, yang mengintegrasikan pelatihan fisik, keterampilan taktis, dan persiapan psikologis. Penelitian ini merekomendasikan pengembangan kerangka kerja pelatihan yang komprehensif yang menggabungkan perencanaan berbasis kinerja, periodisasi yang selaras dengan kalender kompetisi, dan proses evaluasi rutin. Selain itu, pelibatan psikolog olahraga dan peningkatan pelatihan pelatih disarankan untuk meningkatkan ketahanan mental dan motivasi. Hasil penelitian ini diharapkan dapat memberikan rekomendasi praktis bagi manajer, pelatih, dan atlet di Kabupaten Magetan, yang dapat meningkatkan kinerja *petanque* dan berkontribusi pada bidang manajemen olahraga yang lebih luas. Penelitian ini menggarisbawahi perlunya menangani sumber daya berwujud dan faktor tidak berwujud, seperti motivasi atlet dan dukungan masyarakat, untuk mengoptimalkan keberhasilan dalam lingkungan yang kompetitif.

**Kata Kunci:** *Petanque*; strategi manajemen; pembinaan

### ***ABSTRACT***

*This study aims to analyze and formulate an effective training management strategy for petanque athletes in Magetan Regency in preparation for the 2025 Provincial Sports Week (Porprov). The method used was a qualitative case study approach. Data collection was conducted through in-depth interviews, observation, and documentation involving athletes, coaches, and sports administrators from the Indonesian Petanque Sports Federation (FOPI) of Magetan Regency. This study highlights the importance of a structured training program,*

*effective leadership, and resource management in improving athlete performance. Key challenges identified include limited training facilities, a lack of qualified coaches, inadequate psychological support, and inconsistent scheduling, which collectively impact athlete development. The study findings emphasize that successful training management requires a holistic approach, integrating physical training, tactical skills, and psychological preparation. This study recommends the development of a comprehensive training framework that incorporates performance-based planning, periodization aligned with the competition calendar, and a regular evaluation process. In addition, the involvement of sports psychologists and improved coach training are recommended to enhance mental resilience and motivation. The results of this study are expected to provide practical recommendations for managers, coaches, and athletes in Magetan Regency, which can improve petanque performance and contribute to the broader field of sports management. This research underscores the need to address tangible resources and intangible factors, such as athlete motivation and community support, to optimize success in a competitive environment.*

**Keywords:** *Petanque; management strategy; coaching*

## **Introduction**

Petanque, a precision sport originating from France, has gained significant traction in Indonesia, particularly in Magetan Regency, as the region prepares for the 2025 Provincial Sports Week (Porprov). This biennial event serves as a prestigious platform for athletes to showcase their skills, compete at a provincial level, and gain recognition from sports enthusiasts and stakeholders across East Java. The success of athletes in such high-stakes competitions is intricately linked to the quality of training management, which encompasses a range of components including planning, organizing, leadership, and control (Skinner et al., 2020). Effective training management ensures that athletes are well-prepared not only physically and technically but also mentally, enabling them to perform optimally under competitive pressure.

In Magetan Regency, petanque has emerged as a sport with considerable potential, driven by local enthusiasm and the support of community organizations like the Indonesian Petanque Sports Federation (FOPI). However, the development of petanque athletes faces several obstacles, including inadequate training facilities, a scarcity of specialized coaches, and limited psychological support systems. These challenges are compounded by the lack of a structured training approach, often resulting in the use of conventional methods that fail to address the diverse needs of individual athletes. Previous studies, such as those by Sunay (2017) and Zeynullagil (2022), underscore the importance of comprehensive training programs that integrate physical, tactical, and psychological aspects to enhance athletic performance. Building on this foundation, this study seeks to address these gaps by conducting a thorough analysis of current training practices and formulating tailored strategies to elevate petanque performance for the upcoming Porprov 2025.

The significance of this research extends beyond immediate Petanque improvement, offering actionable insights for sports managers, coaches, and athletes in Magetan Regency. By integrating data-driven planning, resource optimization, and psychological support, the study

aims to develop a robust training framework that can serve as a model for other regions. This introduction sets the stage for an in-depth exploration of training management components, the specific challenges faced in Magetan, and the proposed solutions, ultimately contributing to the advancement of petanque as a competitive sport in the region.

The performance of athletes in sports competitions is closely linked to the effectiveness of training management (Skinner et al., 2020). Good training management encompasses several key components, including planning, organizing, leadership, and controlling. Effective planning serves as the foundation, involving goal setting, the selection of appropriate training methods, scheduling, and resource allocation (Sunay, 2017). Organizing focuses on establishing a clear structure and managing resources efficiently to create a conducive training environment (Zeynullagil, 2022). Leadership, particularly from coaches, is crucial in motivating and guiding athletes to stay focused and committed to their training goals (Nuril Shofiyah et al., 2023). Lastly, controlling through regular monitoring and evaluation helps track progress and identify areas that need improvement (Zeynullagil, 2022).

However, the management of petanque training in Magetan Regency faces several challenges, including limited facilities and equipment, a shortage of qualified coaches, and inadequate psychological support. These issues can significantly impede athlete development and overall performance. Skinner et al. (2020) emphasize that successful sports training requires a well-balanced approach that integrates physical, tactical, and psychological preparation. Supporting this, a study conducted by Prasetyo et al. (2019) in Indonesia found that the development of athletes in less popular sports like petanque is often hampered by weak institutional support and insufficient infrastructure, which are crucial for sustainable training management. Similarly, research by MacNamara et al. (2010) in the United Kingdom highlighted the importance of psychological characteristics and long-term athlete development models in optimizing sports performance, stressing the need for a structured and holistic training program.

Previous studies have shown that strategic training management contributes significantly to improving athlete performance. Research conducted by Sunay (2017) emphasized the importance of comprehensive training programs that address both physical and mental aspects. Therefore, this study aims to identify and analyze the key factors affecting training management in petanque and provide recommendations to improve athlete performance in Magetan Regency.

## **Method**

This study uses a qualitative descriptive method with a case study approach to explore the management of petanque athlete training in Magetan Regency. The type of research is field research, aimed at understanding the real conditions and challenges faced in the training process. The population in this study includes all parties involved in the petanque training management, while the research sample consists of 10 participants, including athletes preparing for Porprov 2025, coaches, sports administrators (FOPI Magetan), and supporting personnel such as sports psychologists and medical staff. Data collection instruments include in-depth

interviews, direct observations of training sessions, and documentation analysis of training records, programs, and competition results. The collected data were analyzed using descriptive qualitative analysis through data reduction, data presentation, and drawing conclusions, supported by triangulation to ensure data validity and reliability.

## **Results**

The results of this study indicate several critical findings regarding the management of petanque athlete training in Magetan Regency. Training program planning remains a major weakness, as current plans are not based on accurate assessments of athletes' physical conditions or performance data. Instead, coaches tend to rely on traditional methods that do not address individual needs. The training schedules are often not aligned with the Porprov 2025 competition calendar, leading to inadequate preparation. There is also a lack of specialized programs targeting tactical skills and mental readiness, and periodization is rarely applied properly. The absence of personalized training plans limits the ability to address specific skill deficits such as throwing precision or strategic movement, and the lack of regular feedback between coaches and athletes prevents timely adjustments during training.

Resource organization also presents significant challenges. Training facilities and equipment are limited, forcing athletes to train in non-standard venues like open fields that do not meet the requirements of the sport. Human resource management is underdeveloped, with unclear role assignments for coaches and minimal involvement of support personnel. The recruitment and development of coaches are hampered by budget constraints and insufficient institutional support, resulting in a reliance on volunteer coaches with varying competencies. These limitations restrict the overall quality and consistency of training delivery.

In terms of coach leadership, the findings reveal that many coaches struggle with effective communication and fail to provide the necessary motivation and guidance. Psychological support for athletes is minimal, even though mental preparation is crucial for optimal performance in competitive settings. Coaches are rarely provided with professional development opportunities, and structured mentorship programs for less experienced coaches are not available. This condition negatively affects athlete confidence and the overall training atmosphere.

The evaluation and control mechanisms in the training process are also inadequate. There is no consistent monitoring of athlete performance, and evaluations are rarely data-driven. Training adjustments are often based on subjective impressions rather than measurable outcomes, resulting in missed opportunities for performance improvement. There is a lack of standardized performance metrics and no structured system for feedback and review. Communication between coaches and athletes is weak, and athletes often do not receive detailed or constructive input about their performance. To improve training effectiveness, the implementation of a structured evaluation framework is essential. This should include periodic assessments using modern tools such as video analysis and performance tracking, allowing for timely and targeted modifications to the training regimen in preparation for Porprov 2025.

## Discussion

The findings of this study reveal critical gaps in the training management of petanque athletes in Magetan Regency, particularly in areas of planning, resource organization, coach leadership, and evaluation systems. These issues significantly hinder athlete development and readiness for major competitions such as Porprov 2025. One of the main discoveries is the lack of data-driven planning, which has resulted in training programs that are generic and misaligned with athletes' individual needs and the competition calendar. This finding supports earlier research by Sunay, which emphasized the importance of periodization and individualized training in optimizing performance. Additionally, Siregar and Wahyudi (2021) highlight that strategic planning in regional sports development, such as in Gorontalo Province, requires tailored programs that account for local resource constraints, a challenge also evident in Magetan's petanque training context. However, while existing studies have established the value of these concepts in general sports contexts, this research provides a more specific insight into how their absence directly impacts the development of petanque athletes in a regional Indonesian setting. It adds new depth by highlighting the consequences of unstructured training programs, such as inconsistent readiness and limited tactical growth, issues that are rarely explored in niche sports like petanque.

Moreover, the study underscores how poor resource management—particularly limited facilities, inadequate coaching staff, and the absence of structured support systems—creates a training environment that is suboptimal for athlete development. This aligns with findings from Zeynullagil (2022), who emphasized the role of resource support in shaping athlete outcomes, and Siregar and Wahyudi (2021), who emphasized the role of resource support in shaping athlete outcomes. However, this study goes further by showing how resource limitations, when combined with weak leadership and evaluation practices, compound the negative effects on performance and motivation. Unlike prior studies, which often treat each aspect of training management in isolation, this study provides a more integrated understanding of how multiple factors interact to influence athlete progress.

The role of coach leadership was also identified as a major area for improvement. Many coaches in Magetan lack the leadership, communication, and motivational skills necessary to inspire and support athletes. These findings are consistent with research by Afif Farhansyah et al. (2023), which highlighted the strong correlation between effective coaching leadership and athlete motivation. However, this study introduces a more localized dimension by examining the implications of volunteer-based coaching systems in under-resourced regions. It shows that without professional development and mentorship, coaches are less able to foster psychological resilience in athletes—a crucial trait in high-pressure events like Porprov.

Another significant contribution of this study is the emphasis on the absence of structured evaluation and control mechanisms. Unlike prior research that broadly supports the use of performance data in guiding training adjustments, this study identifies how the lack of feedback systems in Magetan results in stagnation and missed opportunities for improvement. The findings reveal the need for systematic evaluations using objective metrics, which could inform

more adaptive and responsive training plans. Furthermore, integrating athlete feedback in this process promotes a participatory approach that enhances commitment and self-awareness.

Theoretically, this study strengthens the existing body of knowledge by confirming the relevance of established sports management principles—such as periodization, psychological preparedness, and leadership dynamics—in a rural Indonesian context. It also challenges the assumption that such principles are automatically applicable across different environments, emphasizing instead the need for contextual adaptation. Practically, this research provides a framework for regional sports organizations to improve training management through strategic investment in facilities, structured coach development programs, and integrated evaluation systems.

The impact of this study lies in its potential to guide sports stakeholders in Magetan Regency and similar regions toward more systematic and evidence-based training management strategies. By focusing on a niche sport with limited exposure, the research brings attention to areas often neglected in sports development discourse.

However, this study is not without limitations. The findings are context-specific and may not be generalizable to all regions or sports. The sample size, though sufficient for qualitative depth, may not capture the full diversity of perspectives within the petanque community. Future research could expand by comparing different regencies or employing mixed-method approaches to quantify the impact of specific interventions proposed in this study. Despite these limitations, the study offers valuable insights that can inform both policy and practice in sports training management at the grassroots level.

## Conclusion

The management of petanque athlete training in Magetan Regency for the 2025 Porprov requires significant enhancement across multiple dimensions. Improved planning based on performance data, optimized resource allocation, strengthened coach leadership, and a robust evaluation system are essential to maximize athlete potential. By implementing these strategies, petanque athletes in Magetan can achieve competitive success, elevating the sport's status in the region. This study provides a foundation for future research into longitudinal training impacts and broader sports management applications.

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