

DEVELOPMENT OF EARLY AGE FOOTBALL TRAINING MODEL BASED ON LONG TERM ATHLETE DEVELOPMENT

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ABSTRACT

Early childhood soccer training is still a lot of misguided and incompatible with the concept of long-term athlete coaching. This study aims to develop and test the feasibility of a model of early childhood football training based on Long Term Athlete Development. The research method used is the research and development proposed by Borg and Gall which was modified into seven main steps, namely: 1) gathering field information, 2) analyzing the information collected, 3) developing the initial product (draft model), 4) expert validation and revision, 5) small and revised group trials, 6) large and revised group trials, and 7) final product manufacturing. The research instrument used interview guidelines and value scales. Data analysis techniques used the Content Validity Ratio (CVR) and Content Validity Index (CVI) analysis to prove the validity of the early soccer training model based on Long Term Athlete Development and Alpha Cronbach to prove the level of reliability of the early football training model based on the Long Term Athlete Development. The results showed that the early age soccer training model was in accordance with the concept of long-term athlete development and was feasible to be applied in early childhood soccer coaching.

Kata Kunci: Football Training Model, Early Age, and Long Term Athlete Development