

Increasing the Potential of Sports Teachers in Exploring the Potential of Outstanding Athletes Through Early Identification of Sports Talent

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Abstract

Talent identification is important to find potential talented athletes at an early age to be trained to a high level of achievement. This talent identification is intended to estimate the probability of children who are talented in sports to be able to succeed in undergoing a training program so that they are able to achieve their peak achievements. Every child is unique, as is the potential or talent they have. The uniqueness of each child must be fully realized by a teacher/coach in developing children into future athletes. As we know, every child has a certain potential/talent in sports. This potential must be explored with a science and technology approach to be developed to a further level. The identity of Physical Education develops along with the evolution of society and its supporting sciences, including sports science. This evolution provides the identity of physical education as an academic discipline and physical education as a life profession. Almost every school has extracurricular sports. Extracurricular activities are a place for students to channel their interests and talents outside of academic lessons at school so that not a few high-achieving athletes are born from extracurricular activities in schools. For that, the trainer must understand the characteristics of the child and recognize the growth and development of the child's movement which is then used as a reference to recognize the potential of early childhood to be trained. The process of achieving achievement is effective if the athletes being trained are selected athletes who have the potential that matches the demands of the specifications of the sport. The athlete's achievement is not only in their training, but must also build the mentality of the athletes in applying Sports Science.

Keywords: Identification, Sports Talent, Early Age

INTRODUCTION

Talent is something that is very necessary in achieving sports achievements. In an effort to become an athlete with achievements, a person must absolutely have talent in the sport he is pursuing. The talent that a person has still requires further coaching or training, if he wants to achieve maximum achievements in the future. Thus, the importance of talent in achieving sports achievements, so to advance sports achievements in Indonesia, talented athletes are needed. [1] stated that "Talent is the ability to form the expertise or success of a person in doing something." A good talent identification system is considered the first step to becoming an international athlete [2].

Identification of talent or efforts to find potential athletes is one of the tasks of a teacher and sports coach. The task of talent identification is basically based on predictive thinking about the possibility of achieving achievements if someone is given serious sports learning and training activities from an early age. If it is estimated that a child is likely to achieve high achievements in the field of sports in the future, then it is not wrong if the

child in question is directed to pursue sports activities from an early age. Identification and recruitment are one way to select young athletes who excel with superior potential to become professional senior athletes [3][4]

To be able to successfully identify talents, various knowledge is needed, including the nature of achievement in each sport, factors that influence achievement, and knowledge of sports research. Talent identification is very important and has great benefits for the development of sports in the future. Therefore, talent guidance in early childhood is very important to do. Stated that the characteristics of elementary school children include physiological, psychological and sociological characteristics [5]. By knowing these characteristics, it is hoped that coaches can apply training programs appropriately, according to the child's needs. Furthermore, the characteristics of children from various age levels according to Annarino are as explained below.

Characteristics of children aged 6-8 years

In general, the physiological characteristics of children aged 6-8 years

include: (1) slow reactions, poor coordination, activities using large muscle groups, like fighting, hunting, climbing, and chasing; (2) always active, enthusiastic, and responsive to rhythmic sounds; (3) soft bones; (4) heart easily weakens; (5) senses and perception are developing; (6) eye and hand coordination is developing; (7) easily sick; (8) permanent teeth grow. Furthermore, other characteristics, namely the psychological characteristics of children in this age range include: (1) attention is easily diverted; (2) always curious; (3) speech organs are developing; (3) like to repeat fun activities; (4) thinking ability is still limited; (5) interested in everything; (6) creative and has a high imagination

Characteristics of children aged 9-10 years

The physiological characteristics of children aged 9-10 years include: (1) basic motor coordination has improved; (2) endurance begins to increase; (3) physical growth is steady; (4) eye and hand coordination is good; (5) body posture is not yet good; (6) physiologically, girls are one year more advanced than boys; (7) permanent teeth begin to appear, replacing milk teeth; (8) gender differences have not yet had an effect; (9) individual differences are increasingly apparent; (10) tend to be easily injured due to mobility. The psychological characteristics include (1) scope of attention is wider, curiosity to achieve develops; (2) thinking ability increases; (3) likes to fantasize, likes music, and rhythmic movements; (4) likes to imitate his idols; (5) interest in organized games begins to increase; (6) has a strong desire to be like an adult; (7) likes to repeat activities; (8) likes competitive activities.

Characteristics of children aged 11-12 years

In children aged 11-12 years or in the upper class category, physiological characteristics include: (1) more developed supporting muscles; (2) increasingly aware of their own body condition; (3) more active games are preferred; (4) not a period of increasing height and weight; (5) development of muscle strength is not in line with the rate of growth; (6) motor reactions are improving; (7) interest in competitive sports is starting to emerge; (8) differences between boys and girls

are increasingly apparent; (9) appear healthy and strong; (10) good motor coordination; (11) at this age, leg length development is faster than upper limbs; (12) muscle strength between boys and girls is increasingly different. The psychological characteristics of children of this age include: (1) greater interest in more complex sports games; (2) strong sense of heroism; (3) scope of attention is also increasing; (4) feeling proud of their own skills; (5) concern for their group is increasingly strong; (6) His enthusiasm easily decreases when he fails or is less successful; (7) He places great trust in those who are more mature; (8) He always wants to get recognition from his teacher; (9) He holds fast to the meaning of punctuality.

Talent identification is one way to find talented and potential athletes from an early age, to be developed in a particular sport in order to achieve optimal performance [6]. Research shows how important the talent possessed by athletes is to reach the Olympic level [7]. Proper talent development in a specific sport from an early age can help athletes reach the highest peak of achievement [8][9]. Research shows that adolescents who decide to stop training and sports activities are mostly due to difficulties in adjusting based on their own abilities. Here, the role of parents in understanding the right parenting methods can determine adolescent sports talent precisely [10].

METHOD

The implementation of community service on sports talent identification is carried out within 2 months starting from August 5 to September 9, 2024, located in Central Lombok. The form of socialization activities for sports talent identification with anthropometric measurement tests and physical tests. The implementation time for this socialization activity is for 2 days, Saturday and Sunday, September 7-8, 2024. Participants in this training consisted of 50 sports teachers throughout the Central Lombok sub-district, this activity took place at Prayitna Elementary School, Jl. Mandalika No. 6 Praya, Praya District, Central Lombok Regency. The

method used in the implementation of this community service is the theory and practice method of testing and measurement.

RESULTS AND DISCUSSION

The implementation of this community service was carried out by presenting the

theory regarding the steps that must be taken in identifying sports talents towards high-achieving athletes, then a discussion and Q&A session was held with the participants.



Figure 1. Presentation of material on identifying talent in sports.

After providing material on talent identification in sports, on the 2nd day the participants/sports teachers went into the field

to practice testing and measurement activities on students at the school to collect data.



Figure 2. Implementation of anthropometric and physical tests and measurements

Data on the results of students' anthropometric tests conducted by sports teachers with the types of test items conducted, as shown in Table 1.

Table 1. Anthropometric Identification

No	No	TB (cm)	BB (Kg)	PT (cm)	TD (cm)	RL (cm)	PTKka (cm)	PTKki (cm)	PTTka (cm)	PTTki (cm)	PJka (cm)	PJKki (cm)
1	LAR	170	84	98	89	172	27,5	27	19,6	20	20,6	21,5
2	Q AI	142,5	51	81	73	149	24,3	24,2	16,7	16,3	20,6	19,8
3	AI A	150	51	91	73,5	155	23,5	24	16,2	16	19,5	19
4	MGA	147,3	62,5	80	78	145	23,5	23,5	16	16,5	18,8	19,5
5	DC	147	37,5	92	80	150	22	22	16,5	16,8	16,5	17
6	UA	147	32	88	73	146	22	22	16,6	16,5	19	18,5
7	THEM	141	34	80	73	140	22,5	22,7	15,2	15,5	19,5	19,5
8	MRS	145,5	38	84	73	143	22,7	22,8	16	16	18,5	18,5
9	MDH	142	48	81,5	75,5	146	22	22,5	16	16	19,5	19,5
10	I'm sorry	151,5	73	85,5	81	155	25,1	25,3	17,5	17,8	20,2	20,5

Student biomotor identification is a continuation of the student anthropometric component test, an important process in understanding and measuring physical abilities that underlie sports performance and other physical activities. The following describes the results of the student biomotor test in table 2.

Table 2. Identification of Physical Abilities (Biomotor)

No	No	Hand Wall Toss Test (time)	Sprint 20 Meter (Second)	Zig Zag Run (Second)	Ruler Drop Test (cm)	Vertical Jump (cm)	Pacer test	
							Wash	Laps
1	LAR	17	4,83	9,22	11,5	28	2	9
2	Q AI	14	3,95	8,35	25	30	2	10
3	AI A	10	3,41	7,59	15	39	3	17
4	MGA	11	4,33	8,78	17,5	24	2	9
5	DC	8	4,53	8,89	12,5	30	2	10
6	UA	4	4,80	9,36	18	25	2	10
7	THE M	8	4,13	8,38	21	32	4	28
8	MRS	3	4,61	8,82	15	29	3	16
9	MDH	17	4,48	8,02	15	37	3	16
10	I'm sorry	3	4,31	9,64	12	21,5	2	9

Community Service conducted at Prayitna Elementary School, Jl. Mandalika No. 6 Praya, Praya District, Central Lombok Regency went smoothly and the sports teachers were very enthusiastic in participating in the training. This training was attended by approximately 50 participants consisting of sports teachers at schools throughout the Central Lombok District, the implementation of this training lasted for 2 days. The purpose of implementing this community service is to improve the ability of sports teachers in identifying talents in sports in order to conduct a search for potential athletes who excel [11]

The process of talent recognition and identification should be a priority activity for coaches and training specialists in order to develop and improve the psychological criteria used to find someone who is more talented in high sport performance [12] The use of scientific criteria in the talent identification process has several advantages as follows: (1) substantially reducing the time required to achieve the highest ability by selecting individuals who are talented in the sport (2) reducing the volume of work and energy that must be done by the coach. The effectiveness of the training given by the coach is usually supported by the effectiveness of the athletes who have superior abilities (3) increasing the competitive atmosphere and the number of athletes included and the achievement of high levels of ability, as a result of which is a homogeneous national team and stronger for appearance at the international level (4) increasing the athlete's self-confidence because of better performance compared to other athletes of the same age who did not go through the selection process (5) indirectly providing motivation for the application of scientific training, assistant sports coaches who help in talent recognition are motivated to continue to monitor the athlete's training.

Talent identification is an effort made systematically to identify someone who has potential in sports, so that it is estimated that the person will succeed in training and can achieve peak performance [13]. Another

definition of talent identification is said to be an effort made to estimate with high probability the chances of someone who is talented in competitive sports to be able to succeed in undergoing a training program so that they can achieve peak performance. Talent is a person's hidden ability that is possessed since birth and which is the basis of their real ability. The division of talents we know as general talents, namely; talents that everyone has, although different in level which is usually called intelligence.

Special talent is: a prominent ability in a person that is not found in everyone. While sports talent is: a basic ability related to motor performance and is a combination of several abilities with a person's attitude and body shape.

CONCLUSION

Community service activities to identify talents in sports are very useful for capturing the seeds of high-achieving athletes from an early age. Sports teachers have an important role in the recruitment of high-achieving athletes in schools, so that teachers' knowledge and insight regarding sports identification must be improved. Through this activity, teachers can be assisted in coaching and training high-achieving athletes in schools.

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