

FUTSAL EXTRACURRICULAR COUNSELING STRATEGY IN IMPROVING STUDENTS' NON-ACADEMIC ACHIEVEMENTS AT SDN 081 PANYABUNGAN

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Abstract

This study aims to describe the futsal extracurricular coaching strategy in improving students' non-academic achievements at SDN 081 Panyabungan. The study used a descriptive qualitative approach with futsal extracurricular coaches and students as research subjects. Data collection techniques were carried out through interviews, observation, and documentation, while data analysis was carried out through the stages of data reduction, data presentation, and drawing conclusions, with data validity guaranteed through triangulation of sources and techniques. The results of the study indicate that the futsal extracurricular coaching strategy is implemented through short-term and long-term training planning, structured and sustainable coaching implementation, and systematic evaluation. This coaching strategy is able to improve students' non-academic achievements, both in the form of championship achievements and character development such as discipline, self-confidence, teamwork, and sportsmanship. Thus, futsal extracurricular coaching plays a strategic role in developing students' non-academic potential optimally and sustainably.

Keywords: Futsal Coaching, Non-Academic Achievements, Extracurricular Activities

INTRODUCTION

Education essentially plays a role in helping humans optimize their inherent potential. Everyone is born with different talents, interests, and abilities, so education serves as a means to develop these unique qualities. Through the right educational process, individuals can recognize and enhance their strengths, both in terms of intellectual abilities, skills, and character development. Efforts to develop this potential are not only beneficial for personal achievement but also contribute to social progress and the economic growth of society. (Khairiah, 2025)

Education focuses not only on academic achievement but also on developing students' non-academic potential. One avenue for developing non-academic potential in schools is extracurricular activities. Extracurricular activities play a crucial role in shaping character, discipline, and teamwork, as well as improving students' non-academic achievements.

Extracurricular activities aim to provide students with time to de-stress from academic demands. These activities allow them to escape from the routine of classroom learning. By participating in extracurricular activities, students can relax and explore new things without the same pressures as in an academic environment.

Extracurricular activities provide students with the opportunity to develop non-academic skills that are invaluable for their future lives. Through extracurricular activities, they can learn communication and creativity skills. Extracurricular activities also play a role in preparing students to face challenges after they graduate. Through these activities, students learn to manage their time effectively, carry out responsibilities effectively, and develop leadership skills. Extracurricular activities strengthen their ability to adapt to situations outside the school environment, making them more prepared and confident to navigate life beyond formal education. (Nurhasanah, 2025)

Sports play a crucial role in human life, especially in today's modern era. Sports activities have become an integral part of everyday life. Through sports, individuals can learn the values of discipline, sportsmanship, perseverance, competitive spirit, cooperation, adherence to rules, and courage in decision-making. Thus, sports contribute to developing a healthy personality, both physically and mentally. One sport that is popular among students today is futsal. Futsal extracurricular activities are sports activities conducted outside of formal school hours. These activities serve as a form of student development services, aiming to optimally channel and develop students' potential, talents, interests, and needs. (Halim et al., 2013)

Futsal extracurricular activities are a form of self-development that serves as a strategic platform for students to explore, channel, and hone their interests and talents outside of formal learning. Through these activities, students are not only trained in sports skills but also fostered in teamwork, sportsmanship, discipline, and social responsibility. To optimally achieve the goals of futsal extracurricular activities, a well-organized coaching and management strategy is required, encompassing thorough program planning, structured and sustainable activity implementation, and systematic and ongoing evaluation. With proper management, futsal extracurricular activities can be a crucial instrument in integrating the development of students' non-academic potential in a balanced and sustainable manner (Abimayu, 2024).

In today's educational landscape, the need for effective extracurricular development strategies is increasingly crucial, particularly in efforts to improve students' non-academic achievements. Good development allows students to maximize their abilities, talents, and potential through targeted and programmed activities. However, many educational institutions lack an optimal futsal extracurricular development and management strategy, resulting in underachievement of students. On the other hand, there are also schools that have implemented effective and well-planned futsal extracurricular development strategies, significantly improving students' non-academic achievements.

SDN 081 Panyabungan is one example of an educational institution that places serious emphasis on developing strategies for futsal extracurricular activities. This school provides an adequate platform for students to develop their skills and achievements in futsal. The school's futsal extracurricular development emphasizes the values of discipline, teamwork, and sportsmanship as the foundation of every training activity and competition. This coaching approach is not only oriented towards achieving non-academic achievements but also plays a

role in developing students' character, which is resilient, responsible, and has a strong fighting spirit.

This study aims to explore in depth how the extracurricular futsal coaching strategy at SDN 081 Panyabungan can positively impact students' non-academic achievements. In this study, researchers focused on various aspects of coaching, from planning training strategies and implementing structured and sustainable coaching programs to evaluating the success and impact of extracurricular futsal activities on student development. Furthermore, this study also examines the challenges faced in the extracurricular futsal coaching process and the impact of these activities on student development, both individually and in their social interactions within the school environment.

IMPLEMENTATION METHOD

This study used a descriptive qualitative approach to gain an in-depth understanding of the futsal extracurricular coaching strategy for improving students' non-academic achievement. A qualitative approach was chosen because it seeks to examine the process, meaning, and experiences of the research subjects in a natural setting without manipulating variables. The study was conducted at SDN 081 Panyabungan, chosen because the school has a structured futsal extracurricular coaching program and has achieved significant non-academic achievements.

The research subjects consisted of the futsal extracurricular coaches and students participating in the extracurricular activities. Data were collected through in-depth interviews, observation, and documentation. Interviews were conducted to gather information related to the planning, implementation, and evaluation of the futsal coaching strategy, while observations were used to directly observe the training process and interactions during the activities. Documentation, including training schedules, activity photos, and documents on students' non-academic achievements, served as supporting data.

Data analysis was conducted qualitatively through the stages of data reduction, data presentation, and conclusion drawing. To ensure data validity, this study employed source and technique triangulation, comparing data from interviews with coaches and futsal participants, as well as observations and documentation. Through this procedure, this study is expected to provide a comprehensive and valid overview of extracurricular futsal coaching strategies for improving students' non-academic achievement.

RESULTS AND DISCUSSION

SDN 081 Panyabungan is known as one of the public elementary schools that actively develops the non-academic potential of students through various extracurricular activities, particularly in the field of futsal. This school not only focuses the educational process on academic achievement, but also pays serious attention to fostering student talents and interests as part of efforts to improve non-academic achievements. The school's consistency in managing futsal extracurricular activities is reflected in the active involvement of students in various competitions and achievements achieved at the regional level. This success is inseparable from the implementation of a systematic and sustainable futsal extracurricular

development strategy. In addition, the active involvement of parents, both through motivation, attention, and the provision of supporting facilities, plays a crucial role in improving student performance. The competence of coaches and the role of teachers are also very influential in guiding and developing student potential optimally. In addition, the availability of adequate facilities and infrastructure is a major supporting factor so that students can train well and experience maximum development in futsal extracurricular activities. All of these factors are interrelated and contribute to supporting student success beyond the academic learning aspect. (Alfiyana et al., 2024)

In addition to providing opportunities for students to achieve, extracurricular activities also play a crucial role in character development. Through involvement in extracurricular activities, students can increase self-confidence, foster discipline, develop responsibility, and practice teamwork skills. Extracurricular activities, particularly futsal, are an effective means of developing students' disciplined character. This character-building process occurs through the instillation of positive behavior, the instillation of values of togetherness in team interactions, the role models provided by coaches, and the internalization of values through direct experience during participation in activities. (Perdana et al., 2025)

This study explores strategies for fostering extracurricular futsal activities with the aim of improving students' non-academic achievement at SDN 081 Panyabungan. Through analysis of data obtained from interviews, observations, and documentation, it was found that the futsal extracurricular coaches play a crucial role in designing and implementing the development program in a planned and sustainable manner. This role is reflected in the development of training programs, scheduling activities, and providing support and motivation to students. This creates a conducive, safe, and comfortable school environment that allows students to develop their potential, interests, and talents in futsal. Research findings on extracurricular futsal coaching strategies to improve students' non-academic achievement at SDN 081 Panyabungan yield several important points, as follows:

1. Futsal Extracurricular Development Planning Strategy

Planning for futsal extracurricular development is the main foundation for improving students' non-academic achievements. At SDN 081 Panyabungan, the futsal development planning strategy is systematically designed, setting goals oriented toward achieving competitive success. The development objectives are not only directed at mastering basic futsal techniques, but also at preparing students to participate in and win various futsal championships. This planning includes the development of a training program, namely:

- a. Short-term training strategy. The short-term training strategy in futsal extracurricular development is aimed at achieving technical and performance targets for students in a relatively short period of time. Short-term training focuses on preparing students for specific matches or championships, so the training material is designed intensively and specifically according to the needs of the competition. At this stage, the coach emphasizes mastery of basic futsal techniques, such as passing, dribbling, shooting, ball control, and understanding playing positions.
- b. Long-term training strategy. The long-term training strategy is an important part of futsal extracurricular development, oriented towards developing sustainable non-academic achievements. Long-term training is designed to develop students' potential

gradually and consistently, not only for immediate competition needs, but also to build a strong foundation of futsal skills (Irawan & Nahroi, 2020). In long-term training, coaches develop a continuous training program throughout the school year. This program includes the development of advanced techniques, an understanding of game tactics and strategies, and the improvement of overall teamwork. Coaching is conducted in stages according to the students' ability levels, so that each student has the opportunity to develop optimally.

2. Structured and Sustainable Coaching Implementation Strategy

The strategy for implementing extracurricular futsal coaching at SDN 081 Panyabungan is implemented in a structured and sustainable manner through systematically designed routine training. Coaching emphasizes a clear division of training stages, starting with strengthening basic futsal techniques, developing teamwork, and implementing game strategies. This implementation pattern aligns with the view that sports coaching in elementary schools must be implemented in stages to ensure optimal and sustainable student skill development. Training is scheduled, with adherence to the principles of continuity and consistency. Each training session is designed not only to improve students' technical skills, but also to instill attitudes of discipline, responsibility, and teamwork (Agus, 2017).

Furthermore, the futsal coaching strategy emphasizes active student involvement during training. Students are encouraged to participate maximally through group exercises, small-sided games, and match simulations. This method aims to enhance students' understanding of game patterns and hone their communication and teamwork skills. Sustainable coaching is a crucial aspect of this strategy. Continuous training allows students to experience gradual and steady improvement in their skills. Ongoing coaching also allows coaches to adjust training strategies according to student development.

Therefore, a structured and sustainable extracurricular futsal coaching strategy serves as a key foundation for improving the quality of coaching and developing students' non-academic achievements. Consistent, participatory, and process-oriented implementation are key to the success of futsal coaching at the elementary school level.

3. Evaluation Strategy in Futsal Extracurricular Development

Evaluation is a crucial part of the futsal extracurricular development strategy because it serves to determine the success of the implemented program and to measure the extent to which the development objectives have been achieved. Evaluation is conducted by observing the development of students' abilities, both in terms of futsal playing skills and attitudes and behaviors during extracurricular activities. Evaluation techniques include direct observation during training, game simulations, and monitoring student performance in various sports learning situations (such as participation in match situations from a technical monitoring perspective). This evaluation aligns with futsal training program evaluations, which emphasize the assessment of training processes and outcomes to determine program effectiveness (e.g., the CIPP evaluation model, which assesses the context, process, and outcomes of sports development) as a mechanism to assess the alignment of implementation with the formulated objectives. (Rewo et al., 2023)

Through the evaluation process, coaches can identify strengths and weaknesses in

the implementation of the development program. The evaluation results are used to develop improvements in future training strategies to optimize the futsal extracurricular development. Continuous evaluation allows coaches to adjust training loads, training methods, and skill development approaches to reflect the dynamics of student development over time. Technically, implementing process and outcome evaluation in sports is an effective form of coaching quality control, examining aspects of implementation, participants, and outcomes, both in terms of technical skills and participant engagement in extracurricular activities.

With continuous evaluation, futsal extracurricular activities can continuously improve in quality and positively impact student development, including personal skills, motor coordination, and teamwork skills, which are part of non-academic achievement.

4. Challenges in Extracurricular Futsal Development Strategies

In implementing extracurricular futsal development, several challenges affect students' non-academic achievements. Internal challenges include differences in physical and technical abilities among students and varying levels of discipline, which often slow down the development process because each individual adapts to training at different rates (e.g., adapting training techniques and the need for varied training models). Furthermore, limited facilities and infrastructure and limited training time are external challenges often encountered in school sports development, especially when funding and sports facilities are inadequate to support quality training activities. Research on futsal strategy development shows that a lack of facilities and resource support can be a barrier to the optimal implementation of sports development programs (Zainessa, 2025).

These challenges can be addressed through adaptive and contextual development strategies, such as grouping training based on student ability level, providing ongoing achievement motivation, and instilling commitment and responsibility in students. This adaptive strategy aligns with the development of training models recommended in the literature, which encourage a variety of training methods to suit the needs of participants and increase their involvement in the development process to avoid monotony or over-emphasizing one skill group.

5. Impact of the Coaching Strategy on Students' Non-Academic Achievement

The planned, structured, and sustainable implementation of the futsal extracurricular coaching strategy at SDN 081 Panyabungan has had a real and significant impact on improving students' non-academic achievement. The coaching, which began with clear training program planning, consistent training implementation, and ongoing evaluation, has created an effective and focused coaching process. Students' success in achieving achievements in various futsal competitions, including first place in the PGMI CUP III event organized by STAIN Mandailing Natal for elementary schools (SD/MI) throughout Mandailing Natal Regency, is a concrete indicator that the coaching strategy is working well and producing optimal results.

In addition to championship achievements, the futsal extracurricular coaching strategy also has a positive impact on the development of other non-academic aspects of students. Through training and competitions, students experience increased self-confidence in showcasing their abilities, develop discipline in following rules and training schedules, and develop teamwork and communication skills. This coaching process

indirectly trains students to be responsible, respect each other, and demonstrate a spirit of sportsmanship in competition. Thus, the extracurricular futsal coaching strategy not only contributes to non-academic achievement but also plays a vital role in developing students' competitive, sporty, self-confident, and goal-oriented character.

CONCLUSION

Based on the research results, it can be concluded that the futsal extracurricular development strategy at SDN 081 Panyabungan, designed through careful planning, structured and continuous implementation, and consistent evaluation, has been proven to be able to significantly improve students' non-academic achievements. This development strategy not only has an impact on achieving achievements in various futsal championships, but also contributes to the development of student character, such as discipline, self-confidence, responsibility, and teamwork skills. Thus, futsal extracurricular development is a strategic tool in developing students' potential as a whole and supporting the achievement of educational goals beyond the academic aspect.

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