Development of A Football Physical Training Model through A Holistic Approach

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ABSTRACT: The purpose of this study was to develop a model of physical exercise with a holistic approach in football. This research is a development research with a model design adapted from Borg & Gall. The subjects of the study were junior soccer player SSB Adiyaksa Rejang Lebong age 17 and three football experts as assessors. The development of this training model was carried out by piloting the model on SSB Adiyaksa athletes using a small group test of 10 athletes and a large group test of 20 athletes where the method used was an expert validity method with assessment using questionnaire instruments and pre-test and retest methods for product reliability tests (physical training models) which were analyzed using the correlational r formula. The process of developing this holistic training model is carried out through the first stages, namely looking for potential problems, data collection, product design, design validation, design revision, product trial, product revision, usage trial, and product revision. The instruments used in the study, namely: 1) Questionnaire for model development, 2) Physical exercise test with Yo-Yo Intermittent Recovery Test (Yo-Yo IR test) VO2Max test development to determine the endurance ability of an athlete. Then an expert validation test was carried out with a questionnaire assessment so that 89.6% validity was obtained in the "Very Good/feasible" category and a small group reliability test of 0.999 with the "High" category and a large group of 0.997 with both reliability categories "High".

KEYWORDS: Development, Physical Training, Football and Holistic

I. INTRODUCTION

Currently, football is a sport included in the draft of the National Sports Grand Design (DBON) in accordance with Presidential Regulation number 86 of 2021 (Fatoni et al., 2021). However, football is not a sport for priority achievement, but a sport that enters the sports industry which is indeed with its characteristics as the most popular sport throughout the world, including Indonesia. Based on Presidential Instruction No. 3 of 2019 in order to accelerate the improvement of football achievement, ministries or institutions are instructed to take steps to improve national and international football achievements in accordance with their duties, functions, and authorities.

The popularity of football is not only for the general public, but also belongs to the intellectual community. Many researches conducted by academics and intellectuals related to football, especially in the analysis of how football can be more developed and advanced in terms of athlete performance (Gantois et al., 2019). Therefore, the existence of football gets more attention from various circles, so that achievements are always sought through learning and training in football schools and football clubs (Naspendra, 2020; Syahroni et al., 2019; Widowati, 2015).

Football itself is a game played by 11 players from each team consisting of 2 teams or commonly called the team (Morgans et al., 2014). Each team must try to put as much ball as possible into the opposing team's goal and also defend the team's own goal so as not to concede the ball. Sports led by a referee and assisted by 2 linesmen aim that all rules in this game sport can be carried out properly in the hope of upholding the value of sportsmanship (Vargas González et al., 2017). In order to achieve the goals of the team, a strong, solid and tough team with a compact game is needed to be filled by players who have advantages in playing football who are able to master all parts and various basic football techniques so that they can play the ball in all positions and situations carefully, precisely and quickly, meaning not to waste opportunities and spend energy and time (Akmal & Lesmana, 2019; Irfan et al., 2020; Rahman & Padli, 2020). Therefore, with various rules of the game and of course the abilities that must be mastered by a football athlete, the key to the success of football sports achievements is coaching from an early age, to find superior seeds for the progress of Indonesian football.

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Football coaching in Indonesia is currently far behind compared to other countries, especially in coaching young players (Risdianto et al., 2020). So to produce reliable soccer players, it is necessary to have young coaching. The coaching pattern must be planned systematically, tiered, continuous and there is competition as evaluation material for coaches (UU Keolahragaan, 2022).

Some of the existing platforms as places for coaching young soccer players are the Student Sports Education and Training Center (PPLP), Regional Student Sports Education and Training Center (PPLPD), Sports Talent School (SKO), Football Academy, Football Club, and Football School (SSB). The existence of all these coaching places already exists in various regions in Indonesia, although not evenly distributed. These places are expected to be able to produce reliable and outstanding football players later, both at the regional, national, regional and international levels (Hermawan et al., 2022; Tanzila & Febriani, 2019; WEDA, 2021).

Kurniawan, (2018); Tanzila & Febriani, (2019); Widowati, (2015) Increased achievement is supported by various factors such as physical condition, technique, tactics, mental, facilities and infrastructure, athlete status, motivation, nutrition, and others. This illustrates that physical, technical, tactical, and mental are important aspects in an effort to achieve maximum achievement. It is based on the athlete's good technical and tactical ability if not supported by his physical ability (Nugroho, 2017), Then it tends not to be able to last long in the match, because it will experience fatigue so that it will interfere with technical ability. However, there is one more thing that plays a role, namely mental. If the physique and technique are disturbed, then any tactics applied by the coach will be useless and the unyielding mentality will fade, so that the appearance and achievements become less than optimal. This means that these four aspects are a unity that determines each other in achieving maximum achievement (Jamalong, 2014; Nugroho, 2017; Susanto & Lismadiana, 2016).

Physical condition in football has a very vital role. Without good physical condition, technical and tactical skills cannot be applied optimally. It will even affect the mentality of football players on the field. We often see frictions that occur between players due to fatigue that causes players to be emotional. This reality suggests that physical condition is fundamental in football coaching (Basrizal et al., 2020; WEDA, 2021; Wijaya, 2021).

Widowati, (2015); Yulifri, (2018) The development of youth football in Bengkulu Province is very potential, it can be seen in every district / city has clubs, academies and football schools (SSB) that carry out coaching. One of them is Rejang Lebong Regency. Adyaksa football school is a forum for young soccer players in Rejang Lebong Regency. SSB Adyaksa Curup Rejang Lebong Regency was established in 2014 as for the age level trained, namely 09-13 years old, 14-17 years old. Every year SSB Adyaksa Curup regularly participates in competitions held by the Indonesian Football Association (PSSI). Some of these competitions include, Liga 3, Soeratin U-17 Cup, Soeratin U-15. This competition is an official competition and a fixed agenda of PSSI. Starting from the regional level, regional level to the National level.

One of the competitions regularly participated in by SSB Adhyaksa Curup is the Soeratin U-17 cup. Throughout his participation in this competition. SSB Adyaksa Curup has never achieved maximum achievement or champion. In the past three years SSB Adyaksa Curup could not speak much in this competition. Based on an interview with SSB Adyaksa Curup coach Mr. Riskan Efendi, SSB Adyaksa Curup always loses in the first round, meaning it never makes the group. In the Soeratin cup in 2020 and 2021, SSB Adyaksa Curup fell in the group stage. Meanwhile, in the Soeratin cup in 2022, SSB adyaksa Curup managed to qualify for the round of 8 as the best 3rd place by winning 4 points from one win, one draw, one loss.

The author tried to make observations and interviews on December 20, 2022 to coach Adyaksa Curup Coach Riskan Efendi regarding the causes of the many defeats his team suffered. From his information, one of the factors is the physical condition of the player. Players can play a fight in the first half, but in the second half it decreases and looks tired so that the opponent easily controls the game. There is a possibility that causes fatigue is a decrease in the player's endurance ability. Then he explained that the endurance physical training given to players only ran 20-30 minutes on the field then he still applied an isolated training approach, where the training carried out still used a separate training approach, Conditions like this often see players bored and lazy in carrying out the training process and seen from every time they train the coach does not develop a physical training model, technique, tactics and mentality. When related to PSSI coaching, PSSI applies a holistic form of training instead of isolation, this is inversely proportional to what happens in the field.

Data from this interview illustrates that resilience is a problem that must be solved. Endurance is one of the most important physical conditions in the game of football. In general, endurance can be interpreted as a person's ability to overcome fatigue due to doing physical and psychological labor for a long time. Endurance is the body's ability to perform physical activity with a certain intensity and within a certain period of time. Based on this quote, it can be concluded that endurance is the body's ability to overcome fatigue after physical activity (Hughes et al., 2018; Lamotte et al., 2015).

Reflecting on the data and theories above, it is very important to improve the physical condition of football players. Improve the ability of physical condition should be carried out systematic and continuous exercise (Subarjah, 2013). The training carried out must be in accordance with the rules of physical condition training to improve all components of physical condition needed

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by soccer players (Handoko, 2018). In addition, the selection of exercise methods should be in accordance with the purpose of the exercise to be achieved, namely improving physical condition. Some physical condition training methods that are usually used, among others: continuous training, interval training, fartlek training, cross country, and others.

However, the selection of training methods should be in accordance with the characteristics of sports and athletes. Because each branch has different endurance needs. In addition, the exercises carried out have more varied forms so that athletes or players are not saturated and bored undergoing the training process. This is because most athletes, especially young ones, still tend to be labile and inconsistent in undergoing physical exercise, especially endurance.

Football coaches today are required to continue to innovate to provide training models that will be given. In order for athletes to improve their performance well, coaches must master coaching science or basic principles of coaching (Sibarani, 2018). For this reason, it is necessary to play the role of a professional coach or a reviewed coach who can provide a comprehensive training model according to the needs of athletes, which is tailored to the situation and condition of the athlete (Hermawan et al., 2022; Rahman & Padli, 2020; Zulfikar, 2019).

One of the factors that determine and support success in playing soccer is the training program. The training aspect of physical condition plays an important role in the training program of various sports including football. The physical condition exercise program must be well designed and systematic so that it is possible to get good achievements. In planning a program, it will not be separated from the name periodization of the exercise program. Training program planning generally contains the division of time at each stage which is determined in a matter of time. At each stage, targets are arranged that will be divided at each stage. The preparation phase is one of the phases of exercise planning in the exercise period. This phase is very important because it will be a determinant of success in undergoing the real match (Emral, 2016; Putra et al., 2022).

Based on the problems and data and facts described above, it is necessary to make an update in training the physical condition of players, especially endurance abilities. The breakthrough that the author did is expected to answer all the problems that have been described. This developed model is something new and different from existing models. The characteristics of this developed endurance training model are carried out thoroughly not separately, meaning that the endurance training carried out is integrated between physical, technical, tactical and mental.

In situations when playing football, there are four moments, namely possession of the ball, transition from attack to defense and vice versa. When the opponent has the ball, the transition from defense to attack, when defensive transition other players must find positions as quickly as possible to find empty areas to create moments where passes can be given and similarly from transition to attack players must look for empty gaps so that opportunities are created to score against the opponent. In these four moments are attack, transition, defense, transition there are several actions such as passing, supporting, dribbling, pressing, mobility marking and others. Of course, every action contains a component of the physical condition needed by football players. Thus, it is necessary to develop a physical condition training model with a holistic approach developed to be applied in athletes' training sessions.

Training models based on the needs of current matches use many training models with a holistic approach, where these exercises are integrated (interrelated) into a complete unity between physical, technical, tactical and mental, where in every football training there is always a situation of communication, perception and execution of movements (Danurwindo, 2014). Of course, these four aspects are the main support for athletes in their implementation (competition) to be maximized. But in its implementation, what is the basis for a match in order to continue to do the maximum is the physical aspect. Therefore, this study focuses on physical condition training with a holistic approach, because it focuses on the needs when the match where all components of physical condition are applied simultaneously.

Based on the description above, the holistic approach is a method of playing training like a real match, where in the game players are physically active in moving, running after the ball, running with the ball, playing the ball, competing with the opponent, picking up the ball, and blocking the opponent's movement. So players are required to always move with the situation of playing football, in addition to being physical can also develop technical, tactical, and mental skills to achieve maximum achievement. Based on a holistic approach, all components of physical condition can be implemented thoroughly (not separately) such as during match conditions that require all existing aspects in order to support in showing maximum performance. This will be a factor that determines the success of the team in conducting the match. Based on the background described above, researchers are interested in taking the research title "Development of Football Physical Training Model through a Holistic Approach to SSB Adiyaksa Players".

The development product to be produced will be planned named "Sefphyt (Seftrio Physical Training)". This Sefphyt is the development of physical training with a holistic approach so that all components of physical condition can be applied in one physical exercise, especially as in the form of a real football game. The resulting uniqueness is of course based on the concept of

playing training, so young soccer players who are still in the world of games will be more enthusiastic when practicing this Sefphyt Exercise. This is because the goal is to develop physical exercise but still fun.

The novelty of this research is an original concept or new findings from previous studies from existing ones such as the concept of exercise with a holistic approach. However, this study focuses more on physical condition training as a whole on the components of physical condition needed by young football players. In addition, another aspect of the new findings is the concept of physical condition training that is fun because it is game-based, so that when young players train physically do not feel bored, and will feel more enthusiastic. Therefore, of course, the Sefphyt training will be very useful for people who are interested in football, especially young people who want to improve their performance in football.

II. MATERIAL AND METHODS

This research aims to develop a model of football physical training through a holistic approach, so that the research method used is a research and development method (Research and Development). Research and development is a research method used to produce certain products, and test the effectiveness of those products (Sugiyono, 2017). So that the final product of this research produces the novelty of the football physical training model. A physical exercise model with an intended holistic approach that aims to produce efficient exercises that can be applied. An instrument is a device used to collect data in drawing legitimate, or valid, conclusions about the characteristics (abilities, achievements, attitudes, and so on) of the individual being studied (Fraenkel dkk., 2012).

Quantitative instruments, namely: (1) expert validation value scale questionnaires on variations of football physical training models through a holistic approach, (2) physical measurement tests (endurance). Data in this stage is data in the form of information obtained used as material for planning training models that are expected to be able to develop existing potential. This stage contains several activities, namely (1) Making observations by analyzing the physical training model applied, (2) Conducting a literature review related to observation and theories related to physical training in football, (3) Discussing with coaches and experts related to physical training models in football.

Data analysis is a method used to process data that has been obtained using certain formulas, which later the results of data processing will show the effect or not of a form of exercise. This type of data analysis is carried out to test already formulated hypotheses. Anuraga et al., (2021) said "hypothesis testing becomes important in studies that have hypotheses, such as experimental research, he also said "to test further hypotheses it takes some further analysis, which one with another can be related and can also be one with another unrelated" From the above opinion can be concluded is for data analysis using hypothesis analysis where it is used for experimental research to see the relationship with each other.

The normality test aims to see samples from normally distributed populations. "Normality testing is an analysis to test whether data comes from a normally distributed population or not. Testing normality is important because most inferential statistical analyses require that the data to be processed should be norm-distributed, and normality tests, also called liliefors tests, are generally used for single data. Variant homogeneity testing aims to see whether the variant sample has homogeneous variants or not. "Homogeneity testing is an analytical technique to test whether data comes from a homogeneous population or not". To test the hypothesis used statistical tests. The similarity of the two averages aims to determine whether the results obtained by using treatment through ladder drills and shuttle runs to improve soccer dribbling agility. To test the hypothesis, the T test is used. using the T Test at the 95% confidence stage or a = 0.05. With formulas.

III. RESULTS AND DISCUSSION

A. Results of Expert Studies

1. Expert Validity Test

Validity comes from the word validity which means the extent to which the accuracy and accuracy of the meter (test) in performing its measuring function, validity indicates the actual state and refers to the fit between constructs, or the way a researcher conceptualizes ideas in conceptual definitions and a measure. In addition, validity is a measure that shows that the variable being measured is really the variable that the researcher wants to research. Validity relates to a variable measuring what it is supposed to measure. Validity in research states the degree of accuracy of research measuring instruments to the actual content measured.

How to measure validity by operationally defining the concept to be measured until a measuring instrument is arranged in the form of questionnaires given to experts and experts in the field of football and evaluation of sports measurement tests. Then the results that have been obtained are presented in accordance with the norms of the feasibility category.

a). Football Expert

Football experts who are validators in this development research are:

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1) Antoni, S.IP He is one of the football coaches from Jambi City Once brought Jambi to Pre PON and league 3 until now' 2) Muhammad Nasir Senior Coach who brought PS. Bengkulu in the Premier Division competition in 2008.3) Rohul Irfan, S.Pd football coach once coached at the ASIOP academy in Jakarta and now coaches for Liga 3 in Rejang Lebong Regency. This validation is carried out by describing and explaining the established training model accompanied by an assessment instrument in the form of a questionnaire.

1) Assessment from First Football Expert Antoni, S.IP
Based on the assessment from Jaya Sanjaya, S.Pd using an assessment questionnaire, the assessment results can be represented in the table below.

Table 1. Holistic Training Model Validation Questionnaire Scores by Football Experts

No	Aspect	Score	F. Relatif
1	Conformity	18	33%
2	Ease	18	33%
3	Practicality	15	27%
	Value	51	93%
	Sum	55	100%

In the input box and advice that has been provided by football experts, Antoni, S.IP gave input "In holistic training methods in soccer or combined training methods, it is better to describe the types of training specifically in addition to the general type of training in the form of endurance training".

Tablel 2. Persentase Hasil Penilaian Oleh Ahli Sepak Bola

No	Expert	f	N	$p_{(\%)}$	Eligibility Categories
1	Football Expert	51	55	93%	Very good/ worth it

Based on the table above, football experts argue that the holistic form of training developed by this researcher will already be used properly but has some revisions in the training component, the results of the validity test of football experts obtained a percentage of 86% can be interpreted as having the category "Decent"

2) Assessment of the Second Football Expert Muhammad Nasir
Based on the assessment of Mr. Endang S.Pd using an assessment questionnaire, the assessment results can be displayed in the table below.

Table 3. Skor Angket Validasi Oleh Ahli Sepak Bola Kedua

No	Aspect	Score	F. Relatif
1	Conformity	18	33%
2	Ease	17	30%
3	Practicality	13	24%
	Value	48	87%
	Sum	55	100%

Pada kotak masukan dan saran yang sudah disediakan ahli Sepak Bola maka Bapak Muhammad Nasir memberikan masukan "buat latihan secara lebih diperinci satu persatu, seperti latihan daya tahan dan lain-lain"

Table 4. Persentase Hasil Penilaian Alat Oleh Ahli Sepak bola Kedua

No	Expert	f	N	$p_{(\%)}$	Eligibility Categories
1	Football Expert	48	55	87%	Very good/ worth it

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Based on the table above, Football experts argue that the holistic training model development product developed by this researcher will already be used properly but has several revisions in the training component, the results of the football expert validity test obtained a percentage of 86% can be interpreted as having a category of "Decent"

3) Assessment from the Third Football Expert Mr. Rohul Irfan, S.Pd
Based on the assessment of Mr. Rohul Irfan, S.Pd using the assessment questionnaire, the assessment results can be displayed in the table below.

Table 5. Score Validation Questionnaire by Third Football Expert

No	Aspect	Score	F. Relatif
1	Conformity	17	30%
2	Accuracy	17	30%
3	Practicality	15	29%
	Value	49	89%
	Sum	55	100%

In the input box and suggestions that have been provided by Football experts, Rohul Irfan, S.Pd gave input "It is even better if accompanied by modifications to the combined training components"

Tabel 6. Percentage of tool assessment results by a third football expert

No	Expert	f	N	$p_{(\%)}$	Eligibility Categories
1	Football Expert	49	55	89%	Very good/ worth it

Based on the table above, Football experts argue that the holistic training model development product developed by this researcher will already be used properly but has several revisions in the training component, the results of the football expert validity test obtained a percentage of 86% can be interpreted as having a category of "Decent"

Then the training model was applied using a small group where a sample of 20 men carried out endurance measurement tests with the test and retest method in small group tests where all samples were homogeneous because all samples were selected through a conditional sampling technique (Purposive Sampling), namely athletes whose data were taken must be aged 14-17 years. The sample used as a small group was SSB athlete Adyaksa Curup. The data obtained is then processed so that reliability is obtained by looking at the correlation between test and retest with the formula.

$$r = \frac{\sum XY}{\sqrt{[\sum X^2][\sum Y^2]}}$$

Ket :
$\sum XY$ = The result of the sum of the multiplication of variables X and Y

$\sum X^2$ = The result of the sum of variables X2

$\sum Y^2$ = The result of the sum of the variables Y2

2. Reliability
a. Small Group Test Data

$$r = \frac{2233414}{\sqrt{[19444,34][25696,92]}}$$

$$r = \frac{2233414}{\sqrt{499659649}}$$

$$r = \frac{2233414}{2235306}$$

$$r = 0.999$$

From the results r 0.999, it can be said to be highly correlated and significant.

b. Large Group Test Data

$$= \frac{\sum XY}{\sqrt{[\sum X^2][\sum Y^2]}}$$

$$r = \frac{4380281}{\sqrt{[37970,41][50617,46]}}$$

$$r = \frac{4380281}{\sqrt{1921965709}}$$

$$r = \frac{4380281}{4384022}$$

$$r = 0,99$$

From the results of r 0.99, it can be said to be highly correlated and significant.

The reliability test in this tool is used to see the level of reliability using the Small Group Test and Large Group Test methods and statistical calculations of the moment produck then the following results are obtained:

Table 7. group frequency distribution

No	Interval Class	f.absolute	f. relative	category
1	<10.15	3	30%	Very Good
2	10.20-12.00	4	40%	Good
3	12.05-13.85	2	20%	Keep
4	13.90-15.70	1	10%	Less
5	>15.75	0	0%	Very less
		10	100%	

From these data, the mean of the test group was 12.98 s, while the standard deviation in the data was 1.84894. The data taken in the test group is said to be normal after conducting a data normality test, for more details can be seen in the following table:

Table 8. SPSS Processed Table Data Normality Small Group Son

Descriptive Statistics					
Endurance Football Athletes	N	Mean	Std. Deviation	Minimum	Maximum
	10	12.98	1.84894	9.2	18.9

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
VAR00001	.069	60	.200*	.979	60	.398

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

The data is said to be normal because the sig is 0.200 > 0.05 then the data can be continued at a later stage.

Table. 9. Large Group Test Frequency Distribution

No	Interval Class	f.absolute	f. relative	Category
1	<9.91	1	5%	Very Good
2	9.96-12.03	13	65%	Good
3	12.08-14.14	6	30%	Keep
4	14.19-16.26	0	0%	Less
5	>16.31	0	0%	Very less
		20	100%	

From this data, the mean of the Test group was 13.14s while the standard deviation in the data was 2.11655. The data taken in the test group is said to be normal after conducting a data normality test, for more details can be seen in the following table:

Table 10. SPSS Processed Table Large Group Test Data Normality

Descriptive Statistics					
Daya tahan Atlet sepakbola	N	Mean	Std. Deviation	Minimum	Maximum
	20	13.14	2.11655	9.5	20.1

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Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
VAR00001	.100	70	.077	.963	70	.034

a. Lilliefors Significance Correction

The data is said to be normal because the sig 0.77 > 0.05 then the data can be continued at the next stage.

$$r = \frac{\sum XY}{\sqrt{[\sum X^2][\sum Y^2]}}$$

Table 11. Reliability Level

Interval Koefisien Korelasi	Realibilitas
0,00-0,19	Very weak
0,20-0,39	Weak
0,40-0,59	Keep
0,60-0,79	Strong
0,80-1,00	Very Powerful

Sumber. Ali (2012:116)

B. Characteristics

After completing the validity test, empirical validity test results can be seen and the calculation of reliability in instrument development.

1. Empirical Validity First Stage Expert Validity

Table 11. Presentation and Eligibility Rate from Experts

No	Expert	Presentase	Eligibility rate
1		93%	Very good/worth it
2	Football	87%	Very good/worth it
3		89%	Very good/worth it

From the results of validation by the eleven experts, if averaged, a percentage of 86% is obtained and it can be concluded that the results of development can be used in soccer training. As for some suggestions and criticisms on the results of the development of the exercise model is as material for advanced development when going to conduct further research.

2. Reliability Test

Table 12. Categories Correlation Coefficient Reliability of small and large groups

N	Gender	Koofesien korelasi	Realibilitas
10	Son	0.999	Very Powerful
20	Son	0.999	Very Powerful

From the results of the table, the model developed as a form of soccer training is said to be reliable and consistent.

3. Generated model

After a series of trials and revisions and improvements to the draft model, a football endurance training model for U-17 age players was compiled. The model that has been compiled includes physical, tactical, and mental in football. Such as speed, strength, accuracy and endurance as well as some form of combination play. The resulting model is a form of holistic exercise based on the analysis of theories as well as the need for soccer training that uses several exercise components combined into one training session. The form of exercise developed is physical exercise in the form of endurance Here is the model produced in endurance training in the game of football

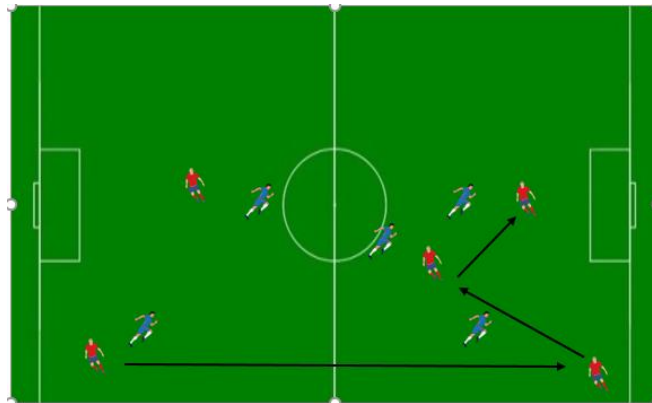**Development of A Football Physical Training Model through A Holistic Approach**

Figure 1. One-on-one moves mark free touches with goal points

4. Advantages of Training Models

The advantages of the holistic training model include: 1) This training model can integrate all elements of exercise into one form of exercise. 2) Athletes who train can understand all elements of training applied in one training session. 3) In its application, holistic training by modifying the form of training in one competition will make it easy for athletes to understand the elements of training.

5. Model Weaknesses

The disadvantages of this holistic training model include: 1) This model is still relatively new and rarely used so that knowledge about this model is still small. 2) The lack of modification of training elements in one competition that makes it difficult to prepare training models that cause athletes to have only a few forms of training that include all training elements in one session.

6. Research Limitations

This study produced a holistic training model, but in the implementation and results of the study there are several limitations, including: 1) validity testing is only limited to expert validity tests. 2) Reliability only uses an imphysical condition element in the form of durability.

IV. CONCLUSION

Based on the results of data processing and analysis of research data that has been carried out, regarding the development of holistic exercise models, it is concluded that holistic exercise models have validity with an average expert validity level of 86% so that it can be said to be "feasible" with a level of reliability in small group trials of 0.997 and in large group trials of 0.998 with the category "High" so that it is said that the level of reliability of the model carried out on Large group and small group trials have a reliability category of "High" and the exercise model has several advantages especially in the effectiveness of the exercise model.

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