

Improving Basic Football Technique Skill through Small Sided Games

Agus Rusdiana, Muhammad Yusuf Rojali Rahmatillah and Dikdik Fuad Asidik
Universitas Pendidikan Indonesia, Jln. Dr. Setiabudhi No.229, Bandung, Indonesia
Yusufrojali@student.upi.edu

Keywords: Small Sided Game, Basic Football Technique.

Abstract: The purpose of this study is to see the impact of the implementation of the form of Small Sided Games training on improving the skill of basic techniques of playing football. The basic techniques that become the focus of this research are: passing, dribbling and shooting. The research method used is experimental method and research design of one group pretest-posttest group design on football athlete's PS UPI U-19 who were decided by purposive sampling. This stage begins with an initial test of basic engineering skills, then is treated by using the Small Sided Games and ends with a final test. Data obtained from the pre and post-test and processed by using SPSS. The result shows that there is a significant improvement in the basic soccer skills by using the form of the Small Sided Games exercise.

1 INTRODUCTION

Small Sided Game (SSG) has gained the attention of trainers and researchers around the world to get special effects in an exercise (Joo et al., 2016). Small Sided Games (SSG) is a game that has been modified by the trainer to fit into a training context that has the purpose of preserving and simplifying the characteristics of the game sports (Clemente et al., 2014). Characteristics of Small Sided Game (SSG) are the reduced number of players and the reduced size of the field is (Joo et al., 2016). Small Sided Game (SSG) has been widely used by trainers to train and develop some aspects of the practice such as: ball control, technique, tactical, and physical players adapted to actual soccer games (Joo et al., 2016; Clemente et al., 2014; Dellal et al., 2011; Dellal et al., 2012).

To face the competition, soccer players need preparation in the form of ergonomic-looking exercises where a form of training is tailored to the actual game (Kelly and Drust, 2009). For professional soccer teams, coaches tend to pay more attention to improving skills and performance skills while playing. In the meantime, the exercises for children focus more on technical development and coordination (Radziminski et al., 2013).

In the last decade, Small Sided Games (SSG) has been widely used in the training process (Michailidis,

2013). The use of Small Sided Game is a basic capital in training that has been recommended to trainers to encourage in terms of significantly improving the performance and efficiency of the exercise process through a combination of physical components, techniques and tactics (Owen et al., 2014). For soccer players, the form of the Small Sided Games (SSG) training can give high value to the touch with the ball (Dellal et al., 2011). The study used Small Sided Games (SSG) training form with 3 vs 3 + 2 Goal Keepers or without Goal Keeper at all.

This research is intended to be able to answer some questions that are:

- Does the form of training of Small Sided Games provide a significant influence on the improvement of basic passing technique skills in football?
- Does the form of training of Small Sided Games provide a significant influence on the improvement of basic dribbling technique skills in football?
- Does the form of the training of Small Sided Games give a significant influence on the improvement of basic shooting technique skills in football?

2 METHODS

2.1 Participants

24 soccer athletes at one of the University clubs namely PS UPI u-19 which is determined by purposive sampling.

2.2 Procedures

The research method used is experimental method with one group pretest-posttest design (Fraenkel et al., 2013). The sample performs a pre-test then is treated by using a Small Sided Games (SSG), and ends with a post-test. This study was conducted four times a week with a total of 16 meetings.

2.3 Instruments

This research instrument uses skill test Passing, Dribbling, and Shooting. Data processing is done by paired Sample t Test (SPSS).

3 RESULTS AND DISCUSSION

3.1 Passing

Figure 1 illustrates the difference from the initial test results of passing test skills and final skill test results. when viewed from the picture, the treatment by using the form of exercise small sided games in improving the basic engineering skills of passing in football gives a significant influence. In this exercise the player is required to be able to play as if they are in a real game. So, it makes the player to be able to do a lot of passing.

This suggests that small sided games can improve basic passing skills in football.



Figure 1: Differences from preliminary test results and final tests of passing.

3.2 Dribbling

Figure 2 illustrates the difference from the initial test results of passing test skills and final dribbling skill test results. Dribbling skills test based on time, the faster the dribbling the better dribbling ability of a football player is. The picture above shows a significant improvement on the improvement of basic dribbling technique skills after being treated by using the form of Small Sided Games (SSG) training. Football players often happen when facing the opponent directly, therefore a football player is required to be able to pass the opponent by using dribbling.



Figure 2: Differences from preliminary test results and final tests of dribbling.

This suggests that using a small sided games form of exercise can have a significant effect on improving basic dribbling technique skills in football.

3.3 Shooting

Figure 3 illustrates the differences from the initial test results of shooting test skills and final shooting skill test results. The picture above shows a significant improvement on the basic shooting technique skills after being treated by using the form of Small Sided Games (SSG) training. When viewed from the goal of playing football, that each team must score against the opponent's goal. In addition to passing and dribbling techniques, the form of small sided games training also requires players to create as many goals as possible. Therefore, this form of exercise is designed so that players are trained to score goals like the atmosphere in the actual game.

This suggests that using a small sided games form of exercise can have a significant effect on improving basic shooting technique skills in football.



Figure 3: Differences from preliminary test results and final dribbling tests.

4 CONCLUSIONS

The application of the training form of Small Sided Games at the time of the exercise is very helpful in improving the basic soccer technique skills. Good basic soccer technique skills are essential to every player in order to support performance during the game. With the form of Small Sided Games (SSG) training a lot of open for trainers to be able to use this form of Small Sided Games (SSG) training in creating an efficient exercise and improve exercise performance. It has been shown that using Small Sided Games (SSG) training can improve basic technique skills in football games. The form of the Small Sided Games (SSG) Training has a strong reason so it will be very good if it is researched and developed so we will get a variation of this form of Small Sided Games (SSG) training.

REFERENCES

- Clemente, F. M., Martins, F. M. L., Mendes, R. S., 2014. Periodization Based on Small-Sided Soccer Games. *Strength and Conditioning Journal*. 36(5), 34–43. <https://doi.org/10.1519/SSC.0000000000000067>.
- Dellal, A., Hill-Haas, S., Lago-Penas, C., Chamari, K., 2011. Small-Sided Games in Soccer: Amateur vs. Professional Players' Physiological Responses, Physical, and Technical Activities. *Journal of Strength and Conditioning Research*. 25(9), 2371–2381. <https://doi.org/10.1519/JSC.0b013e3181fb4296>.
- Dellal, A., Lago-penas, C., Wong, D. P., Chamari, K., 2011. *Effect of the number of ball contacts within bouts of 4 vs 4 small sided soccer games.pdf*, 322–333.
- Dellal, A., Owen, A., Wong, D. P., Krstrup, P., van Exsel, M., Mallo, J., 2012. Technical and physical demands of small vs. large sided games in relation to playing position in elite soccer. *Human Movement Science*. 31(4), 957–969.

- Fraenkel, J. R., Wallen, N. E., Hyun, H. H., 2013. BİBLİYOGRAFİSİ Bulunacak. *Climate Change 2013-The Physical Science Basis*. (Vol. 53). <https://doi.org/10.1017/CBO9781107415324.004>.
- Joo, C. H., Hwang-Bo, K., Jee, H., 2016. Technical and Physical Activities of Small-Sided Games in Young Korean Soccer Players. *Journal of Strength and Conditioning Research*. (Vol. 30). <https://doi.org/10.1519/JSC.0000000000001319>.
- Kelly, D. M., Drust, B., 2009. The effect of pitch dimensions on heart rate responses and technical demands of small-sided soccer games in elite players. *Journal of Science and Medicine in Sport*. 12(4), 475–479. <https://doi.org/10.1016/j.jsams.2008.01.010>.
- Michailidis, Y., 2013. Small sided games in soccer training. *Journal of Physical Education and Sport*. 13(3), 392–399. <https://doi.org/10.7752/jpes.2013.03063>.
- Owen, A. L., Wong, D. P., Paul, D., Dellal, A., 2014. Physical and technical comparisons between various-sided games within professional soccer. *International Journal of Sports Medicine*. 35(4), 286–292. <https://doi.org/10.1055/s-0033-1351333>.
- Radziminski, L., Rompa, P., Barnat, W., Dargiewicz, R., Jastrzebski, Z., 2013. A Comparison of the Physiological and Technical Effects of High-Intensity Running and Small-Sided Games in Young Soccer Players. *Int J Sports Sci Coach*. 8(3), 455–465. <https://doi.org/10.1260/1747-9541.8.3.455>.