

The Effect of Small Sided Game Training on Passing Accuracy and Dribbling Ability in 10 Years-Old Junior Soccer Players



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ABSTRACT: This study aims to determine the effect of small-sided game training on the accuracy of passing and dribbling skills in 10 years old junior soccer players. This study uses an experimental method that uses a qualitative approach, with a one-group pre-test post-test design. The subjects of this study were 30 junior soccer players aged 10 years old. The instrument used to measure passing accuracy and dribbling ability is a basic soccer ability test. Data analysis in this study used a t-test with a significant value of 0.05. The dribbling data hypothesis test uses the paired t-test, while the passing data uses the Wilcoxon test. The results of the descriptive analysis showed that there was a significant effect of small sided game training on improving the dribbling abilities of junior soccer players ($p = 0.000 < 0.05$). The results of the Wilcoxon test on passing data showed that small sided game training also had a significant effect on improving the passing abilities of junior soccer players ($p = 0.000 < 0.05$) as indicated by the N value in the positive ranks of 30, which means that all research subjects experienced an increase. Knowing the descriptive results and testing the hypothesis, it was concluded that the application of small sided game training during training was very efficient in improving basic soccer technical skills, especially passing and dribbling. Small sided game practice has a far greater impact on a player's technical and tactical development than normal play. Players experience more touches on the ball and more learning moments in small sided games compared to normal games.

KEYWORDS: training effect, small sided game, passing technique, dribbling technique, soccer.

I. INTRODUCTION

Soccer is a sport that involves various ways of processing the ball with the feet to score goals. Modern soccer has experienced an exponential surge in the growth of sports science research aimed at improving sports performance over the past two decades (Dress, 2019). The application of this kind of research has undoubtedly made a significant and positive contribution to the development of professional soccer, but there are still many important aspects that have not been explored (Kirkendall, 2020). Rampinini et al (2009) report that a 'more successful' team completes more passes, successful passes, and shots on target than a 'less successful' team as determined by the results of match statistics. Furthermore, filettietal (2017) reports an increase in the probability of winning (125%) of teams with better performance in the skill efficiency index which consists of various technical aspects in the field.

An important factor that influences and is needed in the game of soccer is the basic technique. To play soccer well, players are introduced to good basic techniques. Players who have good basic techniques tend to be able to play soccer well too. Mastery of basic techniques is an important requirement that must be owned by every player so that the game can be done well. Even the former coach of Barcelona, Johan Cryuff said, "that the formation of players mostly occurs before the child is 14 years old" (Scheunemann, 2008: 24).

Technical skills such as passing, first touch and dribbling make up half of all individual actions taken in the game (Thomas, Fellingham, 2009:108-121) with research results showing teams that maintain ball possession are more likely to win the game (Larkin, 2013:17). Therefore, great importance is placed on the technical abilities of players, with many studies showing that technical skills differentiate youth soccer performance (Lago-Peñas, Dellal, 2010: 93). Researchers have found players who progress to the elite professional level are more technically competent for skills such as ball control, dribbling speed, and passing accuracy (Figueiredo et al., 2009: 883).

The age group soccer development program should be able to produce players who are useful for the club and as the development of athletes who will play for the national team at a higher level. This can be achieved through well-organized and structured soccer development programs.

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Improving youth soccer development has long been seen as an important factor for countries to become competent at the international level. Coaching must start early, young age is a very decisive phase towards achieving optimal quality performance. Talented young athletes need to be processed with a scientific coaching process, then the maximum possible athlete achievements appear at certain ages.

Indonesia is one of the countries that has played an active role in developing this prestigious sports game. This is evidenced by the many soccer school coaching that almost flooded every corner of this country. Soccer coaching at a very young age has a lot of things to pay attention to.

Fostering soccer from an early age is indeed the key to success in producing reliable soccer players in the future. Youth development must be carried out correctly, honestly and according to the stages, adequate infrastructure, quality training are important factors to support the process of developing early soccer, coaching must be serious and not instantaneous as well as with the correct coaching and training program, so that in adults can become reliable players in national and international events. For this reason, the role of the soccer school really needs to be considered in determining the training program.

One of the most important elements that must be emphasized in this training is the ability to carry out basic soccer movements in a balanced manner. Small sided games are a training method by presenting game situations like real games which make players gain mastery of technical, tactical, and physical aspects (Bondarev, 2011: 115).

In this study, small sided games are considered appropriate to improve basic techniques so that players have good basic technical skills. The small sided games training method is a method developed for young players so they can learn and develop. This game is specifically designed to display the best abilities of the players in real match situations, children's understanding of the importance of teamwork, correct positioning, and children's decision making will develop rapidly (Charles & Rools, 2012: 108). Each game is a combination of techniques in soccer, for example dribbling and passing the ball, or focusing on teamwork.

Study participants

The subjects of this study were 30 children at the soccer academy aged 10 years. This research is experimental research using a qualitative approach. Experimental research is a research method used to find the effect of certain treatments on others under controlled conditions. The design used in this study was a one-group pre-test and post-test design, namely a research design that was given a pre-test to find out the initial conditions before being given treatment and a post-test to find out the conditions after being given treatment (Sugiyono, 2013: 110).

Study organization

Participants must fill in the attendance list in one practice session. Participant attendance must reach 80% within 6 weeks of training. The first step in this study was to pre-test 30 children using an assessment of basic soccer technique skills. Pre-test to determine the initial state before being given treatment and post-test to determine the state after being given treatment.

The instruments or measuring instruments used in this study were passing accuracy tests and short dribbling tests (Bangsbo & Mohr, 2012:99-100). Tests to measure passing accuracy adapted from the Suparjo soccer passing test with a validity of 0.963 and a reliability of 0.900 were given at the beginning and end of the research process. The form of the test is as follows:

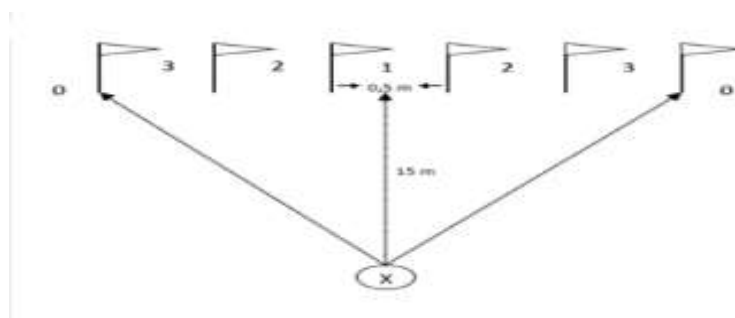


Figure 1. The form of the initial and final test for passing accuracy

The test to measure dribbling ability adapted from the zig-zag dribbling test with a validity of 0.723 and a reliability of 0.610 was given at the beginning and end of the research process. The form of the test is as follows:

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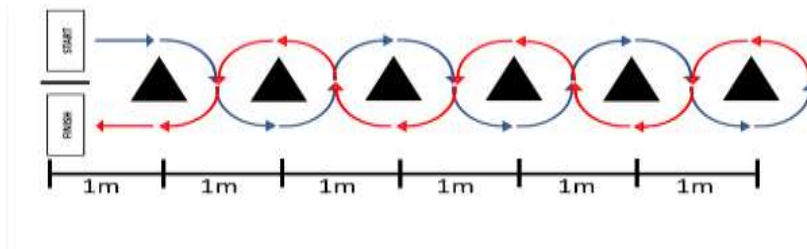
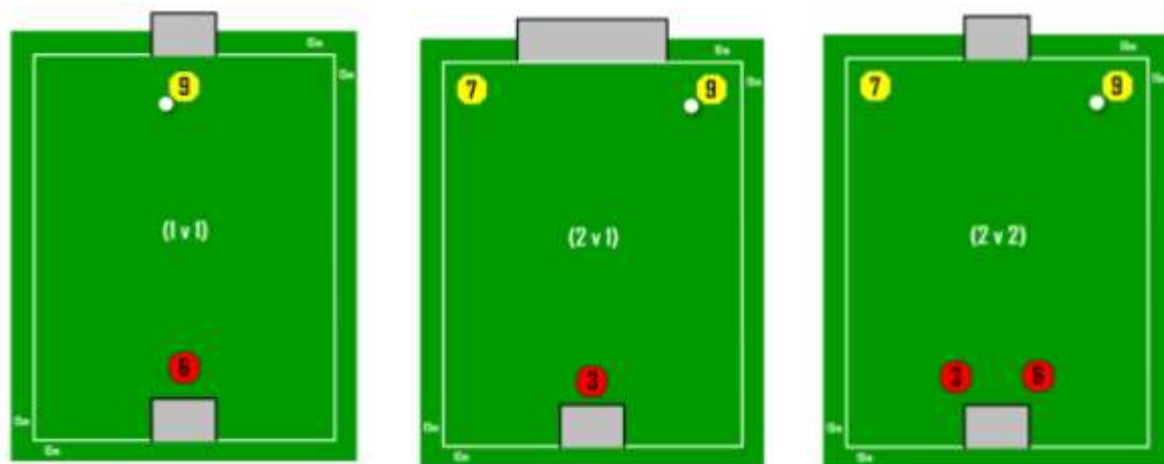


Figure 2. Forms of the initial and final dribbling tests

The collected data are the pre-test data obtained from the passing accuracy test and the short dribbling test, the best value is taken before the sample is given treatment, and the post-test data is obtained from the passing accuracy test and the short dribbling test with the best value taken after the sample has received treatment in the form of small sided exercises. games with a frequency of 3 times per week for 6 weeks, then at the last meeting all samples carried out a post-test of passing and dribbling techniques.

The procedure for implementing the small sided game training material



The trainer divides the playing field into 4 areas with a size of 10m x 15m, then the sample is divided into 4 groups randomly and carries out the exercise material according to the trainer's directions. In one training session there will be 3 stages, namely small sided game 1v1, 2v1 and 2v2 training.

The sample runs the training material alternately as the attacking team and the defending team with duration of 15-30 seconds. In 1v1 situations players are required to be able to score goals by dribbling past opponents. After all the samples are finished, the next material is 2v1 where players are required to be able to score goals by passing and dribbling to work together, while the defending team can grab the ball and do dribbling to get past the opponent. The last material in each training session is 2v2, each team will take turns playing together in attack and defence with passing and dribbling techniques to be able to score goals.

DATA ANALYSIS TECHNIQUE

Because this study uses an experimental method regarding causal relationships, the data analysis in this study is by comparing the pre-test and post-test results data after treatment. From the research data obtained, followed by analysing the data, then conclusions were drawn using non-parametric statistics using the SPSS 26 program. In this study, the data analysis used was the t-test with a significant value of 0.05. If the value of t count < t table, then H_0 is accepted.

RESULTS

The results of the descriptive statistics for each group are presented in table 1. The normality test shows that the dribbling data ($p = 0.200 > 0.05$), while the passing data is not normally distributed ($p = 0.010 < 0.05$). Therefore, to test the hypothesis of dribbling data using the paired t test, while for passing data using the Wilcoxon test. Table 2 shows that small sided game training has a significant effect on improving the dribbling ability of junior soccer players ($p = 0.000 < 0.05$). The passing data is not normally distributed so the mean difference hypothesis test uses the Wilcoxon test. The results of the Wilcoxon test on passing data showed

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that small sided game training had a significant effect on improving the passing abilities of junior soccer players ($p = 0.000 < 0.05$) as indicated by the N value in the positive ranks of 30, which means that all research subjects experienced an increase in the mean. The Wilcoxon test results can be seen in table 3.

Table 1.

Variabel	Pretest M (SD)	Posttest M (SD)
Passing	5.800 (0.245)	12.133 (0.185)
Dribbling	16.0130 (0.200)	14.8023 (0.200)

Table 2. Paired samples test

Variabel	Pretest – Posttest dribbling M (SD)	t	p
Dribbling	6.333 (0.35)	14.932	.000

Table 3. Wilcoxon Signed Ranks Test

		N	Mean Rank	Sum of Ranks	P. Value
POST-PASSING PASSING	PRE-	Negative Ranks	0 ^a	.00	.00
		Positive Ranks	30 ^b	15.50	465.00
		Ties	0 ^c		
		P. Value			.000

DISCUSSION

This research was conducted for 6 weeks in line with Harsono's opinion (2017: 14) that technical efficiency after 6 weeks of training is aimed at physiological-psychological regeneration of the central nervous system to determine the development of the training process. The application of small sided game training during training is very efficient in improving basic soccer technical skills. Basic technical skills are very important for every player to support performance during the game.

Small sided game is a training program that resembles a match but with a smaller number of players. This training program takes place on a smaller area compared to a normal soccer match. Small spaces and fewer players allow coaches to focus on specific skills as well as giving all players ample opportunity to participate. In the small sided game, one team is in charge of passing and receiving pressure while their opponent will press as the attacking team and try to score goals.

As a dynamic passing exercise can be integrated into possession-based drills with more engaging activities for players. In a small side game training program, the focus should be on mastering the basic techniques and their application to the game.

At a young age the training material focuses on smaller areas and fast passing patterns so that it trains players on many types of passes to make soccer players with good passing quality. Small sided games are more complex and positional games in which players can execute their passing skills in a simulated match. The small sided game training material allows players to do a lot of passing, forcing players to make quick decisions under pressure to maintain ball possession and still produce quality chances at goal with quality passes. This shows that small sided game training can improve passing skills in soccer.

The small side game training material is designed to improve the passing and dribbling abilities of soccer players, by creating 1v1, 2v1 and 2v2 situations so that players develop their passing and dribbling techniques with close control, touch quality, passing accuracy and attacking skills in the form of dribbling speed. Players are encouraged to dribble with good quality dribbling techniques and are confident to attack and pass opponents. This shows that small side game practice can have a significant effect on improving basic dribbling technical skills in soccer.

CONCLUSION

This systematic review revealed the significant and beneficial effects of using SSG training interventions to improve technical execution. After discussion of finding, it can be concluded that there is a significant positive effect of six weeks small sided games on the improvement of technical execution passing and dribbling of junior soccer players.

From the discussion above, it is explained that small sided game training has a far greater impact on players' technical and tactical development than normal games. Players experience more touches on the ball and more learning moments in small sided games compared to normal games.

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Small sided games are more conducive to long-term technical and tactical development because they can provide a foundation of skills that can be transferred from team to team and from level to level.

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Conflicts of Interest:

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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