

EFFECT OF SMALL SIDED SOCCER GAMES ON SKILLS AND AGILITY OF BEGINNER FOOTBALL PLAYERS**Teena Gurung**

M.P.Ed, Bharati Vidyapeeth (Deemed to be University), College of Physical Education, Dhankawadi, Pune (Maharashtra), India.

Rajat Sukladas

Assistant Professor, Bharati Vidyapeeth (Deemed to be University), College of Physical Education, Dhankawadi, Pune (Maharashtra), India.

Dr. Santosh Pawar

Assistant Professor, Bharati Vidyapeeth (Deemed to be University), College of Physical Education, Dhankawadi, Pune (Maharashtra), India.

Ashik Aley

Physical Education Teacher at Ajmal Modern Residential School, Jugijan, Hojai Under one of the school of Ajmal Foundation

Abstract:

The main purpose of this study was to investigate effect of six weeks additional small sided soccer game to a regular football session on playing ability of football players of AKSDC.” For this purpose total 30 boys beginner football players were selected from AKSDC within the age ranged between 12-15 years. Convenient sampling was adopted as a sample for the study. Pre and post-tests were conducted to evaluate participant’s playing ability. Pre data were collected before giving 6 weeks training program and post the data collected after the training program. The data were collected with the help of SAI soccer test. The result of the study revealed that SSG program was found to be an effective training method for enhancing the playing ability football players. The findings suggest that coaches and trainers can incorporate SSGs in their training programs to improve the skill level of football players. These results have important implications for the design of training programs for football players. Overall, this study provides evidence for the effectiveness of SSGs on improving the playing ability of football players of AKSDC.

Keywords: Soccer, Small sided games (SSG), agility, skill and football players

1. Introduction

Soccer, also known as football in many areas of the world, is a popular team sport played by millions of people of all ages and genders across the world. It consists of two teams of eleven players each attempting to score goals by kicking a ball into the opposing net. Soccer is famed for its simplicity, since all you need to play is a ball, a field, and a few markings. It does, however, need a high degree of ability, athleticism, and collaboration, making it a difficult and thrilling sport to watch and play. Soccer has become one of the most popular sports in the

world, bringing people from many countries and backgrounds together, thanks to its global appeal and fan enthusiasm.

SSGs are a common training strategy used in several sports, including soccer, basketball, and hockey. SSGs are shortened versions of full-fledged games that are often played on smaller fields with fewer players. SSGs in football often have six to 10 players per team and play on a smaller pitch with smaller goals. SSGs are used in training to provide players with more touches on the ball, more decision-making possibilities, and a larger engagement in the game, resulting in increased technical skills, physical conditioning, and tactical awareness. Coaches and players alike enjoy SSGs because they give a fun and difficult approach to improve skills and strategies. This training approach has been shown to improve the performance of athletes of all ages and levels, making it an invaluable tool for coaches and trainers in producing well-rounded and competent players. The purpose of this study is to look at the influence of SSGs on agility, balance, and ability in undergraduate football players.

Small-sided games are a popular training method in soccer that involves playing matches with fewer players on smaller fields. These games have been found to have a positive impact on a player's skill development, fitness, and tactical awareness. They are also a fun and engaging way for players to practice their skills in a competitive setting. Research has shown that small-sided games can improve a player's ability to make quick decisions, read the game, and adapt to different situations. They also provide more touches on the ball, which helps players develop their technical skills and build confidence. In addition to skill development, small-sided games can also be a great way to improve a player's physical fitness. The smaller field size and increased number of touches on the ball mean that players are constantly moving, which can improve their endurance and stamina. Overall, small-sided games are an effective and enjoyable training method for soccer players of all ages and skill levels.

Football is a sport that requires a wide range of skills, including technical, physical, and mental abilities. A player's skill level can be measured by their ability to perform a variety of techniques, such as dribbling, passing, shooting, and defending. In order to be successful in football, players must master these skills and be able to execute them in a variety of game situations. Technical ability is maybe the most significant part in football. Dribbling, passing, shooting, and ball handling are examples of these skills. Players with good technical ability can keep control of the ball, generate scoring opportunities, and defend successfully. Football requires physical abilities such as speed, agility, and strength. To outmanoeuvre their opponents, players must be able to move rapidly and change direction with ease. Physical strength is also required to contend for the ball and hold off defenders. Mental abilities such as decision making, spatial awareness, and tactical knowledge are also essential for football success. Players must be able to read the game, make rapid judgements under duress, and grasp their position in the tactics and strategy of their team.

Generally, football abilities are required for success in the sport. Whether a player is a striker, midfielder, defender, or goalie, his or her ability to perform a variety of skills and master physical and mental talents will determine his or her efficiency on the game.

2. Methodology and Design of the study:

This was an experimental study which was conducted to find out the effect of six weeks additional small sided soccer game to a regular football session on playing ability of football

players of AKSDC. For the present study total 30 beginner boys football players were selected that participated in 6 weeks SSG program.

- **Method of measurement of variable:**

Agility T test and SAI soccer test was used to collect data.

Table 1: Training SSG schedule

Week	Day	Format	Duration
Week 1-2	Monday – Saturday	Warm up	10 Minutes
		1 VS 1	30 Minutes
		2 VS 2	
		3 VS 3	
		4 VS 4	
		Cool down	10 minutes
		Total	50 minutes
Week 3-4	Monday – Saturday	Warm up	10 Minutes
		1 VS 1	40 minutes
		2 VS 2	
		3 VS 3	
		4 VS 4	
		Cool down	10 minutes
		Total	60 minutes
Week 5-6	Monday – Saturday	Warm up	10 minutes
		Daily match 7 v 7	40 minutes
		Cool down	10 minutes
		Total	60 minutes
Week 7-8	Monday – Saturday	Warm up	10 minutes
			40 minutes
		Daily match 7 v 7	
		Cool down	10 minutes
		Total	60 minutes

Table 2: Mean of pre-test and post-test on 30 metre running test

Test	N	Mean	SD	MD	DF	Cal 't'.	Tab 't'.
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Pre-test	0	6.369667	1.252	0.125	29	1.985	1.699
Post-test	0	6.495	1.301				

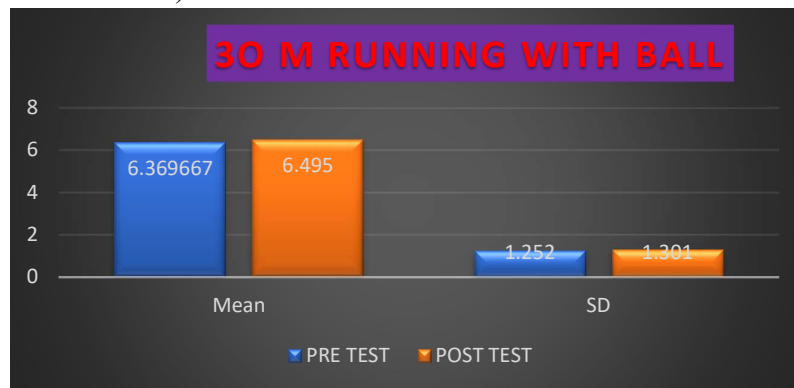
Level of Significance – 0.05

Df -29

Cal- “t”:1.985

Tabulated ‘t’ – 1.699’

Table No.1: It reveals that there is significant difference between the mean of pre-test and post-test as the mean difference is 0.125. The finding of this test shows that there is significant difference between the mean score of 30 m running with ball as the calculated ‘t’ value of 1.985 which is higher than the tabulated ‘t’ value of 1.699 (29 degree of freedom at 0.05 level of confidence).



Graph 1: graphical representation of 30m running with ball

Table 2: Mean of pre-test and post-test on kicking accuracy test.

Test	N	Mean	SD	MD	DF	Cal‘t’.	Tab‘t’.
Pre-test	30	6.3	0.59	0.23	29	1.87202	1.699
Post-test	30	7.8	0.82				

Level of Significance – 0.05

Df -29

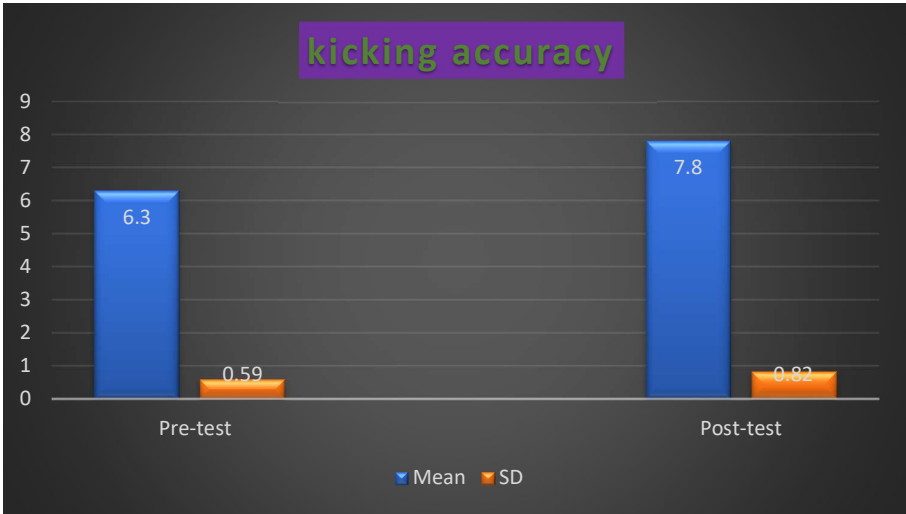
Cal- “t”: 1.87202

Tabulated ‘t’ – 1.699’

Table No.2: It reveals that there is significant difference between the mean of pre-test and post-test as the mean difference is 0.23. The finding of this test shows that there is significant difference between the mean score of kicking accuracy with ball as the calculated ‘t’ value of 1.87202 which is higher than the tabulated ‘t’ value of 1.699 (29 degree of freedom at 0.05 level of confidence).

1.87202 which is higher than the tabulated ‘t’ value of 1.699 (29 degree of freedom at 0.05 level of confidence).

Graph 2: Kicking accuracy



Graph 2: Graphical representation of kicking accuracy

Table 3: Mean of pre-test and post-test on juggling test

Test	N	Mean	SD	MD	DF	Cal't'.	Tab't'.
Pre-test	30	7.733333	1.23	0.52	29	1.712	1.699
Post-test	30	8.2	1.75				

Level of Significance – 0.05

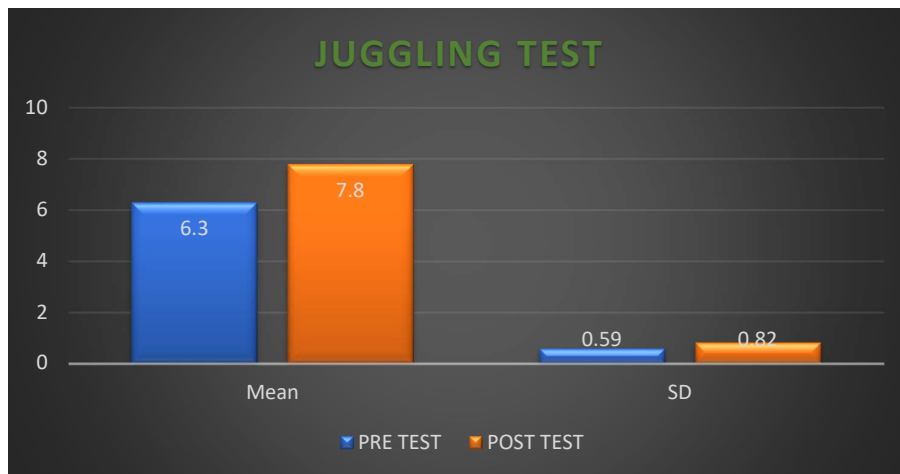
Df -29

Cal- “t”: 1.712

Tab ‘t’ – 1.699’

Table No.3: It reveals that there is significant difference between the mean of pre-test and post-test as the mean difference is 0.23. The finding of this test shows that there is significant difference between the mean score of kicking accuracy with as the calculated ‘t’ value of 1.87202 which is higher than the tabulated ‘t’ value of 1.699 (29 degree of freedom at 0.05 level of confidence).

Graph 3: Juggling Test



Graph 3: Graphical representation of juggling test

3. Results:

The analysis of data in this study indicates a notable enhancement in all dribbling accuracy and among novice football players following their participation in a small-sided games program. These results imply that small-sided games serve as effective training tools for elevating the dribbling, kicking accuracy and juggling of football players. This aligns with earlier research, reinforcing the idea that small-sided games not only enhance decision-making but also contribute to improved technical skills and fitness relevant to the game. It is possible that the game like situation and increased involvement in the game during small sided game training program could be responsible for the improvement.

4. Conclusion:

In conclusion, this study highlights the potential benefits of small sided games training program in improving: The result of the study revealed that six weeks additional small sided soccer game to a regular football session significantly improved dribbling ability of football players of AKSDC. The result of the study revealed that six weeks additional small sided soccer game to a regular football session significantly improved kicking accuracy of football players of AKSDC. The result of the study revealed that six weeks additional small sided soccer game to a regular football session significantly improved the juggling ability of football players of AKSDC. Coaches and trainers are advised to integrate small-sided games into their training regimens to achieve improved outcomes in the agility and skill levels of football players. Additional research is essential to ascertain the ideal duration, intensity, and frequency of small-sided games training programs tailored for novice football players.

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