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## Effect of small sided games on selected physical and performance related variables among young soccer players

**Muhammed Jamshad KC and Dr A Praveen**

### Abstract

The purpose of the study was to analyse the effect of small sided games on selected physical and performance related variables among the young soccer players. For this purpose Thirty (30) soccer players selected from Wayanad FC Football Academy, Arapeta, Wayanad, India, their age ranged between 14 to 15 years. The selected subjects were equally divided (15) in to two group, experimental and control group. The experimental group undergoing six week small sided treatment programme and control group was not involved any special treatment programmes. All the selected subjects tested on selected physical and performance related variables such as speed, agility, dribbling, passing and receiving. The data pertaining to the physical and performance related variables were analysed by using dependent T test, and the level of significant was fixed at 0.05 levels. The findings of the study relieves that, the experimental group had made a significant improvement in selected physical and performance related variables such as speed, agility, dribbling, passing and receiving compare to control group. Hence it was concluded that six week small sided games treatment was improved the selected physical and performance variables among the young soccer players.

**Keywords:** Small sided games, speed, agility, dribbling, passing and receiving

### Introduction

Soccer is a standout amongst the most common diversions being played everywhere throughout the world. Many individuals essentially cherish the game and screen each diversion played by their darling group religiously. Amid any significant association or titles, you will find many individual solidified on to their TV sets to hail or remark about the soccer match being played. It is of the regular situations in any clubs or bars around then. Soccer fans on occasions, get so required in the match they think: they are likewise part of the groups. Delighting triumph in a successful amusement and crying if their group loses its match are a portion of the basic response you'll discover among fans.

### Small a sided game

The accomplishment of group approach relies on upon the players capacity to co work in a specific zone of the field with their partners. Hence, soccer preparing practice for the most part incorporate diversion circumstances played with small number of players in smaller field measurements. These specific activities are known as small sided games.

The small sided soccer match is essentially a round of soccer that happens on a field that is lesser than a control field and consolidate similar components on a field, however on a lesser sacle. Coordinates in small sided soccer are likewise played with less than 11 on a side. For youth ages 6 -8 years of age, these matches are naturally playing on 3vs 3or 4vs 4 formats and do exclude goalkeepers. Matches for players between the ages of 9-13 years of age additionally prepare and play in a SSG domain and range from 6vs 6 to 8vs 8 relying upon the area and administering soccer body.

Small sided recreations are to a great degree advantageous for youthful youngsters. Recounted proof and research thinks about demonstrate that adolescents get more noteworthy joy from playing football in smaller groups and with adjusted standards. And also getting included in the diversion all the more frequently, players take in more rapidly and take more choice over

the span of a match. What's more, as the ball is never far away, more noteworthy focus is required on their side. This all implies they pick up a superior comprehension of the diversion than they would in playing on enormous fields. The reality there are less players on the field and on a every group additionally implies that they gets more consideration and more opportunity to score objectives, which is the thin that kids play the amusement for. Goalkeepers, who are not utilized as a part of four-a-side football and smaller arrangements, are likewise more included, while outfield players are presented to more assault and safeguard circumstances, expanding their satisfaction and the pace at which they learn.

The advantages that small sided games offer in contrast with 11-a-side football are the players touch the ball five instances greater in four-a side soccer and two times as tons in 7-a sided recreations. Players are included in 3 fold number of in 7-a sided recreations. By and large in 4-a side football objectives are scored like clockwork and at regular intervals in 7- a side diversions. Goalkeepers make 2 to 4 fold the number of recoveries in 7-a sided football than they do in 11-a side learn. The ball is out of play for eight for every penny of the gambling time in 4-a-side soccer, 14% for each penny of the gambling time in seven-sided amusements and 34% for every penny in 11-a-aspect soccer.

In small sided diversions every player plays the entire amusement, gets the ball all the time, tries to score constantly the time, has the opportunity to play, gets consolation at all circumstances from teachers and gets bolster from educators. More than whatever else kids play the amusement for the sake of entertainment. Playing matches is additionally a fundamental feature of the learning procedure and paces that procedure up. It enables them to procure abilities and a feeling of freedom. It likewise builds up their innovativeness, activity and the capacity to take choices and helps them manufacture associations with other individuals and to regard them. From a strategic perspective little sided recreations are intended to improve player's vision of the amusement and their comprehension of cautious and assaulting angles. Sessions ought to likewise incorporate free play, in any case, with the teacher pulling back sooner or later from the activity and enabling adolescents to play without principles and limitations and to try what they have realized.

**Methadology**

**Selection of Subject**

For this purpose Thirty (30) soccer players selected from Wayanad FC Football Academy, Arapeta, Wayanad, India, the subject age fluctuated between 14 - 15 years. The selected participant were equally divided (15) in to binary group, experimental and control group.

**Variables and Test**

variables	test	measurement
speed	30 metre dash	seconds
agility	Shuttle run	seconds
dribbling	Dribbling Test	seconds
Passing and receiving	Passing and receiving test	seconds

**Experimental design**

The pre and post-test arbitrary group strategy was used as investigational strategy in which thirty (30) young football players were separated into two groups' one experimental group and one control group of fifteen (15) participant each. The experimental group undertook small sided game training

and control group proceeded as the control. The participant tested on selected physical and performance related variables such as speed, agility, dribbling, passing and receiving prior to and immediately after the training programme.

**Field test**

The field test in the current study recurrently to applied to evaluate the player's physical ability and skill performance. After the warming up, the players performed the following physical and skill test. 1} Speed (30 metre dash test), 2} Agility (shuttle run test), 3} Dribbling test, 4} Passing and Receiving test. All the chosen tests were done on a characteristic grass soccer field with all players wearing football sessions. The entire participant were performed all the chosen tests were done on a characteristic grass soccer field with all players wearing football sessions.

The entire participant were agreeable to the field test, as they were a piece of their standard preparing program agreeable to the field test.

**Speed test (30 metre Dash)**

**Purpose:** to measure the speed.

**Equipment:** 2 cones, stopwatch and measuring tape

**Procedure:** On the starting signal the subjects start the running as far as possible speed towards the 30 meter marking cones.

**Scoring:** 3 tails will give, among the three trails best time is recorded

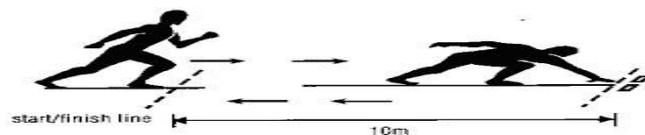


**Agility Test (Shuttle Run)**

**Purpose:** To measure Agility. Equipment: 2 cones, stopwatch and measuring tape.

**Procedure:** on the starting signal the subject run towards the another end of the 10 meter marking line and touch and come back to the starting line, the exercise repeat 5 times

**Scoring:** 3 tails will give, among the three trails best time is recorded

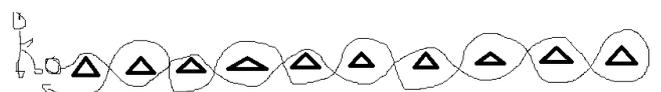


**Dribbling Test**

**Purpose:** To measure Dribbling capacity. Equipment: 10cones, stopwatch and measuring tape.

**Procedure:** on the starting signal the subject start the dribbling the ball around the cones with using right foot and while turning back use left foot.

**Scoring:** 3 tails will give, among the three trails best time is recorded.



**Passing and Receiving Test**

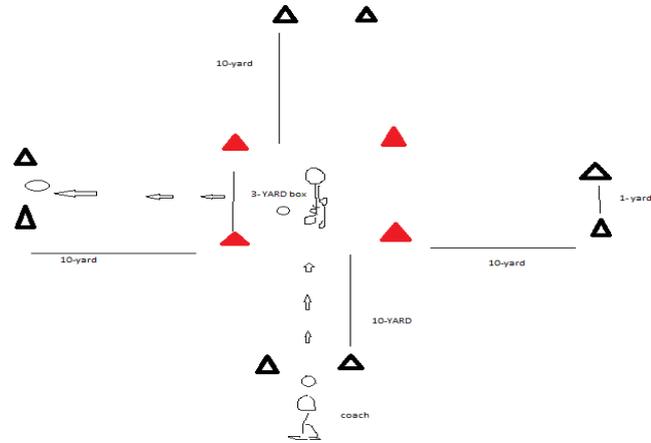
**Purpose:** To measure Passing and Receiving ability.

**Equipment:** 10 soccer ball, stop watch.

**Procedure:** the subject stand inside the 3 meter receiving

box, all the ball keep near the coach, on the starting signal coach would pass the ball to the 3 meter box and the subject to receive the ball and pass through the post (should complete minimum 2 pass on each post from the 1 minute).

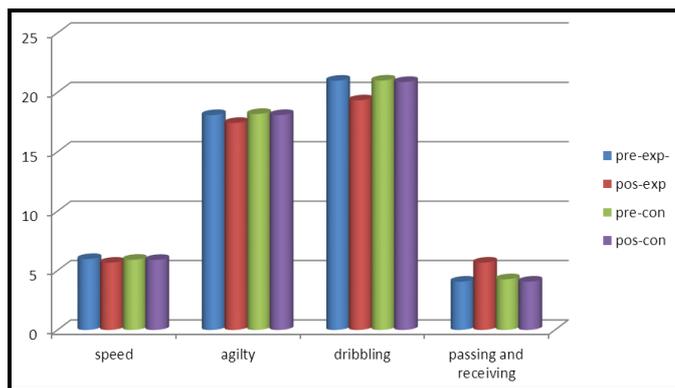
**Scoring:** 3 trails will give, from the best time will consider as a score.



**Table 2:** mean comparison between experimental and control group

variables	Experimental group		Control group		T ratio	
	Pre-test mean	Post-test mean	Pre-test mean	Post-test mean	Experimental group	Control group
Speed	5.9707	5.6600	5.9067	5.8940	5.371*	.282
Agility	18.0880	17.4240	18.1793	18.0913	6.441*	.323
Dribbling	20.9800	19.3300	20.8733	20.8733	6.931*	1.427
Passing& Receiving	4.0667	5.6667	4.2667	4.0667	-9.789*	.587

It is apparent from table-2 there was a significant difference between the pre and post-test execution of experimental group on chose physical and performance related factors since the calculated't' values 5.371 (speed), 6.441 (agility),6.931 (Dribbling),and - 9.789 (passing& Receiving) are higher than tabulated't' estimation of 2.145 at 0.05 level of importance with 14 degrees of opportunity. There is no other critical contrast in charge gathering.



**Fig 1** Mean Comparison between Experimental Group and Control Group

**Discussion**

Six weeks small sided games training was improved all the selected physical and performance related variables such as speed, agility, dribbling, passing and receiving among the young soccer players. The selected participant had actively and sincerely contributed in the treatment programme and they were enjoyed very well the small sided games, the selected subject previously participated some other small sided games, but they don't have the experience in verity of the small sided games.

**Treatment**

The training programmes were conducted on Wayanad FC football academy ground Arapetta Wayanad, India. Total duration of the training programme was 6 six weeks, 3 days per week. Initially the duration of training session was 60 minutes, less intensity exercise was given for the subjects to get reformed, the intensity and duration of the exercise increased after every two weeks (increase the duration, no of sets and use the verities in games). The training programme started with 10 minutes warming up, 45 minutes small sided games and 10 minutes warming down exercise. The six week small sided games include 3 vs 3, 4vs 4, 6vs6 and its variations.

**Results**

To find out whether there was any significant difference after the training programme among the experimental and control group, dependent't' test was applied by calculating the entire difference between pre and post test score of the experimental and control group respectively. The level of the significant chosen was 0.05 level of confidence.

**Conclusion**

There would be a significantly improved the selected physical and performance related variables such as speed, agility, dribbling, passing and receiving. The results of the present study evidence that the six week small sided games training programme was an effective training programme for developing the selected physical and performance related variables such as speed, agility, dribbling, passing and receiving.

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