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Effect of small sided soccer games on skills and agility of beginner football players

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Abstract

The main purpose of this study was to investigate the effect of small-sided games (SSGs) on beginner football players. For this purpose total 30 boys beginner football players were randomly selected from Champai district, Mizoram within the age ranged between 12-15 years. Random sampling was adopted as a sample for the study. Pre and post-tests were conducted to evaluate participant's agility level and skill level. Pre data were collected before giving 8 weeks training program and post the data collected after the training program. The data were collected with the help of agility T test and SAI soccer test. The result of the study revealed that SSG program was found to be an effective training method for enhancing the performance of undergraduate 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 and skills and agility of beginner football players of Champai district Mizoram.

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

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.

Methodology and design of the study

This was an experimental study which was conducted to find out the effect of small sided games on agility and skill of beginner football players. For the present study total 30 beginner boys football players were selected that participated in 8 weeks SSG program.

Method of measurement of variable: Agility T test and SAI soccer test was used to collect data.

Training/ SSG schedule

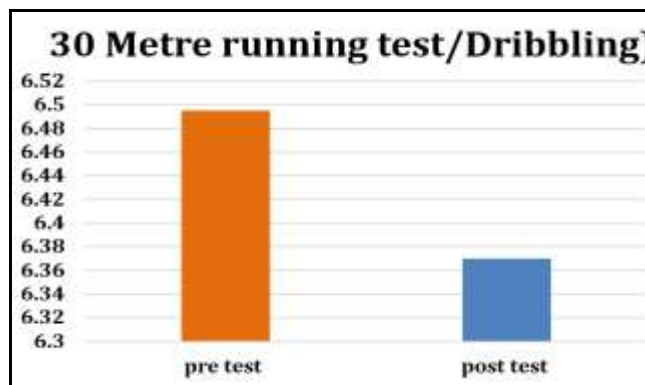
Week	Day	Format	Duration
Week 1-2	Monday – Saturday	Warm up	10 Minutes
		1 VS 1	30 Minutes
		2 VS 2	
		3 VS 3	
		4 VS 4	
	Cool down	10 minutes	
		Total	50 minutes
Week 3-4	Monday – Saturday	Warm up	10 Minutes
		1 VS 1	40 minutes
		2 VS 2	
		3 VS 3	
		4 VS 4	
	Cool down	10 minutes	
		Total	60 minutes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

Table 1: SAI SOCCER TEST (30 Metre running test/Dribbling)

Test	N	Mean	DF	Cal 't'.	Tab 't'.
Pre-test	30	6.495	29	2.80822	1.699
Post-test	30	6.369667			

Level of Significance – 0.05

Tabulated 't' – 1.699



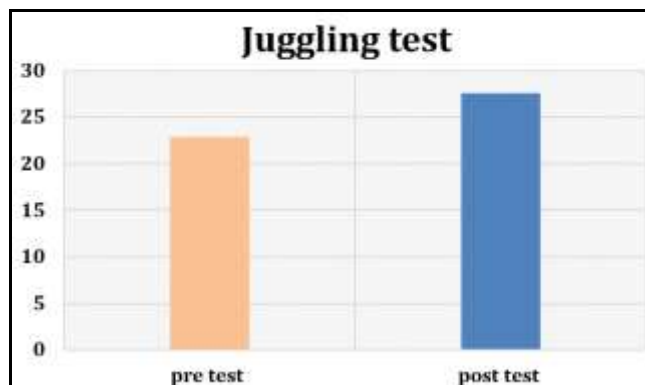
Graph 1: Graphical representation of 30 m running with ball

Table 2: Juggling test (No.of touch)

Test	N	Mean	DF	Cal 't'.	Tab 't'.
Pre-test	30	22.86667	29	1.89212	1.699
Post-test	30	27.53333			

Level of Significance – 0.05

Tabulated 't' – 1.699



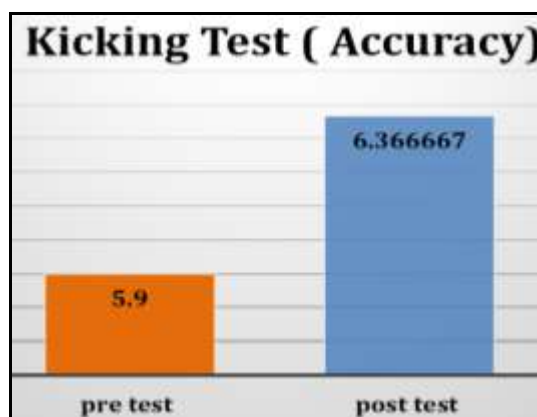
Graph 2: Graphical representation of juggling test

Table 3: Kicking Test (Accuracy)

Test	N	Mean	DF	Cal 't'.	Tab 't'.
Pre-test	30	5.9	29	1.49202	1.699
Post-test	30	6.366667			

Tabulated 't' – 1.699

Level of Significance – 0.05



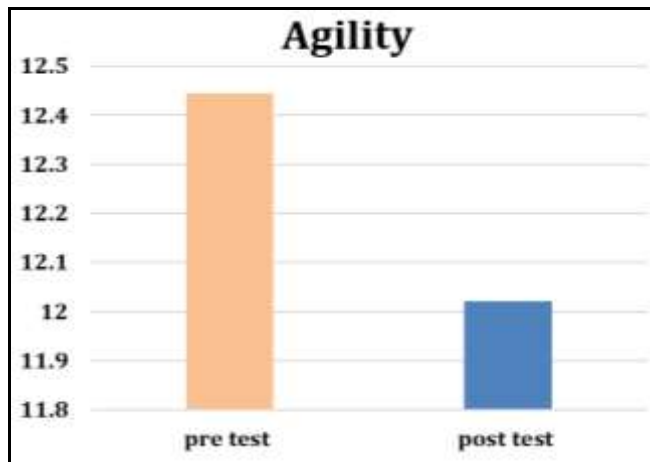
Graph 3: Graphical representation of kicking accuracy

Table 4: Agility

Test	N	Mean	DF	Cal 't'.	Tab 't'.
Pre-test	30	12.445	29	1.85212	1.699
Post-test	30	12.021			

Tabulated 't' – 1.699

Level of Significance – 0.05

**Graph 4:** Graphical representation of kicking accuracy

Results

The results showed significant improvement. The mean difference between the pre-test and post-test for speed was 4.567. The calculated t-values were higher than the tabulated t-values, indicating that the improvements were significant.

Conclusion

The findings of this study suggest that 8 weeks training program can significantly improve the Skill and agility of beginner football players. This study emphasizes the importance of training programs for enhancing the skill of players in Soccer. Future studies can investigate the effect of longer training periods or different training programs on the physical abilities of players.

The analysis of data in this study indicates a notable enhancement in both agility and skill proficiency 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 agility and skill levels 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 observed improvement in agility and skill.

In conclusion, this study highlights the potential benefits of small sided games training program in improving agility and skill level of beginner football players.

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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