



## Effect of Small-Sided Games on Soccer Skills of School Boys

Dr. Suresh Kutty. K

Associate Professor, School of Physical Education &amp; Sports Sciences, Kannur University

Muhammed Arshaq

Research Scholar, School of Physical Education &amp; Sports Sciences, Kannur

## ABSTRACT

The study was designed to examine the effect of small-sided games on soccer skills of school boys. Forty (N=40) school boys were randomly selected from SEPT Taliparamba. The selected subjects were divided into two equal groups (n=20) of experimental and control groups. Their age ranged between 10 and 13 years. Pre test was taken before the administration of treatment. Kuhn's soccer skill test was used to collect data on the selected variables. Experimental group was given small-sided games training on three non-consecutive days per week for twelve weeks. Post test was taken after the completion of twelve weeks training. Statistical techniques such as descriptive statistics, paired t test and analysis of covariance were computed to process the data. The study revealed that small-sided games training programme is closely associated with significant changes in soccer skills variables of school boys.

**KEYWORDS :** Capital market, Maturity level, Efficient capital market

## INTRODUCTION

Games which are played on small fields are mostly characterized by abundant speed, explosive power, complex skills and accuracy. Basketball, Handball and Volleyball are examples of such games. Reduced area for performing a skill will definitely exert some sort of strain on the performer. When games that are played on large fields are played in small fields their performance will be influenced. The player has to perform the skills with utmost precision and grace.

When sports which are played in large fields like Hockey, Rugby, Soccer started implementing their small sided formats like Sevens/Fives Soccer, Fives Hockey significant improvement was seen in their mastery in performing skills and improvement in anaerobic capacities. This led to the innovation of a new training method called Small Sided Training. Small sided games make use of small fields for training like 30x30 feet.

Small sided games rely on the notion that training on a small field with some sort of resistance will enable a player to handle the situation in a better way when it comes to large field. He will be able to use even an inch of gap to score and is a great success too. Soccer is a sport in which small sided games are often used. Taking these factors into consideration the researcher made an attempt to study the effect of small-sided games on soccer skills of school boys.

## METHODOLOGY

## Selection of Subjects:

Forty (N=40) school boys were randomly selected from SEPT (Sports Education Promotion Trust) Taliparamba. The selected subjects were divided into two equal groups (n=20) of experimental group and control group. Their age group ranged between 10 and 14 years.

## Tools:

To assess the soccer skills performance 'Kuhn's Soccer Test' was administered.

## Variables:

The following variables were studied: Goal Kicking for Accuracy with Preferred Foot (GKPF), Goal Kicking for Accuracy with Non-Preferred Foot (GKNPF), Ground Passing for Accuracy with Preferred Foot (GPPF), Ground Passing for Accuracy with Non-Preferred Foot (GPNPF), Air Passing for Accuracy with Preferred Foot (APPF), Air Passing for Accuracy with Non-Preferred Foot (APNPF), Dribbling, Juggling 1 and Juggling 2.

## Administration of the Training Programme:

The small sided games training duration was for twelve weeks. The number of session per week was confined to three days. The duration of training session was between 45 minutes to one hour approximately which included warming up and limbering down. All the

subjects involved in the study were carefully monitored throughout the training programme. Their health status throughout the training programme was monitored; none of them reported any injuries. However, muscle soreness appeared in the earlier period of the training programme.

## Collection of Data:

The pre and post test data on the selected soccer skills of the school boys was done a day before and a day after the training program.

## ANALYSIS AND DISCUSSION OF RESULTS

To analyze the data collected descriptive statistics, paired 't' test and Analysis of Covariance (ANCOVA) were computed using SPSS 21 version.

**Table 1**  
Descriptive scores & Mean Comparison of Soccer Skills

Soccer Skills	statistics	Control Group		't' Ratio	Experimental Group		't' Ratio
		Pre	Post		Pre	Post	
GKPF	Mean	3	3.15	.567	3.75	10.8	6.44*
	SD	1.69	1.81		1.65	4.71	
GKNPF	Mean	2.1	1.95	.370	1.95	7.72	5.72*
	SD	1.97	1.47		1.76	3.43	
GPPF	Mean	3.45	3.3	.430	3.3	10.05	9.40*
	SD	1.47	0.92		1.66	3.12	
GPNPF	Mean	2.1	1.95	.370	2.1	7.95	7.06*
	SD	1.41	1.76		1.71	4.27	
APPF	Mean	2.1	1.95	.370	2.55	9.75	7.51*
	SD	1.41	1.76		1.76	4.23	
APNPF	Mean	1.09	1.83	.153	1.05	7.2	6.15*
	SD	1.33	1.7		1.47	3.29	
Dribbling	Mean	33.3	33.95	1.31	33.95	33.29	9.05*
	SD	6.45	6.02		7.04	6.45	
Jug-gling 1	Mean	3.8	3.75	.166	4.3	13.95	5.52*
	SD	3.14	2.65		4.04	11.25	
Jug-gling 2	Mean	3.3	2.85	1.69	2.7	14.34	4.99*
	SD	2.6	2.54		3.71	11.06	

\*Significant at t.05 (df 19) = 2.09

**Table 2**  
**ANCOVA Table of Control and Experimental Group on Soccer Skills**

Variable	Adjusted Post Test Mean		Source	SS	MS	F Value
	Control	Experi				
GKPF	3.31	10.64	B/W	3441.52	3041.52	54.45*
			Within	2066.65	55.85	
GKNPF	1.90	7.25	B/W	1398.45	1398.45	57.10*
			Within	906.11	24.48	
GPPF	3.29	110.06	B/W	2696.29	2696.29	48.90*
			Within	2040.18	55.14	
GPNPF	1.95	7.95	B/W	1700.10	1700.1	61.83*
			Within	1017.31	27.49	
APPF	2.05	9.65	B/W	2543.86	2543.86	58.95*
			Within	1596.70	43.15	
APNPF	0.86	7.09	B/W	1432.17	1432.17	62.53*
			Within	847.49	22.9	
Dribbling	34.41	22.29	B/W	34848.77	34848.8	39.12*
			Within	32263.24	890.9	
Juggling-1	4.21	13.49	B/W	5029.23	5029.23	55.76*
			Within	3337.36	90.19	
Juggling-2	3.13	14.07	B/W	5474.32	5474.32	78.42*
			Within	2582.73	69.8	

\*Significant at F .05 (df 1,37) = 4.11

Tables 1 & 2 reveals that the impact of small-sided games training programme had significantly improved the selected soccer skills namely goal kicking for accuracy with preferred foot, goal kicking for accuracy with non preferred foot, ground passing for accuracy with preferred foot, ground passing for accuracy with non preferred foot, air passing for accuracy with preferred foot, air passing for accuracy with non preferred foot, dribbling, juggling-1 and juggling-2.

Small-sided games training makes use of comparatively smaller play field which demands the players to have more control and expertise in the skills. The small sided games comprised greater overall distance, less jogging and walking, higher heart rate, and more tackling, dribbling, goal attempts, shooting, ball control and passes. Small-sided games training had improved skill acquisition and development since the subject had never under gone similar programme before participating in small-sided games training. It may be considered as one of the possible reason for improvement in the selected performance skills.

The findings of the study was in agreement with the findings of the studies conducted by **Halouani J, Kelly DM and Drust B (2014)**. They studied Sixteen week effect of pitch dimensions on heart rate responses and technical demands of small-sided soccer games in elite players. The small sided games comprised greater overall distance, less jogging and walking, higher heart rate, and more tackling, dribbling, goal attempts, and passes. The result of this study states that there was a significant improvement in soccer skills performance ( $p < 0.05$ ).

**CONCLUSION**

Over all the result of the present study support that small-sided games training programme is closely associated with significant changes in soccer skills variables of school boys. So 12 weeks of small sided games training programme brought about the following changes in the experimental group when compared with control group:

A significant improvement was found in the following variables such as:

- Goal Kicking for accuracy with preferred foot.
- Goal Kicking for accuracy with non-preferred foot.
- Ground Passing for accuracy with preferred foot.
- Ground Passing for accuracy with non-preferred foot.

Air Passing for accuracy with preferred foot.

Air Passing for accuracy with non-preferred foot.

Dribbling.

Juggling 1

Juggling-II

**REFERENCES:**

- [1] Aguiar M, Botelho G, Lago C, Maças V, Sampaio J (2012) A review on the effects of soccer small-sided games. *Journal of human kinetics* Vol.33, No (5), Pg: 103-13.
- [2] Aguiar MV, Botelho GM, Gonçalves BS, Sampaio JE (2013) Physiological responses and activity profiles of football small-sided games. *Journal of strength and conditioning research* Vol.27No.(5),Pg:1287-94.
- [3] Retrieved on 27 march 2006 from <http://www.ncbi.nlm.nih.gov/pubmed/22820211>
- [4] Bompá, Tudor, O.(1999) *Periodization: theory and methodology of training*. Illinois: Human Kinetics Publishers
- [5] Gabbett TJ, Abernethy B, Jenkins DG (2012) Influence of field size on the physiological and skill demands of small-sided games in junior and senior rugby league players. *Journal of strength and conditioning research* Vol.26, No.(2) Pg:487-91.
- [6] Halouani J, Chtourou H, Gabbett T, Chaouachi A, Chamari K (2014) Small-sided games in team sports training: Brief review, *Journal of strength and conditioning research* 2014 Jun 10.
- [7] Irvin R Shimid (1983) *Skills and Strategies of Successful Soccer*, New Jersey: Prentice Hall publishers.
- [8] National soccer coaches association of America (2004) *The Soccer Coaching Bible*, Illinois: Human Kinetics Publishers
- [9] Thomas Reilly (2007) *The Science of Training Soccer*, Routledge: New York