

# The effect of small...

*by* Siregar Et Al

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**Submission date:** 25-Jul-2020 08:24AM (UTC+0700)

**Submission ID:** 1361797927

**File name:** 125936179\_1.pdf (78.13K)

**Word count:** 1875

**Character count:** 9760

# The Effect of Small Side Games Training Toward Improvement of Basic Soccer Techniques at Perfect Unimed School Students

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**Abstract**— Small sided games is a game that played a smaller court and fewer players than the real game. The research aimed to know about effect of small sided games toward improvement of basic soccer techniques to perfect unimed soccer school student at the age 14 to 16 years old. The research is an experimental research. The design used in this research is design randomized control group pretest and posttest. Sample in this research are all the perfect unimed soccer school students age group 14 to 16 years old which amounts 48 students. The sampling techniques used in this research is total sampling. The data collection techniques used test. The instrument used soccer skill test for soccer school from Ardi Nusri with a validity level of 0,700 for score and 0,775 for time, while reliability 0,915 for score and 0,882 for total time. Data analyse techniques used T test through prerequisite of normality test and homogeneity test. Based on theoretical studies and research journal, small sided games training can improve basic techniques of perfect unimed soccer school student age 14 to 16 years old. It can be concluded that there is a significant effect of small sided games toward the improvement of basic soccer techniques to perfect unimed soccer school student age 14 to 16 years old.

**Keywords:** *small, games, basic football techniques*

## I. INTRODUCTION

According to Sugih Hendarto (Om Hen) former coach Rahmad Darmawan in the book Rahmad Darmawan [1] TELL football is a beautiful game that is simple. Furthermore Sucipto, et al. at 2002 soccer is a team game consisting of eleven players each, and one of them is a goalkeeper.

Meanwhile, according to Eric C. Batty [2] soccer is a simple game, the secret of a good soccer game is to do simple things as well as possible. From the opinions of the experts above, it can be concluded that football is a team sport played

by each team of eleven people with the aim of scoring goals against the opponent.

Soccer school (SSB) as a forum for the coaching of future soccer players, provides coaching in stages by dividing children based on Age Groups (KU). Age groupings, usually follow the rules of the Federation International Football Association (FIFA) as the highest body of world football. FIFA classifies coaching players into; age groups under 11 years (Under 11), Under 13, Under 15, and Under 17. FIFA makes a policy that for new competitions starting after the age of 17 years, so FIFA has a competition at the age of 17, age 19, age 21 and age 23 years. For ages less than 17 years, it has not been called a competition but is called a festival, namely KU 11 years, 13 years and 15 years.

[3] In [5] article titled Talent Identification in Youth Soccer states that football is a complex sport, the skills required must be performed in a rapidly changing environment under exhausting conditions [4]. Therefore to identify abilities reliably in a particular sports domain, a protocol movement towards better specific players is justified.

With these various problems, players must be fostered in a long period of time, practicing from a young age with the right curriculum. The trainer must make an exercise program in accordance with the growth and development of children from mental, technical, physical or tactic/strategy factors.

When they are 15 years old children experience rapid psychological and emotional development. Technically, children must have many basic soccer skills. Basic skills that absolutely must be mastered are passing, receiving, dribbling, heading, and shooting at the opponent's goal (shooting). [5] States basic skills (control, passing, receiving, shooting and heading) because this is the most significant football component.

As stated above, soccer requires complex skills, but in general the basic playing skills that must be possessed by soccer players are passing, receiving, controlling, dribbling, heading, and shoot the ball at the opponent's goal (shooting). The basic ability that must be possessed by a soccer player is called the basic technique.

Therefore, students will not have the basic techniques of playing good football which is also good, by not having good basic techniques, there will not be a good game. Thus, because they do not have good techniques and good play, there will be no achievement to be achieved. As a solution that suits the characteristics of children who tend to be happy with the game. So it occurred to me to apply one of familiar methods, namely the small sided games method. The small sided games exercise method is suited to the characteristics of children who really like to play games so the results will be maximal.

According to Snow [4], small sided games are games played on smaller courts and fewer players than the actual game, 11 opponents 11. Games with small groups and large groups, small groups are 1 against 1, 2 against 2, 3 against 3, 4 against 4 and large groups are 5 against 5, 6 against 6, 7 against 7, 8 against 8, these are examples of small sided games.

Studies have been conducted to show, and convincing observations, that children get more enjoyment and learn more from playing SSG with adjusted rules. They get more touch of the ball, learn faster and have to make more decisions during the game (greater concentration is needed because the ball is never far away)

## II. METHOD

This research uses experimental research. Experimental method is research conducted by carrying out manipulation of research objects and the existence of controls [6].

The design of this experimental research uses the design of the Design Randomized Control Group Pretest - posttest[7]. Namely research that there is a preliminary test (pretest) before being treated and a final test (posttest) after being given treatment. This study was divided into two groups, small groups and large groups and control groups.

The population in this study were all students of SSB Perfect Unimed, amounting to 100 people. The sample is part of the population, in this study the sample criteria used are age group students (KU) 14 - 16 years. Age group students (KU) 14 - 16 ssb Perfect State University of Medan numbered 48 students. The sampling technique in this study used a total sampling technique because all students as follows Perfect State University of Medan age group (KU) 14 - 16 years, amounting to 48 students, were used as research samples.

In conducting this research, two groups were given the same treatment as small groups and large groups, but only those who differed in field size. The implementation of this study consisted of a series of activities in the form of: conducting a pre-test and then division of the group in ordinal pairing after which treatment was given to both groups and finally doing a post-test.

## III. RESULTS AND DISCUSSION

According to [8] Small-sided games are soccer games with fewer players competing on small sized fields. [9] This is a fun game that involves more players because fewer players share one ball. All ages can play "small sided games", but it has a definite development impact on our young soccer players.

[10], [11]. Small-sided games are games that are played on smaller courts and fewer players than the actual game of football, which is 11 against 11. Games with 3 against 3, 4 matches 3, 4 against 3 and 4 against 4 are examples small-sided games.

[12] Small Sided Games is a form of learning method where adequate field so that learning of Small Sided Games is designed in a form similar to the actual game situation, where students are faced situations that are almost the same as actual games. So it is expected to be able to improve students' skills in control and passing using legs, in football [20] [3].

Based on the theory of experts, the practice of small sided games can improve basic technical skills, this opinion is also supported from the results of previous research on small sided games.

The Small Sided Games Method in Achieving Basic Soccer Game Skills [14]. The research aims to determine the effect of small sided games training methods on the achievement of learning basic soccer skills. The results showed that there was a difference in effect between the small sided games method and the traditional method for achieving mastery in learning the basic skills of playing football. Thus the small sided games method is more influential on the achievement of mastery of the basic skills of the game of football.

## IV. CONCLUSION

Based on the discussion of the theories of experts and the results of previous studies, it can be concluded that there is a significant improvement in the basic techniques of football through small sided games. This statement is strengthened from the theory of experts and the results of previous studies.

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