



THE APPLICATION OF SMALL SIDE GAMES TRAINING ON PASSING TECHNIQUES AND PERFORMANCE IN FUTSAL GAMES

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Abstract

This research aims to determine the effect of Small Sided Games (SSG) training on the improvement of passing techniques and performance in futsal games. The passing technique is one of the basic skills that is very important in futsal because it plays a significant role in the effectiveness of team cooperation. This study uses a quantitative approach with an experimental method. The research design used is One Group Pretest-Posttest Design for passing technique, and Posttest-Only Control Group Design for game performance. The sample in this study consists of 15 male futsal club members from STKIP Pasundan Cimahi. The instrument used is a four-sided passing test with a rebound board for passing technique, while game performance is measured using the Game Performance Assessment Instrument (GPAI) scoring format that includes seven indicators and is directly observed in the context of the match. Data analysis was conducted through normality tests, reliability tests, paired sample t-tests, and independent sample t-tests. The results of the study indicate a significant improvement in passing technique after treatment with a significance value of 0.000 ($p < 0.05$), which indicates that Small Sided Games training is effective in improving passing ability. Additionally, there is a significant difference in game performance scores between the experimental and control groups ($p < 0.001$), which shows that SSG training also has a positive impact on game performance. Thus, Small Sided Games training has been proven to significantly influence the improvement of passing techniques and futsal performance, and is recommended as an effective alternative training method in the learning and coaching of futsal.

Keywords: Small Sided Games, Passing Technique, Performance, Futsal.

INTRODUCTION

Futsal is a sport that is very popular among various groups, from children to adults. Futsal is loved worldwide because of its exciting, fast, attractive, and entertaining gameplay. Futsal is also easy to play, requiring only a futsal ball and a relatively small field. Futsal is not only a means of exercise, but has become part of a lifestyle. In Indonesia, futsal has actually been around since 1998. However, its popularity only increased in 2005 (Utomo et al., 2023). The dominant techniques in futsal are kicking, passing, and shooting. Passing involves passing the ball to a teammate. Passing seems simple, but it actually

requires concentration and good accuracy so that our passes are received by our teammates and become goals. Players who already have good passing accuracy will easily provide passes to teammates to score goals against the opponent's goal and can help the team win the match (Prabowo, 2020). Passing accuracy in futsal is crucial, therefore, efforts are needed to improve passing accuracy to perfect players' skills. Players must master various basic futsal techniques. Players with good passing accuracy will easily pass to teammates to score goals and help their team win matches (M Arwin Arrosyid, 2023). Passing is a way to move the ball from one place to another to build an attack. Passing in futsal is considered vital for the continuity of the game, starting the game, initiating attacks, and setting the pace of the game. In futsal, the continuous movement of players also requires players to continuously pass; almost 90% of futsal games are filled with passing (Pratomo et al., 2023). Sports performance depends on the interaction of complex variables. Every athlete wants to perform well, win, and improve their performance. All players strive to achieve individual and, if possible, team goals. Sporting success requires athletes to perform to their best abilities, within certain limits, to achieve maximum success (Fitrian, 2022). Therefore, training methods are needed that can hone technical skills, decision-making, and playing performance. Small-Sided Games (SSG) are a proven form of training in this context (Rahmania Putri et al., 2023). Therefore, passing accuracy and performance can be improved using Small-Sided Games training methods because they require players to feel as if they were in a real game, facing high-pressure situations, and they also provide a variety of training options.

METHODS

This study employed a quantitative approach with a quasi-experimental method, employing a pretest-posttest control group design. The sampling technique used was purposive sampling. Purposive sampling is a technique for determining and drawing samples determined by the researcher based on specific considerations. These considerations can vary and depend on the research needs. (Utara et al., 2024)

The sample size was 15 athletes from the STKIP Pasundan Cimahi Men's Futsal Student Activity Unit (UKM). The test instrument used was a passing accuracy test, while game performance was measured using the GPAI format with 7 indicators. Data were analyzed using SPSS using descriptive statistics, normality tests, reliability tests, paired sample t-tests for passing technique, and independent sample t-tests for game performance.

RESULTS AND DISCUSSION

Based on the results of the Paired Sample t-Test on the pretest and posttest scores for passing technique, this indicates a significant difference between before and after the small-sided games training treatment. This indicates an increase in participants' passing ability after being given small-sided games training. Therefore, the hypothesis stating that small-sided games training has an effect on improving passing technique is accepted.

Theoretically, these results align with the opinion (Walid Djaba, 2022) who stated that small-sided games training can improve technical skills such as passing through high game intensity, limited space, and more active player involvement. In game conditions similar to real-life futsal situations, players will be trained to make decisions and technical actions such as passing repeatedly. This improvement is supported by the results of research by Muhri et al., who stated that small-sided games training significantly improves futsal athletes' passing ability. Furthermore, Davids et al. (2013) stated that SSG improves decision-making, concentration, and the frequency of ball touches, all of which are directly correlated with passing quality.

Table 1. Descriptive Statistics of Pretest and Posttest Passing

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
pretets	15	7.00	14.00	10.3333	2.35028
postets	15	11.00	20.00	15.0667	2.91466
Valid N (listwise)	15				

Based on the table above, it can be concluded that there was an increase in the average passing score from 10.33 to 15.07 after the treatment was administered. This indicates that the Small Sided Games training had a positive impact on the participants' passing ability. There was a significant increase in passing ability after the treatment was administered.

Table 2. Descriptive Statistics of the Experimental Group

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Performance Results	15	3.00	5.00	4.0000	.75593
Valid N (listwise)	15				

Based on the table above, it can be concluded that the average performance value of the experimental group is 4.00 with a standard deviation of 0.76, indicating that in general the athletes' performance is in the high category and the results achieved are quite even among the participants.

Table 3. Descriptive Statistics of the Control Group

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Performance Results	15	2.00	4.00	2.8667	.63994
Valid N (listwise)	15				

Based on the table above, it can be concluded that the control group had a lower average performance (2.87) compared to the experimental group (4.00). This indicates that the absence of treatment resulted in less than optimal results for futsal game performance.

Table 4. Passing Test

Paired Samples Effect Sizes

Pair 1	pretest - posttest	Standardizer ^a	Point Estimate	95% Confidence Interval	
				Lower	Upper
	Cohen's d	.70373	-6.726	-9.234	-4.208
	Hedges' correction	.74446	-6.358	-8.729	-3.978

a. The denominator used in estimating the effect sizes.
 Cohen's d uses the sample standard deviation of the mean difference.
 Hedges' correction uses the sample standard deviation of the mean difference, plus a correction factor.

Based on the results of the Paired Sample t-Test on the pretest and posttest scores of passing techniques, the Sig. (2-tailed) value was obtained = 0.000 < 0.05. This indicates that there is a significant difference between before and after the small-sided games training treatment. The average pretest passing score was 10.33 with a standard deviation of 2.35, while the average posttest was 15.07 with a standard deviation of 2.91. This indicates an increase in the participants' passing ability after being given small-sided games training. Thus, the hypothesis stating that small-sided games training has an effect on improving passing techniques is declared accepted.

Table 5. Performance Tests

Independent Samples Test											
Levene's Test for Equality of Variances				t-Test for Equality of Means							
		F	Sig.	t	df	Significance		Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
						One-Sided p	Two-Sided p			Lower	Upper
eksperimen	Equal variances assumed	10.418	.003	9.760	28	<.001	<.001	8.86667	.90851	7.00566	10.72767
	Equal variances not assumed			9.760	19.975	<.001	<.001	8.86667	.90851	6.97139	10.76195

Based on the results of the Independent Sample t-Test, the significance value (Sig. 2-tailed) was <0.001, meaning it was less than 0.05. This indicates a significant difference between the experimental group receiving Small-Sided Games training and the control group receiving no such treatment.

The average futsal performance score in the experimental group was 28.40, while in the control group it was only 19.53. The mean difference between the two groups was 8.87 points. The 95% confidence interval for the mean difference ranged from 7.00566 to 10.72767, indicating that this difference was quite consistent and did not occur by chance.

Because the significance value (Sig. 2-tailed) was <0.05 , H_0 was rejected and H_1 was accepted. This means that Small Sided Games training has a significant influence on improving the performance of UKM Futsal STKIP Pasundan Cimahi athletes in the experimental group compared to the control group.

DISCUSSION

Based on the results of the Paired Sample t-Test on the pretest and posttest scores for passing technique, this indicates a significant difference between before and after the small-sided games training treatment. This indicates an improvement in participants' passing ability after the small-sided games training. Therefore, the hypothesis stating that small-sided games training has an effect on improving passing technique is accepted.

Theoretically, these results align with the opinion (Walid Djaba, 2022), who stated that small-sided games training can improve technical skills such as passing through high-intensity play, limited space, and more active player involvement. In game conditions similar to real-life futsal situations, players will be trained to make decisions and technical actions such as passing repeatedly.

This finding is supported by the theory (Katis & Kellis, 2009), which explains that small-sided games training allows players to interact more frequently with the ball, make decisions, and practice strategies in real-life game conditions. This allows players to develop not only technically but also tactically and overall performance. These findings are supported by research (Rizal et al., 2020), which showed that Small-Sided Games significantly contributed to improving the tactical and technical performance of futsal players, as well as improving decision-making in the game. Furthermore, research by (Clemente et al., 2021) also found that SSG improved overall playing ability.

From these two results, it can be concluded that the effective implementation of small-sided games training can improve passing technique and futsal performance. Passing technique improves because players are frequently trained in confined spaces and under time pressure, while performance improves because training situations mimic real-life matches.

The implication of this research is that futsal coaches can consider using Small-Sided Games as part of their training program to improve passing technique and overall player performance.

CONCLUSION

Based on the results of the research conducted by the author as well as the calculation and analysis of data from the measurement results, it has been proven to be effective in improving the passing technique and performance of futsal games because the training situation resembles a real match, so in this section the author can put forward the following conclusions: the application of Small-sided games training has an effect on the passing technique and performance of the STKIP Pasundan Cimahi Futsal UKM players.

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