

INFLUENCE OF SMALL SIDED GAMES TRAINING ON SELECTED PERFORMANCE VARIABLES AMONG SOCCER PLAYERS

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Abstract: The purpose of the study was to find out the influence of small sided games training on selected performance variables among soccer players. To achieve the purpose of this study, 30 men soccer players were randomly selected as subjects from the Manonmaniam Sundaranar University affiliated colleges, Tirunelveli, Tamilnadu, India. The selected subject age was 23(± 2) years. The selected participants were randomly divided into two groups such as group 'A' small sided games training group (n=15) and group 'B' acted as control (n=15). Group 'A' underwent small sided games training for four days per week and each session lasted for an hour for six weeks of period. Control group was not exposed to any specific training but they were participated in regular activities. The selected criterion variables passing and dribbling were assessed by MorChristian soccer skill tests. The pre and post tests data were collected on selected criterion variables prior and immediately after the training program. The pre and post-test scores were statistically examined by the analysis of co-variance (ANCOVA) for selected variables in the significant at 0.05 level of confidence. It was concluded that the small sided games training group had shown significantly difference in passing and dribbling. However the control group had not shown any significant difference on passing and dribbling.

Index Terms: small sided game, soccer player, passing, dribbling

I. INTRODUCTION

Soccer is the world's most popular form of sport, being played in every nation without exception. The most widespread code is association football or soccer. Physical fitness play an important role in a soccer game, so that a player has to make a decision at any time is good for that special occasion [1]. Small-sided games are a great tool for player development [2].

Small Sided Games also referred to as skill-based conditioning games or game-based training is modified games played on reduced pitch areas, often using adapted rules and involving a smaller number of players than traditional football games [3].

Small-Sided Games is technical exercises submitted in the form of games appropriately modified by the coaches and/or fitness coaches on the basis of sport specific training [4]. The small sided games produce numerous benefits in the soccer players; these functional benefits are described in detail in the literature [5] & [6]: small sided games are very widespread football training exercises to improve both the physical condition and the technical abilities, both in adults than in young soccer players [7].

These games are less structured than traditional fitness training methods but are very popular training drills for players of all ages and levels [8].

II. PURPOSE OF THE STUDY

The purpose of the study was to find out the influence of small sided games training on selected performance variables among soccer players

III. METHODOLOGY

To achieve the purpose of this study, 30 men soccer players were randomly selected as subjects from Manonmaniam Sundaranar University affiliated colleges (M.D.T. Hindu College and St. Xavier's College), Tirunelveli, Tamilnadu, India. The selected subject age was 23(\pm 2) years. The selected participants were randomly divided into two groups such as group 'A' small sided games training group (n=15) and group 'B' acted as control (n=15). Group 'A' underwent small sided games training for four days per week and each session lasted for an hour for six weeks of period. Control group was not exposed to any specific training but they were participated in regular activities. The selected performance variables such as passing and dribbling were assessed by MorChristian soccer skill tests. The pre and post tests data were collected on selected criterion variables prior and immediately after the training program. The pre and post-test scores were statistically examined by the Analysis of Co-Variance (ANCOVA) for selected variables in the significant at 0.05 level of confidence.

IV. ANALYSIS OF DATA

The results of analysis of covariance on the criterion measures were given in the following tables.

4.1 Passing

Table 4.1 Computation of mean and analysis of covariance of passing on experimental and control groups (in points)

Criterion variables	Test	Experimental Group Mean	Control Group Mean	F ratio
Passing	Pre test	5.00	4.47	1.77
	Post test	6.40	5.01	13.08*
	Adjusted Post test	6.23	5.24	12.68*

* Significant at 0.05 level. (Table value for df 1 & 28 was 4.20, df 1 & 27 was 4.21)

The above table indicates the adjusted post test mean value of experimental and control groups are 6.23 and 5.24 respectively. The obtained F-ratio of 12.68 for adjusted post test mean was greater than the table value 4.21 with degrees of freedom 1 and 27 required for significance at 0.05 level of confidence on passing. The result of the study indicated that there was a significant difference among experimental and control groups on passing.

The pre, post and adjusted post test mean values of passing of both experimental and control groups are graphically represented in the figure-4.1.

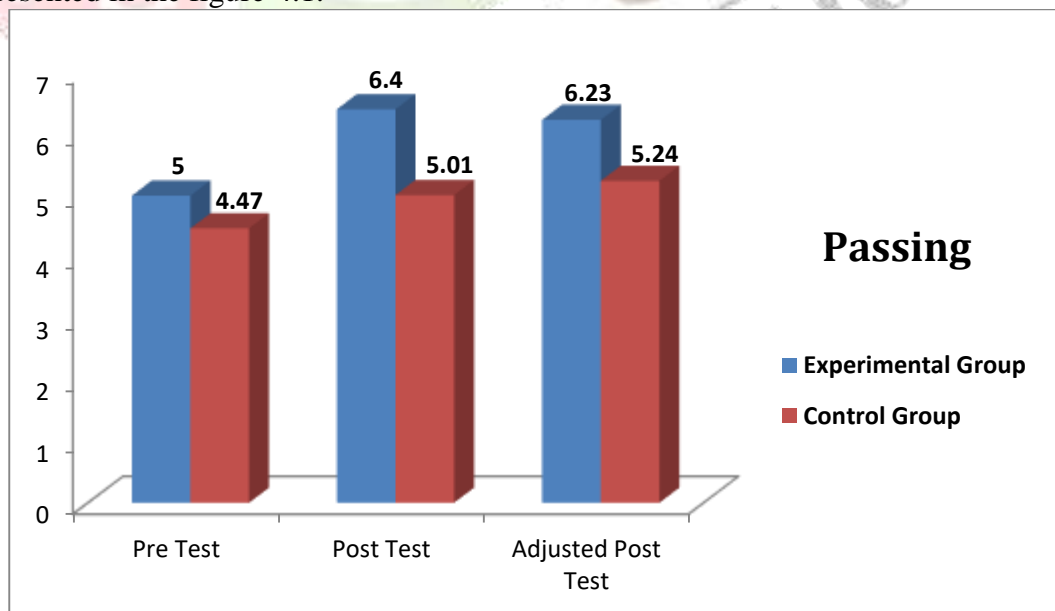


Figure 4.1: The mean values on passing of experimental and control groups

4.2 Dribbling

Table 4.2 Computation of mean and analysis of covariance of dribbling on experimental and control groups (in seconds)

Criterion variables	Test	Experimental Group Mean	Control Group Mean	F ratio
Dribbling	Pre test	32.64	31.46	2.76
	Post test	34.88	31.75	17.62*
	Adjusted Post test	34.30	32.33	46.22*

* Significant at 0.05 level. (Table value for df 1& 28 was 4.20, df 1& 27 was 4.21)

The above table indicates the adjusted post test mean value of experimental and control groups were 34.30 and 32.33 respectively. The obtained F-ratio of 46.22 for adjusted post test mean was greater than the table value 4.21 with degrees of freedom 1 and 27 required for significance at 0.05 level of confidence on dribbling. The result of the study indicates that there was a significant difference among experimental and control groups on dribbling.

The pre, post and adjusted post test mean values of dribbling of both experimental and control groups are graphically represented in the figure-4.2.

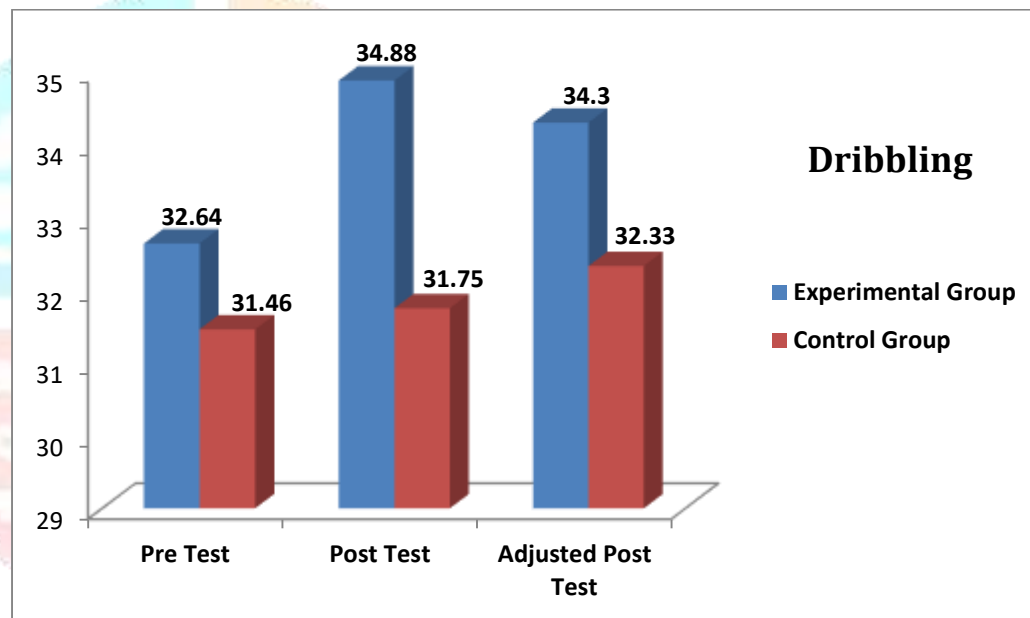


Figure 4.2: The mean values on dribbling of experimental and control groups

V. DISCUSSION ON FINDINGS

The primary goal of small sided game training was to improve the selected performance variables such as passing and dribbling among soccer players.

While analyzing results it was revealed that there was a significant differences found between the experimental and control groups. Also it reveals that there was a significant change on selected performance variables among soccer players when compared to the control group after the completion of six weeks of small sided games training. The following studies also supported and proved the same results.

Hill-Haas, S.V., Coutts, A.J., Row sell, G.J. & Dawson, B.T. (2009) studied 7 weeks of soccer-specific small-sided game (SSG) and mixed generic fitness training, on selected physiological, perceptual and performance variables. The results proved that both types of training were equally effective at improving pre-season YYIRTL1 performance, despite GTG being perceived to be more intense.

Hill-Haas, S.V., Dawson, B., Impellizzeri, F.M., & Coutts, A.J. (2011) Small-sided games (SSGs) are played on reduced pitch areas, often using modified rules and involving a smaller number of players than traditional

football. It also proved that fitness and football-specific performance can be improved equally with SSG and generic training drills.

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VII. CONCLUSIONS

From the results of the study following conclusions were drawn,

1. It was observed that the six weeks of small sided games training had significantly proved the selected performance variables (passing and dribbling) among soccer players.
2. The experimental group had shown significant differences on passing and dribbling among soccer players due to the influence of small sided games training when compared to control group.

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