



## **The Effect Of Small Sided Games Training On Passing Accuracy In SSB Star Soccer Kuningan Players**

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### **Abstract**

This study aimed to evaluate the impact of small sided games training on passing accuracy in 20 12-year-old football players from SSB Star Soccer Kuningan, selected using total sampling. Using a one-group pretest-posttest design, passing accuracy data were collected before and after a four-week small sided games intervention. The results showed a statistically significant improvement ( $p=0.013$ ), with the average score increasing from 7.40 to 8.85. The prerequisite Shapiro-Wilk and Levene's tests confirmed the normality and homogeneity of the data. This research concluded that small sided games effectively improves passing accuracy and also hones cognitive abilities such as decision-making, thus being recommended as a primary training method for young players.

**Keywords:** *Small Sided Games, Passing Accuracy, Football*

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## **INTRODUCTION**

Soccer is one of the most popular sports in the world that demands a good combination of physical, technical, tactical and mental skills. In this team game, mastery of basic techniques is an important foundation for achieving optimal performance, and one of the crucial techniques is passing. Passing is not only essential for maintaining possession but also vital in creating goal opportunities. The ability to pass the ball accurately to teammates (Rohman in Ulfaizin et al., 2024). The transfer of the ball and its momentum from one player to another is the essence of passing (Mielke in Manik & Putra Tarigan, 2022; Halim & Mardela in Putra et al., 2020). The development of passing technique skills, especially in young players, is an aspect that really needs to be considered in the training process at soccer education institutions such as Football Schools (SSB). SSB has a strategic role in fostering early athletes and aims to produce talented players with comprehensive abilities (Aprianova & Hariadi in Yola & Rifki, 2020; Jhon in Priambodo et al., 2023).

The context of this research focuses on SSB Star Soccer Kuningan, West Java, an institution committed to developing young players' technical skills. Based on initial observations at the SSB, it was found that some players had not shown perfect passing skills,

both in terms of accuracy and efficiency, which could potentially affect the overall team performance. Facing this challenge, an effective training method is needed. One popular and recommended method is small sided games. small sided games are a form of soccer game with a smaller number of players and field size, as well as modified rules (Morena, Roman, & Pinillos in Doewes et al., 2020; Slamet in Suyatmin et al., 2023). This method allows for higher training intensity, more ball touches, and improved decision-making in actual game situations, as well as integrating physical, technical, and tactical aspects simultaneously (Sudaryoto, Rahayu, & Rahayu in Rofik et al., 2022).

Based on a number of studies, it is known that coaches often apply small sided games as a means to advance the technical skills and aerobic fitness levels of soccer players (Manuel Clemente et al., 2019). Hiil-Haas' research (in Manuel Clemente et al., 2019) emphasizes the importance of small sided games to improve training quality and specificity, while Lacombe et al. (2018) highlighted their usefulness in training load management. The findings regarding the positive effect of the application of small sided games in improving passing skills have also been verified by several previous studies. The study by Nugraha et al. (2024) found that small sided games had a positive impact on improving the passing accuracy of extracurricular soccer students. In line with that, research by Roni et al. (2018) The study showed that small sided games training intervention had a significant effect in improving the passing precision of Mahardhika Fc players. There are still few studies that specifically examine how small sided games training affects the passing accuracy of young players practicing at SSB Star Soccer Kuningan. Therefore, this research is considered important to fill this gap and contribute to the development of more effective training methods.

## **METHOD**

In this research, quantitative methods were used through a pre-experiment design, which is a pretest-posttest model involving only one group of participants. This design was chosen to determine the effect of the independent variable in the form of small sided games (SSG) training treatment on the dependent variable, namely the accuracy of passing soccer players. Measurements are taken before (pretest or O1) and after (posttest or O2) treatment (X) is given to one group, As a result, the accuracy in knowing the results of the treatment is better because there is comparative data from the condition before the action is given (Sugiyono, 2019:114).

The data source in this study was SSB Star Soccer Kuningan players aged 12 years, totaling 20 people. This study uses total sampling as the sampling technique, which means that

all members of the population without exception are used as research samples (Asari et al., 2023:106).

The process of obtaining information about the accuracy of players' passes using the test and measurement method carried out at the beginning (as a pretest) and at the end (as a posttest) of the small sided games training intervention period. Intervention in the form of small sided games training was given for 4 weeks, with a frequency of 3 meetings per week. The instrument used in this study is a soccer passing accuracy test that has been modified from the Suparjo test (in Sudrajad, 2017). This test has a validity of 0.963 and a reliability of 0.900. The procedure for implementing the test is that each player kicks the ball 5 times towards the target from a distance of 15 meters, and the results are assessed based on the accuracy zone achieved.

The data collected was then analyzed statistically to see if there was a significant change in the accuracy of passing before and after the small sided games training. The stages of data analysis include: first, data normality test using the Shapiro-Wilk test to ensure that the resulting data is normally distributed, with the criteria if the p-value is greater than 0.05 then the distribution is declared normal. Second, the homogeneity of data variance test was conducted using Levene's Test to ensure that the variance in each group was the same or similar, with the criteria if the p-value was greater than 0.05 then the data was declared homogeneous. Finally, to test the significance of the difference between pretest and posttest results, paired sample t-test was used, because it analyzes the difference between pretest and posttest results of the same group of subjects.

## **RESULTS AND DISCUSSION**

### **Result**

This study aims to analyze the effect of small sided games (SSG) training on improving the passing accuracy of SSB Star Soccer Kuningan players aged 12 years. Data on passing ability was collected through an initial test (pretest) before intervention and a final test (posttest) after the intervention of small sided games training for four weeks. Complete data on pretest and posttest results of passing accuracy for each player are presented in Table 1.

#### **a. Statistical Descriptive Analysis**

**Table. 1** Descriptive Statistical Test Results

<b>Descriptive Statistics</b>					
	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
Pretest Passing	20	3	13	7,40	2,741
Posttest Passing	20	4	14	8,85	2,700
Valid N (listwise)	20				

Shows an increase in the passing score. The pretest mean was 7.40 with a standard deviation of  $\pm 2.74$ . After the small sided games training intervention, the posttest mean score increased to 8.85 with a standard deviation of  $\pm 2.70$ . There was a difference in the average increase between the pretest and posttest of 1.45 points. The range of pretest scores was 3 to 13, while the range of posttest scores was 4 to 14. This indicates a positive impact of small sided games training on improving players' passing accuracy.

**b. Normality Test**

**Table. 2** Normality Test Results

	Tests of Normality					
	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
PRETEST PASSING	,158	20	,200*	,943	20	,268
POSTTEST PASSING	,128	20	,200*	,971	20	,769

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Data normality test using the Shapiro-Wilk method. Shows a significance value (p-value) of 0.268 for pretest data and 0.769 for posttest data. Because both values are greater than 0.05, it can be concluded that the pretest and posttest data are normally distributed.

**c. Homogeneity Test**

**Table. 3** Homogeneity Test Results

Test of Homogeneity of Variances					
		Levene Statistic	df1	df2	Sig.
PRETEST & POSTTEST	Based on Mean	,050	1	38	,825
	Based on Median	,008	1	38	,927
	Based on Median and with adjusted df	,008	1	37,97 6	,927
	Based on trimmed mean	,037	1	38	,848

Test for homogeneity of variance using Levene's Test. It showed significance values (p-value) which were all above 0.05 (e.g., Based on Mean = 0.825). This proves that there is no significant difference in variance between the pretest and posttest data, so the assumption of homogeneity is met.

**d. Hypothesis Test**

**Table. 4 Hypothesis Test Results**

		Paired Samples Test							
		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
					Lower	Upper			
Pair 1	PRETEST PASSING - POSTTEST PASSING	-1,450	2,373	,531	-2,560	-,340	-2,733	19	,013

To test the research hypothesis, a paired sample t-test was conducted. The results of the analysis showed a calculated t value of -2.733 with a degree of freedom (df) of 19 and a significance value (2-tailed) of 0.013. The mean difference between the pretest and posttest was -1.450, with a 95% confidence interval for the difference ranging from -2.560 to -0.340. Since the significance value (0.013) is smaller than 0.05, Ho is rejected and Ha is accepted. These results confirm that the posttest is significantly higher than the pretest, so it can be concluded that small sided games training is effective in improving the passing accuracy of SSB Star Soccer Kuningan players aged 12 years.

**Discussion**

The results of this study significantly showed that small sided games (SSG) training effectively improved the passing accuracy of 12-year-old soccer players at SSB Star Soccer Kuningan (p=0.013). This improvement can be attributed to the characteristics of small sided games that place players in dynamic game situations, train techniques in a tactical context, and hone cognitive aspects such as quick decision making and understanding of teammate movements. This is in line with the views of Manuel Clemente et al. (2019) who stated that small sided games help players improve technical skills and tactical understanding simultaneously in actual game conditions.

This finding is also consistent with previous research by Nugraha et al. (2024) and Roni et al. (2018), who also reported the positive impact of small sided games on passing ability. This study makes a specific contribution to the context of SSB Star Soccer Kuningan, where previous similar data is limited. Nonetheless, it is worth noting the variation in results between individuals, which may be influenced by motivational factors or player adaptation.

The main limitation of this study is the absence of a control group, so the attribution of improvement solely to small sided games needs to be interpreted with caution. An important implication of these findings is that coaches can rely on small sided games as an effective, real-life primary training method to improve both the passing skills and cognitive aspects of young players simultaneously. For future research, the use of a control group design and the exploration of other individual variables are recommended to deepen the understanding and generalization of the results.

## **CONCLUSION**

Based on data analysis and discussion, it can be concluded that small sided games training has a significant effect on improving passing accuracy in 12-year-old players at SSB Star Soccer Kuningan. This is evidenced by an increase in the average passing score from 7.40 at pretest to 8.85 at posttest, and the paired sample t-test results show a significance value of 0.013 ( $p < 0.05$ ), which indicates a significant difference before and after treatment. Therefore, the small sided games method proved to be effective in improving players' passing ability, not only from the technical aspect, but also from cognitive aspects such as decision making and team coordination in a game situation that resembles a real match. However, it is important to note that these findings are limited to the context of the 12-year-old players in this study and cannot be generalized more widely in the absence of a comparison group or a follow-up study involving a different population and experimental design.

## **ACKNOWLEDGMENT**

The author expresses his sincere gratitude to the leadership of Universitas Muhammadiyah Kuningan: Mr. Dr. apt. Wawang Anwarudin, M.Sc. as Rector, Dr. Nanan Abdul Manan, M.Pd. as Vice Rector, Dr. Bobby Agustan, M.Pd. as Dean of the Faculty of Social Education and Technology (FPST), and Dr. Iif Firmana, M.Pd. as Head of the Physical Education Health and Recreation (PJKR) Study Program. Deep appreciation and gratitude also go to Mr. Didi Muhtarom, M.Pd. as Thesis Supervisor for all his guidance and input, and to Dr. Oman Hadiana, M.Pd. as Academic Supervisor. The author is also grateful to his dearest father and mother for their full support, as well as to his fellow PJKR students class of 2021 for their togetherness. Thank you to SSB Star Soccer Kuningan, who has allowed us to collect data so that this research can run well. May the good deeds of all parties be accepted and rewarded by Allah SWT.

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