



## **The Implementation of Small-Sided Games Training to Improve Passing and Controlling Skills at SSB Tunas Inti Jaya U-12, Lengkong Village, Kuningan Regency**

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### **Abstract**

This study analyzes the effectiveness of the Small-Sided Games (SSG) method in improving passing and control skills among child soccer players (U-12). Using a quantitative method with a One Group Pretest-Posttest Design, the sample consists of 20 players from SSB Tunas Inti Jaya selected through purposive sampling. The research instrument shows a validity of 0.65 and a reliability of 0.77. The results of the normality test using Chi-square indicate a normal distribution in the pretest and posttest data. The Paired Sample t-test shows a significant improvement with a mean difference of +2.3 from the pretest score (3.05) to the posttest score (5.35). This study demonstrates that SSG training is effective in enhancing passing and control skills in U-12 players after 12 training sessions, making it an important training program for the development of basic soccer techniques in early childhood.

**Keywords:** *Small-sided Games, Passing Controlling, Football*

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## **INTRODUCTION**

Sport can be defined as a physical activity performed consciously and systematically, which is beneficial for maintaining health and strengthening the body. As stated by Nuraeni in (Wira & Prasetyo, n.d.), engaging in sports regularly provides various benefits, such as enhancing brain function, reducing stress levels, preventing various diseases, maintaining overall physical health, and improving sleep quality.

There are many types of sports around the world, performed either individually or in groups, indoors or outdoors. Among these various types, football (soccer) stands out as one of the most popular sports across societies. Football is a team sport, where each team consists of eleven players, including one goalkeeper (Susilawati et al., 2022).

A standard football match lasts for 90 minutes, so players must have strong physical endurance and fitness to be able to play the entire match without experiencing excessive fatigue. However, physical fitness and endurance alone are not enough to become a professional football player. Players are also required to master various techniques in football,

and the most fundamental ones are passing and controlling, which must be trained from an early age.

According to (Yahya & Arifin, 2022), one of the basic techniques in football is *passing*, which serves the purpose of delivering the ball to teammates. This technique can be executed using either the inside or outside of the foot and includes short and long passes. Meanwhile, *controlling*, according to Fadhilah in (Muhamad Sidik et al., 2020), refers to the method of controlling the ball's condition, which generally can be done using any part of the body except the hands.

There are various training methods designed to optimize passing and control skills, one of which is the Small-Sided Games (SSG) method. Small-Sided Games is a training approach that simplifies the field size and reduces the number of players involved. It replicates real-game situations in a modified format.

Through this training method, players can simultaneously improve their technical, tactical, and physical abilities. Moreover, players are required to react quickly in decision-making and are more frequently engaged with the ball, thereby increasing the intensity and quality of training.

The Small-Sided Games method can be used as an alternative to improve the quality of passing and controlling. This statement aligns with (Fitrian et al., 2023), who argue that SSG is an effective game-based training program for improving VO2 max and passing accuracy in football players.

The main focus of this study is to analyze the effects of applying the Small-Sided Games method on improving passing and controlling skills in youth football players. This research emphasizes the importance of developing fundamental skills in children from an early age.

**Table 1.** Duration of Small-sided Games training  
(Randani & Wahyudi, 2021)

<b>Age</b>	<b>Duration</b>	<b>Number of Sets</b>	<b>Rest Time</b>
8-14 years	2 minutes	3-5 sets	3 minutes
15-14 years	4 minutes	5-8 sets	5 minutes
>20 years	5 minutes	8-10 sets	6 minutes

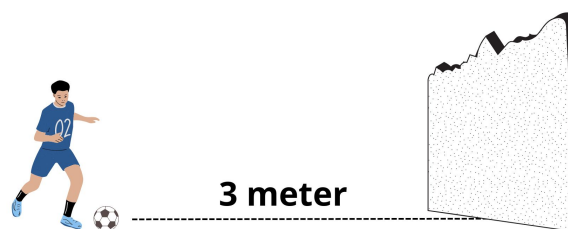
## **METHOD**

This study employs a quantitative method with an experimental approach. According to Adil et al. (2023), quantitative research is grounded in the philosophy of positivism and is used to analyze a specific population or sample through data collection using research instruments and statistical data analysis to test predetermined hypotheses. This study adopts an experimental design in the form of a One Group Pretest-Posttest Design, in which measurements are taken twice—before and after the treatment—without the inclusion of a control group. This model allows researchers to more clearly understand the effect of the treatment by comparing the initial and final conditions within the same group.

The population in this study consists of athletes from SSB Tunas Inti Jaya in Lengkong Village, Kuningan Regency, totaling 60 individuals. The sampling strategy used in this research is purposive sampling, which is a deliberate sampling method based on specific criteria (Dharmawan & Mury Syafei, 2023). The sample in this study includes 20 U-12 football players selected based on observational results related to the need for mastering the basic techniques of passing and controlling.

The research instrument used is a passing and controlling skill test using the pass-and-stop method with a rebound board. The test is conducted by counting the number of passes and ball controls performed within 10 seconds at a distance of 3 meters. The equipment used in the study includes footballs, cones, rebound boards, stopwatches, whistles, and stationery. This instrument has been internationally validated, with a validity score of 0.65 and a reliability score of 0.77.

method writing contains research design, place and time, population and sample, sampling technique, data measurement technique, and data analysis. It is better to use passive sentences and narrative sentences, not imperative sentences



**Figure 1.** Duration of Small-sided Games training (Zulhendra & Effendi, 2021)

The first step is to conduct a prerequisite test using the Chi-Square normality test to determine whether the data are normally distributed. If the data follow a normal distribution,

the analysis proceeds with a paired sample t-test to determine the difference in means between the pretest and posttest results. Conversely, if the data are not normally distributed, a non-parametric Wilcoxon Signed Rank Test will be applied.

The decision criteria in this study state that if the calculated t-value exceeds the critical t-table value, or if the calculated W-value is smaller than the W-table value, then there is a significant difference between the conditions before and after the treatment.

## RESULTS AND DISCUSSION

### Result

**Table 2.** Normality Test Using Chi-square

	N	$\bar{X}$	$\chi^2$ value	$\chi^2$ table	Conclusion
<i>Pretest</i>	20	3,05	1,03541213	3,83	<i>Chi-value</i> < <i>Chi-table</i> 1,03541213 < 3,83
<i>Posttest</i>	20	5,35	1,70735014	3.83	<i>Chi-value</i> < <i>Chi-table</i> 1,707350146 < 3,83

Based on the results of the normality test for the pretest data presented in Table 4.2, the calculated Chi-square value was 1.035, while the Chi-square table value was 3.83 at a 95% confidence level with 1 degree of freedom. Since the calculated Chi-square value is smaller than the table value ( $1.035 < 3.83$ ), the null hypothesis ( $H_0$ ) is accepted. This means that the pretest data are normally distributed and do not show any significant deviation from the normal distribution.

A similar result was found for the posttest data, as shown in Table 4.3. The calculated Chi-square value was 1.707, which is smaller than the table value of 3.83 ( $1.707 < 3.83$ ), thus  $H_0$  is again accepted. Therefore, the posttest data are also normally distributed. The conclusion from both tests is that both the pretest and posttest data meet the normality assumption. Consequently, these data are suitable for further analysis using parametric statistical tests, such as the t-test, as they have met one of its basic assumptions.

**Table 3.** Hypothesis Testing Using Paired Sample t-Test

N	$\bar{X}$	T value	T table	Conclusion
20	2,3	15,64	3,83	T value < T table

The Paired Sample t-Test was conducted to identify the mean differences in athletes' passing and controlling abilities before and after the treatment was given. The analysis results showed a mean difference of 2.3. The calculated t-value was 15.64, while the t-table value at a 5% significance level was 2.86. Since the calculated t-value is greater than the t-table value ( $15.64 > 2.86$ ), it can be concluded that there is a significant difference between the pre-treatment and post-treatment conditions, indicating that the treatment given had a substantial effect on improving the athletes' abilities.

The findings of this study demonstrate that the implementation of the Small-Sided Games (SSG) method successfully showed a significant level of progress in improving passing and controlling skills in young football players. This improvement can be explained by several factors.

## **Discussion**

Firstly, SSG creates more realistic game situations. In this method, athletes are exposed to conditions that closely resemble actual matches, where they must quickly adapt to changes on the field. By applying a training approach that reduces the pitch size and involves fewer players, each player has more opportunities to interact with the ball. This contributes to the improvement of technical skills, as players engage more frequently in passing and controlling within the context of real-game situations.

Secondly, SSG enhances tactical aspects and decision-making abilities. Players are required to respond quickly when making decisions, a skill that is highly valuable in football. Research by (Fitrian et al., 2023) supports this finding, showing that SSG is effective in improving passing quality and maximum cardiovascular endurance. Therefore, SSG not only focuses on technical skills but also promotes the development of better tactical understanding, which is particularly crucial for young players in the learning process.

Thirdly, SSG boosts players' motivation and engagement. The enjoyable game format makes children more motivated to practice, which is essential for developing fundamental skills. This indicates that active involvement in enjoyable training sessions can enhance skill retention and the willingness to continue practicing. Thus, SSG not only improves technical abilities but also fosters a positive learning environment for children.

## **CONCLUSION**

Based on the results of the study conducted at SSB Tunas Inti Jaya, Desa Lengkong, Kabupaten Kuningan, it was indicated that the implementation of Small-Sided Games training

had a significant impact on improving the passing and controlling skills of the athletes at SSB Tunas Inti Jaya. This is because it is more beneficial to instill various basic techniques such as passing and controlling at an early stage in players' development.

The findings of this study showed a significant improvement in passing and controlling skill scores after a 4-week training period consisting of 12 sessions. The average pre-test score was 3.05, while the average post-test score after the training increased to 5.35. This demonstrates that the application of the Small-Sided Games training method is effective in enhancing the quality of passing and controlling skills.

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