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## Effect of Small Sided Games Training Methods on Passing Accuracy in Athletes Balong Academy Football

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### ABSTRACT

The aim of the research is to determine the effect of the small sided games training method on passing accuracy in football games among Balong Football Academy Karanganyar athletes in 2023. and if there is an influence then to find out how big it is. The influence of the small sided games training method on passing accuracy in football games among Balong Football Academy Karanganyar athletes in 2023. The research sample is At Balong Football Academy Karanganyar Athlete with a total of 30 students. Sampling using techniques *purposive sampling*. The variable of this research is the result of passing accuracy with small sided games practice as the independent variable and passing accuracy results as the dependent variable. The research design uses a pretest-posttest design. The test to determine passing accuracy uses the Passing accuracy test. The implementation instruction test from (Dharmawan Effendy, 2015: 38). The research data analysis method uses t-test formula calculated using a short formula. From the results of data analysis, conclusions are obtained: (1) There is an influence of small sided games training on the passing accuracy of football players among Balong Football Academy Karanganyar athletes in 2023 which is shown by the results of hypothesis testing with a paired sample t-test where the significance value is  $0.000 < 0.05$ . (2) There was an increase in the passing accuracy of football players among Balong Football Academy Karanganyar athletes after the small sided games treatment as evidenced by the average pretest result of 8.60 and posttest result of 11.53, this shows an increase of 25.4%.

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### 1. INTRODUCTION

Sport is one way to maintain physical fitness in the best condition. Many men and women, young and old, are seen doing sports exercises, both in the field and on the street, they do all this to maintain good health and physical fitness which is used as the basis for a happy and useful life. One of the most popular sports in the community is football.

Football is the most famous and popular game throughout the world. Football is a sport that has extraordinary appeal. Football is very interesting to play because this game challenges physical, technical and mental skills. This game also presents human character values in life and displays the beauty of movement when playing. Football is a sport game played by two teams, each team has eleven players and one goalkeeper. The sport of football is played on a grassy field with a field size of 105 meters long and 68 meters wide. Football is a sport that is popular with Indonesian people. This sport has become popular in the lower classes to the upper classes.

In Indonesia, football has been known for decades, but has not been able to excel at world level. Sports are currently experiencing rapid progress. Nowadays almost everyone enjoys playing football. Sport has become a lifestyle that cannot be separated from people around the world, including Indonesia. From Sabang to Merauke, children and even adults play football. This football game has spread to all levels of the world, including Indonesia. In the Sragen area, for example, everyone from children to adults plays football every day, even in a simple way and on a non-standard field. So it is not surprising if national players appear from the Sragen area. However, of the many seeds available, only a few players have appeared on the Indonesian league field.

Good and bad characters are presented in every football game to strive for victory and achievement. Football is a sport that can be a bridge connecting all mankind. Football never looks at differences in economic status, position, culture, religion, gender and age. Community roles also vary in football, starting from players, coaches, administrators, parents and supporters. Football is a sport in the form of a team game, where each team consists of 11 players, and one of them is a goalkeeper. The game of football is almost entirely played using the feet and assisted by other body parts except the hands. This game lasts 90 minutes and is divided into two rounds, each round lasting 45 minutes.

There are 2 types of basic techniques in football, namely basic techniques with the ball and basic techniques without the ball. Basic techniques without the ball in the game of football include: running to change direction, jumping and leaping, and body feints. Meanwhile, basic techniques with the ball include: stopping the ball (Stop Ball), passing (Passing), kicking the ball into the goal (Shooting), heading (Heading), and dribbling (Dribbling). A player must master basic football skills and develop them because they have enormous benefits.

SSB is a school that studies the game of football and is a sports organization, especially football, which functions to develop the potential of athletes and is a forum for early childhood football development. A football school is a place for gradual early childhood football development so it must have components that support and are fulfilled by the SSB. The components in SSB include the person in charge, certified trainer, curriculum, equipment and training facilities. The main objective of SSB is to accommodate and provide opportunities for students to develop their potential and talents so that they become quality players, able to compete with other SSBs, accepted by the community and able to maintain the survival of the organization.

Apart from that, SSB also provides a strong foundation on how to play football correctly, including forming good attitudes, personality and behavior, while achieving achievement is a long-term goal. The ball passing exercise, the small sided games training method, will be experimented on Balong Football Academy Karanganyar athletes in 2023. It is intended to prove and answer the problems that arise in the research. For this reason, programmed and purposeful training is needed, both physical, technical, tactical and mental training. To be able to play well, a football player must do regular, continuous and continuous training. The more regularly you practice, the better your level of soccer playing skills will be. Regular practice will accompany the player's success in achieving achievements.

Passing is the basic technique of kicking the ball which plays an important role in the game of football. Football is truly a team game. Although highly skilled players can dominate under certain conditions, a soccer player must rely on each member of the team to create good plays and make the right decisions. In order to be successful in this team environment, a football player must hone his Passing skills.

The author assumes that these problems can be overcome with more varied training. One way to improve passing accuracy is by providing various training methods such as the Small-Sided Games training method. Small sided games are games played on a smaller field with fewer players than the actual 11 vs 11 game. The games 3 vs 3, 4 vs 3 and 4 vs 4 are examples of small sided games (US Youth Soccer, 2014: 5). Playing on a small scale field (small sided games) is the right situation developed for young players, so that they can learn and develop, each game is part of a special technique in football, for example dribbling, passing or shooting the ball, or 6 focuses on teamwork and strategy, for example defending, attacking, creating space, or taking turns in tasks (Charles & Rook, 2012: 105).

Small-side games which is a form of training that is made into a soccer game where the size of the venue is reduced so that there are more touches to the ball. small side game is a game played on a field with a smaller size than football in general, using modified rules and involving a smaller number of players than the actual number of players. Small side game (SSG) is a football game played on a smaller field with less than eleven players and is the best way for players to combine almost all the elements of the game.

Small sided games training on passing skills in games for Balong Football Academy Karanganyar Athletes in 2023 is intended to prove and answer the problems that arise in this research. Judging from the implementation of the small sided games training method for passing skills in football games for the 2023 Balong Football Academy Karanganyar athletes, it went well, but not all SSB Karangmalang Fc Sragen male athletes have good and correct ball passing skills. This can be seen when playing football, students often make mistakes when passing, the ball is too easy for the opponent to grab and so on.

The mistakes that are often made by Balong Football Academy Karanganyar Athletes in 2023 need to be explored as to the causes, whether the Passing technique is still low, whether it is due to fatigue, or physical abilities that are not yet good and so on. Apart from these problems, it is also necessary Evaluation of all factors is carried out, such as training programs, small-sided games training forms, students' active participation in training and so on. To improve passing skills, this can be done with a form of training that can stimulate student motivation, including passing skills using the small sided games training method. Providing small sided games training that is carried out systematically, continuously and programmed, can improve passing accuracy in football games. Therefore, practicing passing skills in football games must be done using appropriate training methods, including the small sided games training method. To find out the effect of small sided games training on passing skills in football games, it is necessary to carry out research with the title "The Effect of Small Sided Games Training Methods on Passing Skills in Football Games in Balong Football Academy Karanganyar Athletes in 2023".

## **2. METHODS**

This research uses a quasi-experimental research type (quasi-experimental design). According to Sugiyono (2015: 114) quasi-experiment is research that is close to a real experiment. This research aims to directly test the influence of a variable on other variables and test the hypothesis of a cause-and-effect relationship. This research aims to prove the effect of training using the small sided games training method in an effort to improve passing ability in football games. The treatment that will be given is small sided games practice. Research variables observed in SSB Balong Football Academy Karanganyar 2023 athletes. The sample will carry out a pretest to determine the initial test and to determine the treatment group. This group division uses original pairing where each group consists of 15 athletes. Group A was given small sided games treatment and group B was not given treatment. The design in this research is as follows:

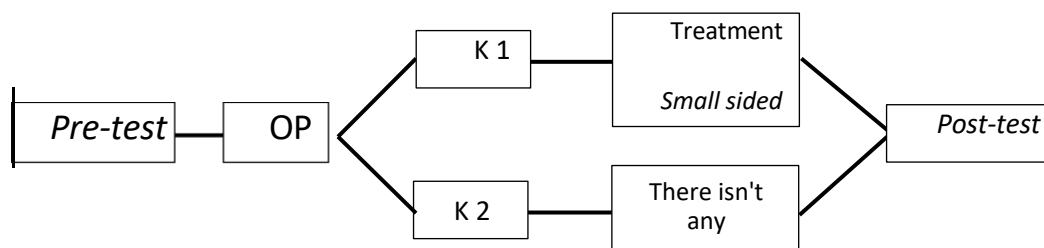


Figure 1. Research Design

Information:

Pre Test : initial test carried out before the subject receives treatment.

OP : Ordinal pairing

K1 : the group given the treatments *small sided games*

K2 : control group

Post Test : the final test carried out after the subject receives experimental treatment.

The location of this research was carried out at SSB Balong Football Academy Karanganyar 2023 for one and a half months from November 2023 to December 2023, with three training sessions in one week. The research population was 32 people, the sample used was 30 students who took part in the training. The sampling technique used in this research used a purposive sampling technique.

The test instrument in this research is the Passing test (Dharmawan Effendy, 2015: 38). The test is carried out with Passing which has been given a target and marked with a number for recording the Passing score

- 1) Test equipment
  - a. Field: wall, flat, even, not slippery
  - b. Whistle
  - c. Football
  - d. Goal/target marker cone
  - e. Forms and stationery
- 2) Implementation of tests
  - a. Test participants stand behind a designated line
  - b. When they hear the whistle, the test participant kicks the ball with their best foot using the inside of their foot towards the target
- 3) How to calculate the score
 

Each student kicks 5 times and then totals them up. The recorder adds up the score for each rally that has been carried out 5 times by kicking the ball at a target whose value has been determined.

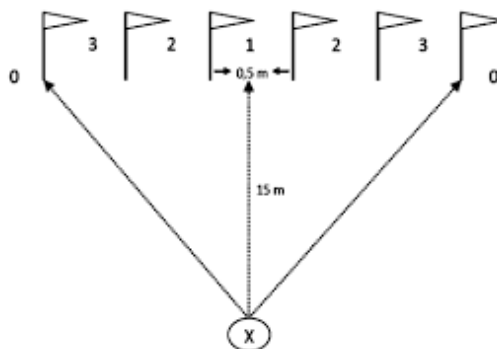


Figure 2. Passing Instrument Assessment

Source: Suparjo (2009) in (Dharmawan Effendy, 2015: 38)

## Participants

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## Sampling Procedures

The test instrument in this research is the Passing test (Dharmawan Effendy, 2015: 38). The test is carried out with Passing which has been given a target and marked with a number for recording the Passing score. The sample will carry out a pretest to find out the initial test and to determine the treatment group. This group division uses original pairing where each group consists of 15 athletes. Group A was given small sided games treatment and group B was not given treatment. The design in this research is as follows:.

## Materials and Apparatus

1. Test equipment
  - a. Field: wall, flat, even, not slippery
  - b. Whistle
  - c. Football
  - d. Goal/target marker cone
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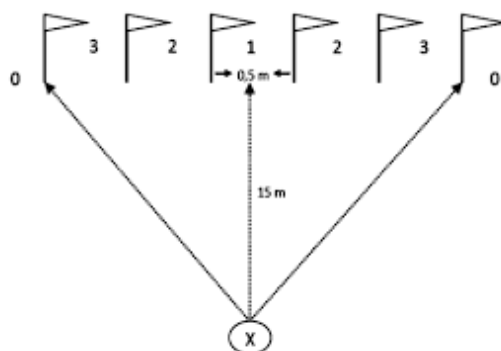


Figure 2. Passing Instrument Assessment

Source: Suparjo (2009) in (Dharmawan Effendy, 2015: 38)

## Design or Data Analysis

This research uses a quasi-experimental research type (quasi-experimental design). According to Sugiyono (2015: 114) quasi-experiment is research that is close to a real experiment. This research aims to directly test the influence of a variable on other variables and test the hypothesis of a cause-and-effect relationship. This research aims to prove the effect of training using the small sided games training method in an effort to improve passing ability in football games. The treatment that will be given is small sided games practice. Research variables observed in SSB Balong Football Academy Karanganyar 2023 athletes. The sample will carry out a pretest to determine the initial test and to

determine the treatment group. This group division uses original pairing where each group consists of 15 athletes. Group A was given small sided games treatment and group B was not given treatment

### 3. RESULT

The experimental group and control group were grouped based on the pretest results using the ordinal pairing method. After being grouped, the experimental group will be given small sided games training treatment. After the treatment is given, posttests will be carried out. The following are the results of research data analysis that has been carried out:

**Table 1. Description of Research Data**

Data Description				
Passing Results	Experimental Group	Pretest	Mean	8.60
			Minimum	7
			Maximum	11
	Experimental Group	Posttest	Mean	11.53
			Minimum	9
			Maximum	15
	Control Group	Pretest	Mean	8.47
			Minimum	6
			Maximum	11
	Control Group	Posttest	Mean	9.07
			Minimum	7
			Maximum	12

Based on table 1, it is known that the pretest data before the small sided games treatment in the experimental group had an average of 8.60 with a minimum score of 7 and a maximum score of 11. Then for the control group the average was 8.47 with a minimum score of 6 and maximum score was 11. Meanwhile, the posttest data results after the small sided games treatment, the experimental group had an average data of 11.53 with a minimum score of 9 and a maximum score of 15. The control group had an average data of 9.07 with a score The minimum score is 7 and the maximum score is 12. The minimum score and maximum score are seen from the sum of 5 opportunities to pass.

**Table 2. Normality test**

Group		Kolmogorov-Smirnov		
		Statistics	df	Sig.
Passing Results	Experimental Group	,199	15	.144
	Pretest			
	Experimental group posttest	,187	15	,164
	Control Group	,161	15	,200
	Pretest			
	Control Group	,185	15	,180
	Posttest			

**Table 3. Homogeneity Test**

Variable	Levene's Test for Equality of Variances	Information
Value practice with Small sided games and exercises not by using Small sided games	,358	Homogeneous

**Table 4. Hypothesis Test Results**

Variable	Significance	Information
Results of training with small sided games	,000	There is an influence of small sided games practice
The results of training are not with small sided games	,000	There is an influence of training not using small sided games

**Table 5. Average of Experimental Group and Control Group**

Group	Pretest	Posttest	Presentation Improvement
Experiment	8.60	11.53	25.4%
Control	8.47	9.07	0.3%

#### 4. DISCUSSION

*Passing* is a player's effort in the game of football which aims to pass the ball to a teammate so that they can score a goal by kicking and pushing the ball into the opponent's field area. When passing, players need to pass with good accuracy so that the ball is correct and can be received by other players so that it cannot be seized by the opponent. To get good passing accuracy, you need to practice passing frequently.

Initial conditions before small sided games training, football athletes at SSB Balong Football Academy Karanganyar carried out training that only focused on game situation, passing, shooting, control and heading. When passing, football athletes at SSB Balong Football Academy Karanganyar did not perform well and only created a few points opportunities. This is due to the player's poor passing accuracy. Apart from that, of the training programs that have been implemented, there are no exercises to improve the accuracy of players' passing. The small sided games training method is a method used to improve passing accuracy with a game approach. In small-sided games, players carry out exercises that resemble real games. In this exercise, players learn several games whose form is smaller than the actual game. The field is smaller and the number of players in this practice is also smaller than the actual game. Training using this method was carried out in 16 meetings over 8 weeks. Each week consists of 3 meetings held on Monday, Wednesday and Friday. SSB Balong Football Academy Karanganyar's routine training was carried out on that day. Before and after the small sided games treatment, football players at the SSB Balong Football Academy Karanganyar athletes carried out passing accuracy tests using the Passing test. The Passing Test is a test that adds up the score points with 5 repetitions.

Based on the results of the hypothesis test, small sided games training has an influence on increasing the passing accuracy of football players among SSB Balong Football Academy Karanganyar athletes with a significant value of 0.000, which means there is an influence from providing small sided games training on passing accuracy. Apart from that, in Table 4.6 there are differences in the average pretest and posttest results in the experimental group. The pretest result data has an average of 8.60 and the average posttest result is 11.53. This data shows an increase of 25.4% due to small sided games treatment training. Meanwhile, the control group had an average pretest result of 8.47 and an average posttest result of 9.07. This data shows that there was an increase of 6.6%. From these results it can be seen that the increase in passing accuracy in the experimental group was more significant than the increase in the control group.

Analysis of the data that has been carried out shows that small sided games training has a good influence on passing accuracy, proving that there is an influence from the application of small sided games training on the passing accuracy of football players in SSB Balong Football Academy Karanganyar athletes and this small sided games training can be used to improve passing skills in football players at SSB Balong Football Academy Karanganyar athletes. Small sided games training can improve passing accuracy because it is done with frequent intensity. This allows players to have

automatic movements when passing football. Based on the results of observations after small sided games, football players at SSB Balong Football Academy Karanganyar more often scored deadly goals against opponents. Players are more able to pass with the smallest angle. Apart from that, players are more confident in passing after being given small sided games training.

In the control group, the average passing accuracy test results only increased slightly compared to the experimental group which received small sided games treatment. In the control group, the increase in passing accuracy was only 6.6%. This is because the control group did not carry out training that focused on passing accuracy training. The control group carried out training as usual consisting of basic passing, shooting, control, heading and game situation exercises. Unfocused training like this prevents players from mastering a technique optimally.

## 5. CONCLUSION

Previous research has shown the same results as this research. Previous research states that training methods using small sided games like this can improve a player's passing accuracy. Based on the descriptions above, small sided games training can be a reference for coaches and players to carry out exercises to improve passing accuracy.

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