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The Effect of The Small-Sided Games Training On Passing Accuracy In Futsal Among Players Aged 13-15 Years At Fafage Academy, Sumedang

Bimo Erlian[1A-E*], Adang Sudrazat [2B-D], Entan Saptani [3B-D]

[1,2,3] Universitas Pendidikan Indonesia, Jawa Barat, Indonesia

bimoerlian@upi.edu[1*], adang.sudrazat@upi.edu[2], entansaptani@upi.edu[3]

ABSTRACT

This study aims to determine the effect of Small-Sided Games (SSG) training on passing accuracy in futsal among players aged 13–15 years at Fafage Academy Sumedang. The main issue addressed in this research is the low passing accuracy among young players, which can negatively impact overall team performance. Small-Sided Games were selected as the training method because they involve fewer players in a smaller playing area, allowing for higher ball-touch frequency and decision-making under conditions that simulate real match situations. This research employed a quantitative method with a pretest-posttest experimental design. The sample consisted of 20 male futsal players aged 13–15 years who actively trained at Fafage Academy Sumedang. Data were collected through passing accuracy tests conducted before and after the intervention. Data analysis included normality, homogeneity, paired sample t-test, and R-Square tests using SPSS version 26. The results showed an increase in the mean score from 4.05 in the pre-test to 6.65 in the post-test. The paired sample t-test revealed a significance value of 0.000 < 0.05, indicating a significant effect of SSG training on passing accuracy. The R-Square value indicated that the training contributed 24% to the improvement, while the remaining 76% was influenced by other factors. In conclusion, Small-Sided Games training proved to be effective in improving passing accuracy in futsal for adolescent players and is recommended as a practical approach in technical training programs for youth academies.

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A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
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INTRODUCTION

Futsal, as an increasingly popular sport in Indonesia, has become a primary choice for many children and adolescents to participate in a sporting activity that is not only fun but also beneficial for their physical, mental, and social development (Santos-Silva et al., 2018). In futsal, there are various technical skills that players must master, and one of the most crucial skills is the ability to pass accurately (Fikri et al., 2016). Good passing not only serves to maintain ball possession but is also crucial in building effective attacks and creating opportunities for the team to score. Research shows that high passing

accuracy can increase game effectiveness and provide a competitive advantage for the team. For example, active triangle passing training has been shown to significantly improve passing accuracy, with an increase of 26.98% after the training intervention (Fadli et al., 2024). Furthermore, small-sided games training has also been shown to be effective in improving passing accuracy in futsal players (Setyadi, 2016). Therefore, mastering good passing techniques is one of the main indicators of the quality of a futsal player's game.

However, based on observations conducted at Fafage Academy Sumedang, many players aged 13 to 15 still face various challenges in terms of passing accuracy. Poor passing skills can hinder individual player development and, in turn, reduce overall team performance. Previous research has shown that a lack of focused training on developing fundamental skills, such as passing, can prevent players from maximizing their contribution to the game. For example, pair passing training has been shown to significantly improve passing accuracy in futsal players (Rahmanda, 2025). Similarly, active passing training models such as triangles and squares have been shown to be effective in improving passing accuracy in futsal players (Ahsani, Nugraha, & Yanto, 2023). In this context, it is crucial to find and implement effective and innovative training methods to improve these skills among young players, so they can develop into better and more competitive players on the field.

One training method proven effective in improving game skills, including passing accuracy, is small-sided games (SSG). SSG is a form of training that involves fewer players in a smaller playing area, allowing each player to engage more frequently and practice technical skills in more realistic and dynamic situations. SSG not only improves technical skills but also helps players better understand game tactics, which is crucial for the development of young futsal players. For example, research by Ariffudin and Pramono (2022) showed that SSG training significantly improved passing accuracy in futsal players at La Brava Futsal Club. Similarly, (Madao et al., 2024) found that SSG significantly influenced passing accuracy in extracurricular futsal students at SMAN 2 Toraja Utara. By implementing this training method, players can train in conditions closer to real-life match situations, thereby developing their ability to make quick and accurate decisions in the game.

Considering the importance of passing accuracy in futsal and the effectiveness of small-sided games training as a training method, this study aims to explore the effect of SSG training on futsal passing accuracy in players aged 13-15 at Fafage Academy Sumedang. It is hoped that the results of this study will not only provide deeper insight into the relationship between training methods and skill improvement, but also make a positive contribution to the development of training methods applied in the academy, to improve the quality of play and the achievements of young players in the future. Based on the problems obtained, the researcher plans to conduct a study with the title: "The effect of small-sided games training on futsal passing accuracy in players aged 13-15 at Fafage Academy Sumedang". Thus, this study is expected to be a reference for coaches

Bimo Erlian[1A-E*], Adang Sudrazat[2B-D], Entan Saptani[3B-D]
bimoerlian@upi.edu[1*]

and academy managers in designing more effective training programs that suit the needs of the players.

METHODS

The type of research used in this study is quantitative research with an experimental approach. Quantitative research was chosen because it focuses on collecting and analyzing numerical data that can be statistically processed to determine the relationship or influence between variables. In the context of this study, the researcher wanted to determine the effect of small-sided games training on the passing accuracy of futsal players aged 13–15 at Fafage Academy Sumedang. Therefore, a quantitative approach was deemed appropriate to objectively measure the extent of changes that occurred before and after the treatment.

The experimental method used was a pre-experiment with a one-group pretest-posttest design, a design in which only one group is given a pretest, treatment, and posttest without a control group for comparison. Through this design, researchers can compare the results of the initial test (before treatment) and the final test (after treatment) to assess whether there is a significant effect of small-sided games training on improving participants' passing accuracy. This design was chosen because it is appropriate to field conditions and subject availability, and can provide a strong initial picture of the effectiveness of the implemented training program. With this approach, the research is expected to contribute to the development of more contextual and targeted futsal training methods.

RESULTS AND DISCUSSION

Result

The results of the pre-test and post-test research on the effect of small-sided games training on passing accuracy in players aged 13-15 years at the Fafage Futsal Academy, Sumedang.

Table 1.
Data Statistics

Statistics	Value
Mean	4,05
Std. Deviation	1,605
Minimum	7
Maximum	9

Based on Table 1, it can be seen that the entire sample consisted of 20 people who took the pretest and posttest. With the lowest score in pretest 1 and posttest 4. The highest scores were in pretest 7 and posttest 9. The average score in the pretest was 4.05, while the average score in the posttest was 6.65. Then, the standard deviation in the pretest was 1.605, while the standard deviation in the posttest was 1.496.

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bimoerlian@upi.edu[1*]

Table 2.
Research Results on the Normality

	Statistc	Df	Sig.	Description
Pretest	0,939	20	0,233	Normal
Posttest	0,902	20	0,045	Normal

Based on Table 2, the results of the normality test indicate that the data obtained from the futsal passing ability test had a significance level of 0.233 > 0.05 for the pre-test and 0.045 > 0.05 for the post-test. Because both significance values were greater than 0.05, it can be concluded that the data from this study were normally distributed.

Table 3.
Homogeneity Test

Group	Levene Statistic	dfl	df2	Sig.	Description
Pre-test – Post-test	.384	1	38	0,539	Homogen

Table 3 shows that the significant value of the homogeneity of variance of the pre-test and post-test data is 0.539 because the significant value of 0.539 > 0.05. Based on these results, it can be said that the pre-test and post-test data are homogeneous.

Table 4.
Hypothesis Test

	t	dt	Sig. (2-tailed)
Pretest-Posttest	-7,409	19	,000

Based on Table 4, it can be seen that the Sig. (2-tailed) value shows a result of 0.000 < 0.05, which means that H_1 is accepted and H_0 is rejected. Thus, it can be concluded that "there is an effect of Small-Sided Games training on futsal passing ability in players aged 13-15 years at Fafage Academy Sumedang" is accepted.

Nutrition Factor

The results of the study on the nutrition factor were measured using 5 questionnaire items. The statistical results for the nutrition factor based on responses from 75 children are presented below:

Table 5.
R-Square Test

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,490[a]	240	,198	1,438

The results in Table 5 show an R-Square value of 0.240, indicating that the independent variable has a 24% effect on the dependent variable. Therefore, Small-Sided Games training has an effect on improving futsal passing accuracy in players aged 13-15 at Fafage Academy Sumedang. The remaining 76% is contributed by other variables.

Discussion

The results of this study align with motor learning theory, which states that training conducted in real-life game conditions can improve players' technical and tactical skills. According to Schmidt & Lee (2011), training based on real-life game situations can

improve motor skills because it involves decision-making, coordination, and reaction time. Small-Sided Games provide a more realistic training environment than conventional passing drills, as players must adapt to dynamic game situations, thus improving passing skills more effectively.

Furthermore, the results of this study can be explained within the perspective of Skinner's behaviourist learning theory. In this theory, positive reinforcement, such as feedback from coaches or success in games, can increase players' motivation to continue practising. The challenges presented in Small-Sided Games helped players focus more on improving their passing accuracy and precision. This suggests that this training not only improves technical skills but also enhances concentration, confidence, and decision-making in futsal.

CONCLUSION

In conclusion, the results of this study provide strong empirical evidence that Small-Sided Games training has a significant effect on improving futsal passing skills in players aged 13-15 years. These findings support motor learning, behaviourism, and social interaction theories in sport, and emphasise the importance of game-based training in improving individual skills in futsal. Further research could explore other factors influencing the effectiveness of these training exercises, as well as develop more specific training strategies to improve the technical and tactical skills of young futsal players.

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