

The Effect of Small-Sided Games Training on Passing Skills in SSB Athletes of The Stork Men's Football Club Makassar

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ABSTRACT

This research aims to determine the effect of small sided games training on passing skills using the field experiment method. The population used was athletes from the SSB Bangau Putra Makassar Football Club. with a total sample of 40 people taken by proportional sampling. The data analysis technique used is the t-test at a significance level of 95%. The research results show that; (1) There is a significant influence of the form of small sided games training on ball passing skills in football games among SSB Club Bangau Men's Athletes, proven $t_0 = 9.504 > t_t = 2.137$, and (2) There is a significant difference in influence between small sided games training and the control group on ball passing skills in football games among SSB Club Bangau Men's Athletes, proven $t_0 = 2.475 > t_t = 2.146$.

ARTICLE HISTORY

Received: 2025/10/24

Accepted: 2025/10/29

Published: 2025/10/31

KEYWORDS

Training;
Small-Sided Games;
Skills;
Passing;
Football.

AUTHORS' CONTRIBUTION

A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
D. Manuscript preparation;
E. Obtaining funding

Cites this Article : Hasan, Muh. Said. (2025). The Effect of Small-Sided Games Training on Passing Skills in SSB Athletes of The Stork Men's Football Club Makassar. **Competitor: Jurnal Pendidikan Kepeatihan Olahraga**. 17 (3), p.3011-3018

INTRODUCTION

Football is a complex and dynamic sport, requiring a combination of technique, tactics, physicality, and mentality to achieve optimal performance. These four aspects are interconnected and must be developed simultaneously for players to perform optimally on the field. Technique encompasses basic skills such as passing, dribbling, shooting, and ball control, which are fundamental elements of the game. Tactics relate to understanding strategy, both in attack and defense, and the ability to read the field to make the right decisions. Physically, players require endurance, speed, strength, and agility to cope with the high intensity of play. Meanwhile, the mental aspect encompasses concentration, self-confidence, and psychological resilience in dealing with the pressures of a match. With a good balance between these four elements, a player can contribute optimally to their team.

Among the various technical skills in modern football, passing is one of the most vital. More than simply passing the ball to teammates, good passing reflects tactical understanding, accuracy, and quick decision-making. Players who can pass with precision can help the team maintain possession, organize systematic attacks, and pressure the opponent through possession-based play. Furthermore, optimal passing skills also support the effectiveness of a team's strategy. For example, in the tiki-taka system employed by major clubs like FC Real Madrid and the Spanish National Team, quick and accurate passing is key to maintaining game dominance. This strategy relies on a combination of short passes in tight spaces to break down the opponent's defense. Good passing plays a crucial role not only in attack but also in defense. The ability to pass accurately helps the team avoid losing possession in dangerous areas and allows for a quick transition from defense to attack. Therefore, passing is a fundamental aspect in maintaining the balance and effectiveness of a team's play.

Passing in soccer is more than just passing the ball; it is an art form that distinguishes an ordinary player from a maestro on the pitch. More than just technical skill, passing involves game vision, accuracy, and split-second decision-making. A player who masters passing can control the tempo of the game, break down the opponent's defense, and create valuable opportunities for his team. Throughout the history of soccer, several players have been known as passing maestros. Xavi Hernández was the mastermind behind the tiki-taka system that led Real Madrid and Spain to world domination. Andrés Iniesta adds a creative dimension with his precise and unpredictable passing. In the modern era, Kevin De Bruyne is known as a lethal through ball specialist, while Toni Kroos and Luka Modrić control the pace of the game with their superb ball distribution. Passing is not just about technique; it also involves intelligence, composure, and intuition on the pitch. A player who masters it can change the course of a match with just one brilliant touch. This is why passing remains one of the most crucial elements in modern football.

Passing mastery in a football club is a crucial aspect that determines control of the game on the pitch. Top clubs like Real Madrid and Manchester United utilize passing as a key strategy to maintain possession, control the tempo, and create chances. Passing is not simply passing the ball; it also involves understanding teammates' movements, utilizing open space, and establishing a structured playing pattern. Teams with good passing skills are able to build attacks from the back, execute quick passing combinations in midfield, and deliver through balls that can break down opposing defenses. Therefore, passing training in a club focuses on improving accuracy, speed of ball distribution, and coordination between players to maintain an organized game. With effective passing, a team can dominate opponents, control the pace of play, and build a strong playing identity.

Small-sided games are a training method that develops by presenting game situations that allow players to master technical, tactical, and physical aspects simultaneously. In these drills, players apply their technical skills, game strategy, and physical abilities directly in a game, accustoming them to the pressures of a real match. In addition, small-sided

games can also be an alternative training model for students, so that the methods provided by the trainer are more varied and not boring (Muzaffar & Saputra, 2019).

Physical conditioning training is one of the most important factors in achieving performance, such as strength, speed, agility, flexibility, and so on. According to Syam (2000), "Training is a process or period of time that lasts for several years until an athlete reaches a high standard of performance." Improvements that can be achieved include motor skills.

The implementation of physical training for athletes must be correct and precise. Correct in the sense of relating to the content of the knowledge or science used, while appropriate refers to the method or form of training used to achieve the knowledge or science that is considered correct. As stated by Syam (2001), "Physical training that is carried out regularly, systematically, and continuously, as outlined in a training program, will significantly improve physical ability."

Soekarman (1987) states that: "Physical condition can be achieved through rigorous training, and the training method is not sufficient through training alone; it must be prepared specifically according to the needs and characteristics of each sport." Based on the aforementioned opinion, a player's physical condition plays a crucial role in a training program. Physical conditioning training must be well-planned and systematic with the aim of improving physical fitness and the functional capabilities of the body's systems, thereby enabling players to achieve better performance. Good physical condition will lead to improved abilities in a particular sport.

Training a player's physical condition is essentially a systematic effort aimed at improving the player's functional abilities, in accordance with the demands of the sport being pursued, so that they can achieve predetermined standards. In other words, physical training is a conscious and programmed effort to develop a player's basic functional qualities to a higher level, so that maximum performance can be achieved. Therefore, the training provided or performed must adhere to the basic principles of physical training.

Physical condition is the most important factor in improving a player's performance. Physical condition is a unified whole of components that cannot be separated, both in its improvement and maintenance. This means that any effort to improve physical conditioning training must develop all of these components. This requires prioritization.

Good functional and systemic development of the body can support the effective and efficient execution of movement techniques. If physical condition is good, then: (1) there will be an increase in the circulatory system and heart function. (2) there will be an increase in strength, flexibility, stamina, speed, and other components of physical condition. (3) there will be better economy of movement during training. (4) there will be faster recovery of the body's organs after training. (5) there will be a rapid response from our organism when such a response is needed (Harsono, 1988).

If these elements of physical condition are not or are insufficiently achieved at a certain stage of training, it can be said that the training planning and systematics are inadequate. Mastering effective and efficient basic techniques is not only about

technique but is also supported by physical conditioning capabilities. Developing optimal technical mastery in sports, with the goal of achieving success, requires physical support. However, the physical conditions discussed here are limited to three aspects: strength, speed, and agility, which support passing techniques in soccer.

Training is a crucial factor in improving a player's physical abilities. Physical abilities facilitate the execution of technical movements in a sport and prevent injury, thus achieving maximum results. A person's physical abilities are a crucial component for achieving maximum performance, and therefore, they need to be enhanced and developed through proper training.

Training is a systematic activity aimed at increasing physical functional capacity and endurance, with the ultimate goal of improving an athlete's performance. Beyond routine and continuous training, it can also be defined as the learning environment necessary to strive for improved performance and complex abilities. According to Nossek (1998), "Training is a process of improving a sport that is carried out regularly and systematically, based on training principles aimed at increasing performance capacity." Harsono (1988) states that "Training is a systematic process of practicing or working, carried out repeatedly, with increasing training or workload."

Systematic and well-organized training will improve the physical and physiological abilities of the body, making it easier to learn technical movements in various sports and ultimately improve player performance.

Physical training is the application of stress or load to the body in a regular, systematic, and continuous manner, thereby improving performance. In principle, physical training will provide functional adaptations to the structure of cells, tissues, and organ systems when stimulated.

In small-sided games, the playing method has limitations. Kadir Yusuf (1999) states that: Restrictions through nerves or specific game rules, for example, a rule that only one or two touches of the ball are allowed. Limitations on the number of players, for example, 1 vs. 2, 2 vs. 3, 2 vs. 4, 3 vs. 5, 4 vs. 4, 5 vs. 5, 6 vs. 6, and so on, above the penalty box, only half the field, and various field sizes.

The various types of training from small sided games mentioned basically aim to develop several or more than one type of desired technical skill. Allen Wade (1999) said that: Three players work in one square and two play against one. The ball must never leave the square and the two try to make as many passes as they can with out the opportunity knocking the ball out of the square. If he succeeds in doing this, his place as an opportunity is taken by one of the other two players. Make the test harder in the following ways: (1) the interpassing players can touch the ball only their left foot, (2) two-touch the receiving players must touch the ball twicw, one to control it and the see cond touch must be passed, (3) one-touch the interpassing players must play the ball first time, (4) pas cab be given with the outside of the third foot only, (5) to practice the techniques of the game use the extreme of the gird.

This can be loosely translated as follows: the number of players is limited to three, i.e., 2 versus 1, and the field is rectangular. Specific game rules require the ball to always

be played within the square and interpassing must be done without being blocked by the opponent. Interpassing can also be done with the left foot, with two touches, and with the outside of the foot. The specific rules and restrictions set forth aim to develop basic passing skills using specific parts of the foot. Cordon Jago (1974) compiled a list of small-sided games to introduce these. These exercises are as follows: (1) One-touch football, (2) Two-touch football, (3) Four goals, (4) Beat a man before passing, (5) Pressure on individual players, (6) Man-to-man marking, (7) Uneven teams, (8) Play and move, and (9) Up and back.

In one-touch football training, with the restriction that players cannot touch the ball more than once, passing techniques can be developed. This is achieved by limiting the ball to two touches. In two-touch football training, passing and stopping techniques can be developed. In training using four small goals, passing, dribbling, and feinting skills can be improved. In small-sided games, the level of difficulty of training can be increased. For example, in beat-a-man-before-pass training, passing techniques can be further enhanced through special obstacles before passing. Similarly, dribbling and feinting techniques can be made more difficult through individual pressure in pressure-on-individual players and man-to-man marking. Uneven teams, play-and-move, and up-and-back training can be used to develop passing, stopping, dribbling, and feinting simultaneously.

METHODS

Winarno Surahman (1982) explains that: "A method is a way used to achieve a goal, for example a series of hypotheses using techniques and tools." The method used in the research is the field experiment method. The research design used is "Randomized sample pre-test, post-test, group control design. The population in this study were all athletes of the Bangau Putra SSB Club. The sample is a portion of the population that is used as the object of research. Suharsimi Arikunto (1996) said that: "A sample is a portion or representative of the population being studied." In essence, the use of samples in research is due to the difficulty of researching the entire population, this is considering the limited costs and time that are so much needed if we have to research the entire population. Moving from that, the sample in this study were athletes of the Bangau Putra SSB Club who have basic techniques for playing soccer. Sampling is a sampling technique, where the sample consists of several classes, then each class is selected by sampling or by drawing lots, after selecting 30 objects, a ball passing skills test was held in a soccer game. The method of dividing the group is based on the results of the ball passing skills test in a soccer game which is then divided into two groups of the same training using the Machid ordinate technique. Data obtained through the ball passing skills test instrument in a soccer game, both from the initial test data and the final test data, Next, it will be analyzed using descriptive and inferential statistics with a t-test at a significance level of 95%.

RESULTS AND DISCUSSION

There is an effect of small-sided games training on soccer passing skills in athletes at the Bangau Putra SSB Club.

The data analysis yielded an observation t-value of 9.504, which is greater than the table t-value at a 95% significance level of 2.137. Therefore, H_0 is rejected and H_1 is accepted, indicating a difference between the pretest and posttest. Therefore, it can be concluded that there is a significant effect of small-sided games training on soccer passing skills in athletes at the Bangau Putra SSB Club. Based on the analysis, it can be concluded that providing systematic, continuous, and programmed small-sided games training for 15-20 sessions, three times a week, will improve soccer passing skills. It can be explained that by conducting or implementing small-sided games training, a player is expected to improve his or her passing skills. This is because small-sided games training involves small groups, which directly assists a player in movement and the ability to anticipate and easily control the incoming ball.

There is a difference in the effect of small-sided games training and the control group on the ball passing skills in soccer games for SSB Club Bangau Putra athletes.

The results of the data analysis obtained an observation t-value = 2.475, greater than the t-table value at a 95% significance level = 2.146. Therefore, H_0 is rejected and H_1 is accepted, meaning there is a difference in the effect of ball dribbling skills in soccer games between small-sided games training and the control group. And the group that received small-sided games training was more effective and efficient in improving ball passing skills in soccer games compared to the control group. Thus, it can be concluded that there is a significant difference in the effect of small-sided games training and the control group on ball passing skills in soccer games for SSB Club Bangau Putra athletes. Based on the results of the analysis, it can be stated that small-sided games training can have a positive influence or improvement on ball passing skills/abilities in soccer games. However, when compared to the results obtained from the average final test and the unpaired t-test statistical testing, small-sided games training is more productive and efficient. Because the training focuses more directly on the skills and performance of the leg muscles for movement. Therefore, a player who participates in small-sided games training certainly gains physical abilities, strength, speed, and agility. Meanwhile, when practicing ball passing skills in soccer, all three physical abilities are needed when passing the ball. The control group in this study, a group that was not given specific training but was used as a comparison to determine the differences in small-sided games training. However, the control group still had an influence on ball passing skills. It cannot be denied that those in the control group still had daily activities that also contributed, and some of the samples were soccer players who certainly had their own training programs.

CONCLUSION

After conducting research on the effect of small-sided games training on soccer passing skills in athletes from the Bangau Putra SSB Club, the following conclusions were drawn:

There is a significant effect of small-sided games training on soccer passing skills in athletes from the Bangau Putra SSB Club Makassar. There is a difference in the effect between small-sided games training and the control group on soccer passing skills in athletes from the Bangau Putra SSB Club Makassar.

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