

ISSN: 2392-5442 ESSN : 2602-540X		<i>Sport system journal</i>
V/11. N/02. Year/2024		<i>International scientific journal published by: Ziane Achour –Djelfa- Algeria</i>
P 164 - 175		<i>Received: 2024-03-13 A ccepted: 2024-09-06</i>

The effect of small sided games on the technical performance of football players.

Hacene ARKOUB^{1*}.

School of higher education for teachers in Bouzereah – Algeirs.

hacene.arkoub@ensb.dz

Abstract:

Football is one of the team sports that has become famous in the world and has gained popularity and viewership compared to other sports. To ensure the continued status of this sport among its fans and hoping to develop it for the better, those responsible have researched and planned by innovating, developing and developing skills, as well as developing aspects and tactical methods and playing styles, whether offensive or defensive, as well as working to maintain and develop physical abilities by developing different qualities¹.

Given the demands of modern football and the muscular effort exerted by players during matches, as well as the development of the organization and training of different tournaments, players are required to play and direct a large number of matches, which results in situations that affect the physical and psychological state of the players².

In this regard, we have chosen the theme of our research, which deals with “to what extent do small sided games influence the technical aspect of football players in the U15 category”.

Keywords: Small sided Games – Technical Performance – U15 Category – Football.

*** Corresponding author**



1. INTRODUCTION

The concept of small sided games emerged and developed according to the overall nature of the competitions. As we also know that small sided games are the first step in preparing for competition and it has great importance in football towards developing several qualities such as endurance, speed, strength, flexibility, especially the skill and technical aspect of the game.

The small sided games include all the high performance requirements in competition and in training, and from here the coach must control the preparation load in line with the time period, in particular, the coach begins with a set of tests to determine the level of the player's ability and technical performances that varies according to age or gender³.

Through our experience in the field of practice, we noticed difficulties for players in learning and mastering some skill movements, as their applications of motor ability depend on skill motor performance, and since in football competition the level of skill motor ability is what helps motor performance, the skilled player is the one who controls Movement perfectly and without fatigue⁴.

Since the stage of under 15 years old is the stage of adolescence, it is one of the basic stages in a person's life and the most difficult because it includes several changes at all levels, including mental, motor and physical changes, and is unique in the characteristic of rapid growth. As we know, this group is very sensitive, as the physical and skill factors are two factors with It is of great importance that coaches must be fully aware of this stage of physical, skill, tactical, cognitive, and psychological preparation⁵, hence, we pose the following general question:

Do small sided games affect the development of the skill performance of football players under the age of 15 years?

Hypothesis :

Small sided games have a statistically significant effect on the skill performance of soccer players under the age of 15 years.

2. Research aims or goals:

- Revealing the importance of small sided games and their impact on the ball control skill among football players.
- Revealing the importance of developing speed reaction and its impact on the

³ Alexander DELLAL, 2008, p09.

⁴ Alexander DELLAL, 2008, p10.

⁵ Wagdi Mustafa Al-Fatah and Muhammad Lotfy Al-Sayed, 2002, p68.

rapid execution of complex movements for the class of 15 years old football players.

- Revealing the importance of developing endurance and its impact on the repetition and continuity of skill performance throughout the match among under 15 years old level football players.

3. Methodological procedures followed in the study:

3.1. Method and tools:

Much emphasis is placed on the applied aspect of scientific research, with the aim of answering the questions that arise about the subject studied. This is done by employing statistical techniques in analysis and interpretation to ensure the validity of the formulated hypotheses or their invalidity. Here the importance of choosing the correct and appropriate means for collecting information and appropriate techniques for translation related to the data is evident. Therefore, we will in this chapter discuss the field study of methodology in terms of the appropriate approach, the study sample, and an explanation of the tools and methods used to collect information and analyze it, highlighting their relationship to the hypotheses, as well as highlighting the statistical techniques used.

3.2. Study Approach:

Every study or scientific research has methodological foundations upon which the researcher provides his basic basis for starting the research and study process. These methodological foundations are the guide that the researcher adopts so that his study is characterized by scientific and accuracy. The method is the actual means that the researcher uses in solving his research problem, and the method differs according to the research problem and objectives. The generality and quality that the research aims to achieve.

Therefore, we find that every phenomenon has an approach that is compatible with the nature of its idea and path. For this reason, the researcher relied on the experimental method because it is compatible with the nature of the problem studied⁶.

3.3. The research sample:

The process of testing a research sample is one of the necessary steps for the purpose of completing scientific work, as it requires the researcher to search for a

⁶ Abdu Ali Nassif & al, 1977, p 74.



Title: The effect of small sided games on the technical performance of football players.

sample that is compatible with the nature of his work, and consistent with the problem to be solved, in addition to the fact that this sample represents its original community most faithfully. A community was chosen in an intentional way, composed of The sample consists of 24 football players from the Olympique Marseille Academy in Algiers for the under-15 age group.

This category trains for an average of 6 to 8 hours, 4 sessions per week, and their athletic age is estimated to be more than 6 years.

3.4. Study tools:

In order to reach solutions to the problem at hand, and to verify the validity of the hypothesis of this research, it is necessary to follow the most effective methods and tools for examination and study, and these tools are as follows:

- **Theoretical study:**

What is meant by “bibliographic data” or “news material”, which is the use of sources, references, dictionaries, the Internet, etc. whose content revolves around the topic of our research, as well as various similar elements that serve the topic of our research, whether they are Arab or foreign sources, or related studies. Relevance to the topic, and its goal is to form a theoretical background on the topic for the purpose of going to the field to conduct the field study while the researcher is aware and knowledgeable of the various variables surrounding the topic of his research.

- **Questionnaire (survey):**

To ensure the validity of the tool, there are several methods, the easiest of which is the validity of the arbitrators, given that the arbitrator is a person specialized in this field, and can judge whether the questions placed in the questionnaire actually measure what they were designed to measure; This is why the researcher can indicate in his research that he used the veracity of the reviewers as a way to estimate the veracity of the dissertation tool. It must be noted here that the arbitrator does not measure the veracity or reliability of the tool, but rather estimates that⁷.

- **Method of testing on the field of practice:**

It is one of the most important methods used in the field of sports, especially in experimental research, as it is the basis for objective evaluation and the most important and successful ways to reach accurate results in the field of scientific research, as tests must be standardized and controlled.

⁷ Abdu Ali Nassif & al, 1977, p 75.

- **Protocol AKRAMOV test:**

It consists of running the distance as quickly as possible with a ball, the player waits for the signal to start, without forgetting that the starting point is the arrival point.

Each player performs the test twice and we keep the best performance of two times, and total distance is 40m with change of direction.

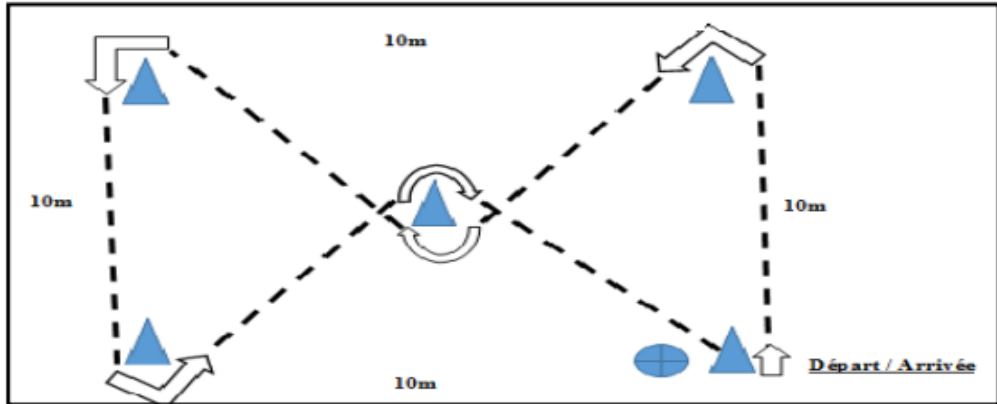


Fig.1. Represents AKRAMOV test with a ball⁸.

- **Statistical method:**

It is considered one of the most important methods leading to understanding the basic factors that affect the studied phenomenon and helps in arriving at, analysing, applying and criticizing results. Note that each research has its own statistical methods that are appropriate to the type of problem, its characteristics, and the goal of the research. In our research, we have relied on statistical treatment using:

- **SMA:**

Where **X**: is the arithmetic mean

∑Xi: is the sum of the number of values

n: is the sample number

$$X = (\sum Xi) / n$$

- **Standard deviation:**

Where **Xi**: is the value

X: is the arithmetic mean

n: is the sample number

$$S = \sqrt{(\sum (Xi - X) / (N-1)) ^2}$$

⁸ AURELIEN BROUSSAL & OLIVIER BOLLIET, 2012, p216.



Title: The effect of small sided games on the technical performance of football players.

• T test :

It is one of the most important and most widely used statistical tests in research and studies that aim to reveal the significance of statistical differences between the means of two samples, there are a set of general conditions in parametric statistics including the “t” test:

- The level of measurement of the dependent variable must be quantitative, whether relative or categorical.
- Independence of measurement or observations.
- Moderate distribution of scores for the dependent variable.
- Homogeneity of variance is the similarity of the dispersion of groups’ scores around their arithmetic mean⁹.

. **Note :** The statistical processing was done using SPSS, which is one of the most important and famous ready-made programs in the field of statistical data processing. Its most important characteristics are : simplicity of use and ease of understanding.

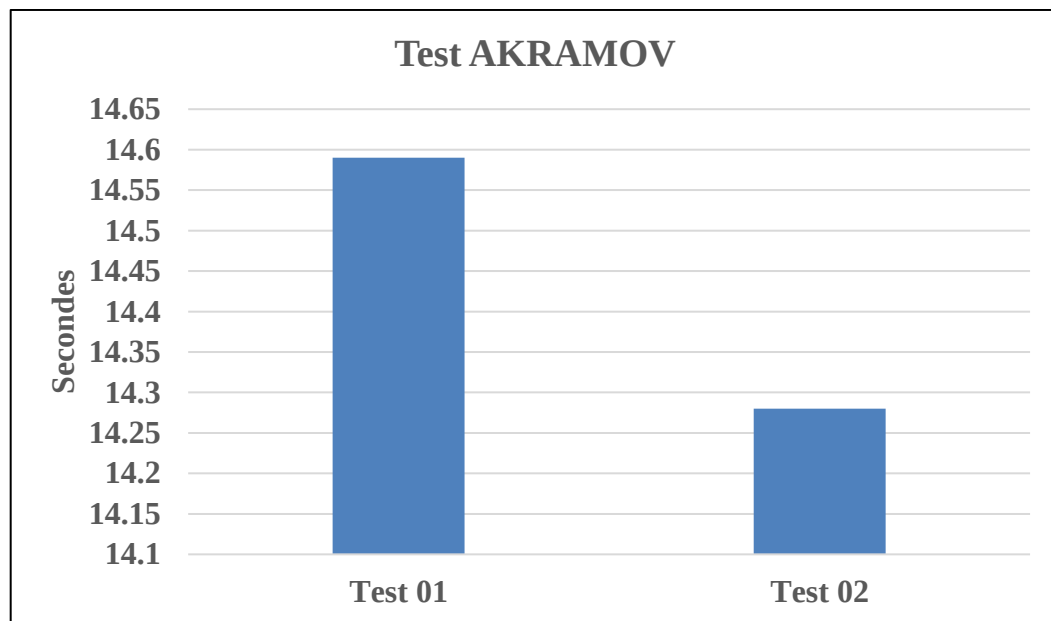
4. Discussion and analysis of results:

Table 1. Represents the results of the AKRAMOV pre- and post-test applied to the research sample.

Statistical significance	Critical value	Significance level	Freedom Degree	T test	Standard Deviation		Arithmetic average		The Number	Sample Results
					After	Befor	After	Befor		
Statistically significant	0.42	0.05	23	0.86	0.87	0.98	14.28	14.59	24	

⁹ Abdu Ali Nassif & al, 1977, p 76.

Fig.2. Represents the results of the AKRAMOV pre- and post-test applied to the research sample.



In the pre-test, the group obtained an arithmetic average of 14.59 and a standard deviation of 0.98, and in the post-test it obtained an arithmetic average of 14.28 and a standard deviation of 0.87, and the T test coefficient was equal to 0.86, greater than the critical value of 0.42, at a freedom degree of 23 and a significance level of 0.05, and this This means that the differences were statistically significant.

Based on the statistical results, we conclude that there is an improvement in the skill performance of the research sample, and this goes in the same directions as the research of AKRAMOV in (1993).

As well as the studies of Sadouk Hamza & Kabawiya Muhammad in 2020, Intitled “The effect of integrated training in the preparation period on developing the skill performance of football players under the age of 19”, published in Sports Creativity Magazine, Volume 11, Issue 2, page 413-432.

Second, the study of Bouzerba Fouzi & Lounas Abdellah in 2023 Intitled « The Importance Of Employing Mini-games In Activating The Learning Process During The Physical Education And Sports Class From The Point Of View Of Intermediate Education Teachers », published in Sports System Magazine, Volume 10, Issue 2,



Title: The effect of small sided games on the technical performance of football players.

Page 150-167.

Third, the study of Boutahra Moussa & Sellami Abderrahim in 2023, intituled « The Effectiveness Of Training With Small-sided Games On Developing Cardiorespiratory Fitness For Football Players Under 15 Years Old », published in Sports System Magazine, Volume 15, Issue 1, Page 150-167.

Wich all of these studies confirms the statistics found on our reaserch by having the same results.

4. CONCLUSION

The results in the AKRAMOV pre- and post-test have proven that there are statistically significant differences between the first and second tests. This means that mini-games affect the skill aspect. In light of these results, we are developing a training program that is appropriate to the individual differences of each player with the aim of developing the player in an integrated and balanced manner in all aspects. Aspects (physically, skillfully, tactically) in the shortest time and with the least effort.

Finally, the results obtained in this modest research are simple information that can be enriched and discussed.



Title: The effect of small sided games on the technical performance of football players.

5. Bibliography List:

- Hassan Al-Sayed Abu Abdu, 2008, Physical Preparation for Football Players, College of Physical Education and Sports, Alexandria.
- Abdu Ali Nassif & al, 1977, Statistics Methods in Physical Education, University of Baghdad, p 74.
- Abdu Ali Nassif & al, 1977, Statistics Methods in Physical Education, University of Baghdad, p 75.
- Abdu Ali Nassif & al, 1977, Statistics Methods in Physical Education, University of Baghdad, p 76.
- Sami Al-Saffar, 1984, Technical Preparation in Football, University of Baghdad, p 32.
- Wagdi Mustafa Al-Fatah and Muhammad Lotfy Al-Sayed, 2002, Scientific Foundations of Sports Training for Players and Coaches, Dar Al-Huda, Minya, p 68.
- Alexander DELLAL, 2008, From training to football performance, Deboeck, p09.
- Alexander DELLAL, 2008, From training to football performance, Deboeck, p10.
- AURELIEN BROUSSAL & OLIVIER BOLLIET, 2012, Tests in the field of practice, 4trainer, p 216.
- Sadouk Hamza, Kabawiya Muhammad, 2020, The effect of integrated training in the preparation period on developing the skill performance of football players under the age of 19, Sports Creativity Magazine, Volume 11, Issue 2, page 413-432.
- Bouzerba Fouzi, Lounas Abdellah, 2023, The Importance Of Employing Mini-games In Activating The Learning Process During The Physical Education And Sports Class From The Point Of View Of Intermediate Education Teachers (a Field Study On Some Middle Schools In The State Of M'sila), Sports System Magazine, Volume 10, Issue 2, Page 150-167.
- Boutahra Moussa, Sellami Abderrahim, 2023, The Effectiveness Of Training With Small-sided Games On Developing Cardiorespiratory Fitness For Football Players Under 15 Years Old, Sports System Magazine, Volume 15, Issue 1, Page 150-167.

6. Appendices :

 Académie de l'Olympique de Marseille 			
N°	NOM ET PRENOM	TESTS AKRAMOV (Secondes)	
		Test 01	Test 02
1	HADJ MOUSSA Djaafar	15,38	14,94
2	ALALGUA Said	14,03	14
3	HAMMOUCHE Malik	14,55	14,42
4	BOUALI Sami	14,85	14,65
5	IOUALALENE Chafik	14,42	14,39
6	AHRIZE Med Djawad	14,6	14,57
7	BOUCHHIR Wail	14,23	14,12
8	ATTOUCHE Samy	14,34	14,29
9	BOUHMED Rayan	14,47	14,45
10	DJEOUADI Abdelwakil	13,99	13,8
11	LOURGUIOUI Nazim	15	14,9
12	RAKENE Kamel eddine	14,5	14,44
13	BOUTAMEUR Rayan	14,69	14,61
14	OUSSRIRE Mouncif	14,38	14,33
15	BENREKTA Moussa	14,54	14,51
16	NABTI Yasser	14,11	14,02
17	OUILEM Abdellah	14,76	14,68
18	BOUZIT Rafik	14,66	14,54
19	HAMIDI Amir	14,12	14,08
20	BOURSAS Abderaouf	14,9	14,7
21	BOUHADEF Assil	14,49	14,4
22	BENCHOUK Adem	14,89	14,82
23	ZENOUCHE Yacine	14,77	14,7
24	KESSAH Abderahmane	14,52	14,5



Title: The effect of small sided games on the technical performance of football players.