

## Effect of Training *Small Side Game* on Attacking Skills in the Gorontalo City MAN 1 Futsal Team

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### Abstract

*The Influence of Small Sided Games Training on Attacking Skills in the Futsal Team of MAN 1 Gorontalo City. Department of Physical Education, Health, and Recreation. State University of Gorontalo. The purpose of this study is to determine the influence of Small Sided Games training on futsal attacking skills. The research employs an experimental method with a sample of 10 futsal players from MAN 1 Gorontalo City, selected from a population of 30 players. Data collection was conducted using Game Situation tests and analyzed through descriptive and inferential statistical methods to test the research hypothesis. Based on the results of the t-test analysis on attacking skills, the t-observed value was -3112 with a significance value of  $0.012 < 0.05$ , indicating that Small Sided Games training has a significant effect on futsal attacking skills. These results demonstrate that Small Sided Games training has a fairly significant impact on the attacking skills of the futsal team at MAN 1 Gorontalo City.*

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## 1. INTRODUCTION

Futsal is a means for individuals or teams to showcase their abilities in sports. As a mini version of football, futsal is more practical and easier to play in various places because the field is smaller and requires a smaller number of players.

In futsal, attacking ability is an important key in scoring goals and achieving team victory. Attacking is a tactic where the team in control of the ball tries to create goal opportunities (Benny Badaru, 2017:30). This ability must be honed by mastering various basic futsal techniques, such as passing, holding the ball, dribbling, positioning the body, and shooting with high accuracy. With good technical mastery, each player can contribute to scoring goals, bringing the team to victory.

Choosing the type of training that suits the player's abilities is the main key in training sessions, so that it can help them hone their attacking skills effectively in futsal. According to Harsono (2017:39) the goals and objectives of training or *training* is to help athletes to improve their skills and achievements as much as possible. The MAN 1 Gorontalo City futsal team players still often face challenges in designing effective attacks, honing game tactics and scoring goals consistently.

Training must be carried out optimally and planned, so that the targets set can be achieved effectively in the optimal time. as stated by Apta Mylsidayu and Febi Kurniawan (2015: 48) exercise comes from the word *Training* is a process of perfecting sports abilities that contains theoretical material and practice, using methods and implementation rules with a scientific approach, using planned and regular training principles, so that training goals can be achieved on time.

*Small side games* are an exercise by reducing the actual field and reducing the number of players. This makes players feel as if they are in a real game situation but with higher pressure

because they have more possession of the ball. According to Charaka Raga Wardana (2018:196) it can be concluded that small-sided games are a training process on a small scale field which aims to improve techniques and tactics in football and futsal games.

It was explained above that *Small side games* is a form of training model that applies various basic techniques in futsal with a tactical and strategic approach to futsal. According to Almeida et al (2012: 174) in the form of game activities (small side games/play conditions and learning game phases) are more relevant to the acquisition of skills and abilities, the types of activities that involve physical training and practice of technical skills.

With *Small Side Game*, coaches can also train their players to achieve maximum abilities and skills in terms of *technical skill* And *tactical skill*. Muhammad Asriady Mulyono (2014: 98) in futsal *skill* basic refers to the ability to kick, head, do *passing, dribbling, control the ball*, etc. *Tactical skill* It also aims to enable players to read game situations, build teamwork and develop the game by forming team formations as depicted in the following picture:



Figure 1. Small Side Game Practice  
Source: Herman & Engler, 2011: 58-59

Application of exercises in *small side games* have varying numbers of players, field sizes, durations, training sets, etc *recovery*. As explained in the journal Agus Rizqi Praniata, Bambang Kridasuwarno (2019: 193) When practicing using small sided games, coaches must adjust the size of the field used according to the number of players, training duration, number of sets in training, and rest time during training. The following is an explanation in the table:

**Table 1. Application of Exercises *Small Side Games***

<b>Practice Age Period</b>	<b>Duration</b>	<b>Number of Sets</b>	<b><i>Recovery</i></b>
8 – 14 Years	2 minutes	3 – 5 set	3 minutes
15 – 19 Years	4 minutes	5 – 8 set	5 minutes
20 years and above	5 minutes	9 – 10 set	6 minutes

(Komarudin, 2013)

Regarding the size of the field, of course there are differences in the implementation of the training *Small Side Games*. And the number of players facing each other is very diverse in this training. The following is an explanation in the table:

**Table 2. Field Size and Number of Practice Players *Small Side Game***

<b>Pitch Size</b>	<b>1 in 1</b>	<b>2 in 2</b>	<b>3 in 3</b>	<b>4 in 4</b>	<b>5 in 5</b>
<i>Small</i>	5 x 10	10 x 15	15 x 20	20 x 25	25 x 30
<i>Medium</i>	10 x 15	15 x 20	20 x 25	25 x 30	30 x 35
<i>Large</i>	15 x 20	20 x 25	25 x 30	30 x 35	35 x 40

(Owen, Adam; Twist, Craig: Ford, 2004)

On *small sided games* There are organizing principles for *small sided games* which is actually the same as other training organization principles. In general, organizing *small side games* must start from 3 elements, namely (1) the number of players present on the field, (2) the size of the training area used, and (3) the equipment available on the field. These three elements are interrelated with each other, and will also determine what training organization we must prepare. (Agus Rizqi Praniata and Bambang Kridasuwarmo, 2019: 193).

In many studies that have been carried out, exercise Small Side Games only focused on improving basic technical abilities passing a futsal or soccer player. Ability passing A good one certainly really supports a player's performance. However, ability passing which is good without being directed to a definite goal, then technique passing is difficult to implement in the game. In this study, exercise Rondo not only aims to improve passing abilities, but can provide increased attacking skills in the game of futsal. According to Ariefki Agusta and Apri Agus (2020: 34) A good pass will lead to an open direction and can control the game when building a defense or attack strategy.

## 2. RESEARCH METHOD

This type of research is experimental research. Mia Kusumawati (2015: 46) Experimental research is research carried out by giving treatment or treatment to samples, until we see whether there are changes that occur or not. This experimental research was carried out with the aim of finding out the effect of implementing this type of exercise Small Side Game on the attacking skills of the MAN 1 Gorontalo City futsal team.

This research design uses a type of research carried out that is field experimental with a research design one *group pre-posttest*. Arikunto (2010:124) says that *one group pretest-posttest design* is a research activity that provides a preliminary test (*pretest*) before being given treatment, after being given treatment then give the final test (*posttest*).

**Table 3. Research design**

T1	X	T2
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Information:

T1 (Pretest): Initial test (*Game Situation*)

X (Treatment): Application of training methods *small side games*

T2 (posttest): Final test (*Game Situation*)

The samples taken in this research were 10 players from 30 MAN 1 Gorontalo City players. Sample members in this study... The test in this study was divided into 2 stages. The first stage is the initial test (*pre-test*) aims to determine the results of the attacking skills of MAN 1 Gorontalo City futsal players before being trained using drills, namely practice *Small Side Games*. Final test (*posttest*) aims to determine the results of the attacking ability of MAN 1 Gorontalo City futsal players after being given this training. The data collected through tests is still rough data. The data was then analyzed using statistical tests with the help of SPSS on the computer.

### 3. RESEARCH RESULTS AND DISCUSSION

#### 3.1. Research result

This research aims to measure the effect of exercise *Rondo* on the attacking skills of the MAN 1 Gorontalo City futsal team. The research method this time is experimental research where players are given Rondo training to hone their ability to build attacking skills that will be applied in futsal games. Data collection involved 10 MAN 1 Gorontalo City futsal players.

The research data obtained is data from the initial test and final test of the attacking skills of the Small Side Games training group and Rondo training for the Galaxy FC Makassar team, as summarized in the following table.

**Table 4. Summary of analysis results descriptive practice attacking skill data *small side game***

Statistics	Training	
	Small Side Games	
	Initial test	Final test
<b>Samples (n)</b>	10	10
<b>Sum</b>	240	323
<b>Std. deviation</b>	7.645	4.296
<b>Variance</b>	58.444	18.456
<b>Range</b>	26	12
<b>Minimum</b>	12	27
<b>Maximum</b>	38	39
<b>Mean</b>	24.00	32.30

Preliminary test data of attacking skills in the training group *small side games* with a total of 10 samples obtained the average value (*mean*) of 24.00, minimum result 12, maximum result 38 and standard deviation 7,645. sum value 240, variance 58,444, and range 26. Final test data on attacking skills for the small side games training group with a total of 10 samples obtained an average value (*mean*) of 32.30, minimum result 27, maximum result 39, standard deviation 4,296, value sum 323, variance 18,456, and range value 12.

#### Data Normality Test

From the test results *liliefors* carried out, then the results of the normality test *pre-test* and *post-test* attacking skills in the training group *small side games* summarized in the following table:

**Table 5. Normality test results of attacking skill data in the training group *small side games*.**

Variable	Group Preliminary Test <i>Small Side Games</i>	Group Final Test <i>Small Side Games</i>
N	10	10
Kolmogorov-Smirnov Z	0.116	0.179
Say.	0.200	0.200

Results of normality testing of initial attack skills test data in the training group *Small Side Games* a total of 10 samples, obtained from the values liliefors of 0.116 is smaller than the probability value of 0.200 at  $\alpha$  0.05. This shows that the initial test of attacking skills in the training group *Small Side Games* normally distributed. And the results of normality testing of the final attack skills test data in the training group *Small Side Games* a total of 10 samples, obtained from the values liliefors of 0.179 is smaller than the probability value of 0.200 at  $\alpha$  0.05. This shows that the final test data of attacking skills in the training group *Small Side Games* normally distributed.

### Hypothesis Test (t-test)

The t-test results were used to test the effect of approximately 1 month of treatment in the training group *Small Side Games* on the MAN 1 Gorontalo City futsal team. A summary of the results of the t-test analysis of research data on MAN 1 Gorontalo City futsal athletes is as follows:

**Table 6. Summary of t-test analysis results for training groups *Small Side Games***

Research Variables	t-observation	P-value	A
Practice group <i>Small Side Game</i>	-3.112	0.012	0.05

Summary of t-test results of initial test data and final test of attacking skills in the training group *Small Side Games* on the MAN 1 Gorontalo City team can be obtained: t-valueobservation amounting to -3.112 with a significant value of 0.012 which is smaller than the  $\alpha$  value of 0.05. So  $H_0$  rejected,  $H_1$  accepted. This means that there is an effect of treatment in the training group *Small Side Games* on the attacking skills of the MAN 1 Gorontalo City team.

Furthermore, increasing attacking skills in the training group *Small Side Games* Before and after treatment can be seen in the summary of average values in the following table:

**Table 7. Summary of the average value of the group t-test analysis results *small side games***

		Mean	N	Std. Deviation
Pair 1	SSG initial test	24.00	10	7.645
	SSG final test	32.30	10	4.296

Based on the table above, it can be interpreted that the effect of training group treatment on *Small Side Games* The increase in attacking skills can be interpreted from the difference in average values before and after treatment. Where the average score before treatment was 24.00 total score, while after treatment the average score was 32.30 total score. So the effect of the training group treating *Small Side Games* If you look at the range of values, the average influence has increased by 8.30 total score.

### 3.2. Discussion

Training *Small Side Games* with training schedules and programs and which are structured with various kinds of training models and applications *small side games* which is carried out for 14 meetings with load, volume, intensity of training based on repetitions, sets, rhythm and rest time which have been carried out regularly and systematically according to the training schedule, then the training *Small Side Games* can improve a player's ability to organize quality attacks when playing futsal.

Attacking in futsal is a tactic or strategy to dismantle the defense of the opponent you are facing. As in football or other sports, attacking is one way to play futsal and score goals. Attacking is a series of basic techniques combined with tactics that have been planned by players and coaches to break down the opponent's defense and score goals. Attacking has various kinds of sequences or certain variations that have been trained in training. Basic techniques like passing, control, dribbling, shooting and also moving or movements are carried out with various variations. It is so diverse that the enemy cannot read the flow of attacks that will be built. The flow of this attack must be understood by the players and must be trained continuously so that players can easily carry out or execute the attacks they will build.

Small side games are an exercise by reducing the actual field and reducing the number of players. This makes players feel as if they are in a real game situation but with higher pressure because they have more possession of the ball. According to Ganesha Putera (in Martin Sudartoyo 2004:12) that practicing small-sided games is a developmental exercise, by presenting a game situation that allows the game to gain mastery of technical, tactical and physical aspects at the same time.

With a smaller number of players and a smaller field size, directly or indirectly the players feel the pressure involved in this training. As usual, they play on a field that is the size of a normal-sized futsal field, so they practice small side games and feel quite a significant difference. The pressure felt will be higher, the game will be faster, decisions must be made more quickly and must be precise so that control of the ball can be used to build attacks in a smaller area of the field.

In this study, exercise Small Side Games being an exercise that has an effect, with a t-observation value (-3112), with a significant value of  $0.002 < 0.05$ . This is caused by practice Small Side Games which is a type of exercise that closely depicts real game situations in futsal. In Small Side Games, the players have a target or goal that must be executed, namely the goal. Small Side Games played by playing with fewer numbers but still having a target to score goals.

## 4. CONCLUSION

Based on the research results, data analysis, descriptions, testing of research results, the conclusion of this research can be stated that there is a significant influence of Small Side Games training on the attacking skills of the MAN 1 Gorontalo City futsal team.

This research can be a development of research-study previously. If in many existing studies the Small Side Game training model is only used to improve passing abilities in football or futsal, then this training can also be used to improve athletes' ability to implement attacking skills in futsal games. So this research not only improves basic technical skills, but also aims to hone tactical and strategic skills in the game of futsal.

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