



The Influences of Small Side Games on The Results of Passing Accuracy in Football at Football Academy HW Temanggung KU 12

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Abstract

Football is a globally popular sport that demands high physical strength, strategy, and technical mastery, particularly in the fundamental skill of passing. At Football Academy HW Temanggung KU-12, initial observations revealed that many young players experienced tactical confusion and technical weaknesses, such as undirected passing and poor ball possession. These issues were largely attributed to static and monotonous training methods that failed to simulate real match conditions. This study aimed to analyze the influence of the Small Side Games (SSG) method on improving football passing accuracy among players in the U-12 category. This research employed a quantitative approach with an experimental pretest-posttest design. The study population consisted of 20 players from Football Academy HW Temanggung KU-12. Data were collected through a standard passing accuracy test before and after a 16-session treatment involving 3 vs 3 to 5 vs 5 game modifications. Data analysis included normality and homogeneity tests, followed by a Paired Sample T-Test to evaluate performance changes. The findings demonstrated a measurable increase in performance, with the average passing accuracy score rising from 17.70 in the pretest to 21.50 in the posttest. Statistical validation showed a calculated T-value of 7.933, which exceeded the T-table value of 1.729, supported by a P-value of 0.000. This intervention resulted in a total percentage increase in passing accuracy of 21.46%. Based on the results, it is concluded that the Small Side Games method provides a substantial boost to the technical proficiency of young athletes. The SSG approach creates a dynamic and contextual environment that allows players to touch the ball more frequently and make quicker decisions. This method is a highly effective tool for coaches to resolve tactical coordination weaknesses and accelerate the development of motor skills in early-age football players.

How to Cite

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INTRODUCTION

Football is a very popular sport globally including in Indonesia, this sport is very demanding of physical strength, skills, techniques, strategy, as well as strong teamwork (Amarta & Nugroho, 2022). As a team sport, cooperation is very important to create chances and score goals. In this aspect (Asep Sudharto, Ramdan Pelana, & Johansyah Lubis, 2020) submitted that, Fitting (passing) is the most crucial basic technique to build an attack to dominate possession. Mastery of techniques Fitting needs to be fostered from an early age intensively, especially in the age group of 12 years. (Farhan, Setyawan, & Chan, 2024).

Football is a sport played by 11 players and is carried out on a very large grassy field (Rachman, Rahayu, Health, & Karawang, 2023). According to (Miguel et al., 2025) The sport of football has a goal, which is to win and score as many goals as possible against the opponent's goal. In order for the game of football to run well, it must be supported by basic techniques and good physical condition, one of the most important basic techniques is passing (Machado, González-Villora, Roca, & Teoldo, 2024). In passing, a football player must have good accuracy, this is what needs to be considered and trained by coaches and players (Cahyanirista & Sudarmono, 2021).

In Small Side Games (SSG) is recommended as a more contextual and dynamic practice. Approach, SSG is a game in small groups such as 3 vs 3 to 5 vs 5 (Junaidi & Sutisana, 2024). According to (Lamungga, Iqbal, & Alsaudi, 2020) Each player has the opportunity to touch the ball more often, make quick decisions, and practice his toughness in situations that resemble real matches. With the implementation of SSG, it is expected that the training will be Fitting can improve while improving the tactical understanding of the game.

The passing technique is one of the techniques in the game of football, even the most basic, mainly used to pass the ball to a friend or to put the ball into the goal (Isnanto, Ilham, Haryani, Faisal, & Amri, 2023). Underpass training with small side games practice has the intention of providing exercises that have a greater level of difficulty so that a player can improve the ability and accuracy of the pass, students can improve the accuracy of the pass can be done by doing small-side games.

Initial observations at Football Academy HW Temanggung KU Regency 12 show that there are still many players who are confused to

do the passing correctly. Where many players when making passes from passing, undirected passing, and possession after passing are not so proficient and can still be said to be weak when faced with opponents. This weakness is believed to be due to the static, monotonous latih method, and does not give a real picture of the actual match situation to the players (Irfan, Yenes, Irawan, & Oktavianus, 2020).

This study aimed to introduce the influence of training Small Side Game Against the Accuracy Results Passing inside football on players at Football Academy HW Temanggung KU12. Specifically, the study also aims to analyze differences in training outcomes, measure the stages of improvement in accuracy, and identify the technical ones that have developed the most as a result of this method (Rahman & Padli, 2020).

Theoretically, this study is expected to contribute to the knowledge of football coaching, especially in developing effective training methods for early age players (Santos et al., 2024). Practically (Carlsson, Broman, & Isberg, 2025) stated that the results of this study can be used as a reference for coaches to develop more innovative training programs as well as increase motivation and technical skills of players.

METHOD

This research is a quantitative research using experimental methods (Mohajan, 2020). The research design used is a pretest-posttest design, where an initial measurement is taken (pretest) before the administration of treatment and a final measurement (posttest) after treatment to see the extent of the exercise method applied (Taherdoost, 2022). Then in this study, the population taken was Football Academy HW Temanggung KU 12 players who amounted to 20 children. The tool used during the initial test is the Passing test which aims to find out how much the Small Side Game affects the accuracy of the inside of football in Football Academy HW Temanggung, especially in the 12-year-old category.

The experimental group will be given treatment for 16 sessions. Where the experimental group will modify SSG exercises from 3 vs 3 to 5 vs 5 with a field size of 15 x 30 meters and before the implementation of the treatment, a pretest or initial data collection will be given in the inner part. The rules in the accuracy test of the inner pasture include: 1) the tester prepares a small goal target measuring 1.5 meters with a height of 0.5 meters or using a cone as a boundary 2) the dis-

tance between the kicker and the goal is 10 meters 3) preparing a standard ball size 5 or 4 according to the player's age 4) the preparation stage where the player stands behind the boundary line kicks and then the ball is placed on the line 5) the tester gives a warning and then the teste kicks the ball using The inside foot towards the small goal goal 6) each player gets a chance 10 times to kick 7) the valid criteria the ball must pass through the small goal directly, must not bounce out before the goal line.

The data collection process continues by testing the results of the pretest and posttest where the tester collects static description data containing static data containing the number of samples, the amount of data, the maximum value, the minimum value, the average value, and the deviation value. The results of this sample were tested with a normality test to find out whether the pretest and posttest results were normally distributed using the analysis of the Kolmogorov-Smirnov or Shapiro-Wilk test. Furthermore, a homogeneity test is carried out to ensure that the variance of data from the pretest and posttest results has the same level of diversity, as a condition before the Levene's Test For Equality Of Variances Statistics test is carried out using the analysis of the Paired Sample T Test to test the significance of the difference between the pretest and posttest averages and is used to find out how much the preset rate increases the accuracy of the Passing part in the Football Academy.

RESULTS AND DISCUSSION

This study was conducted to determine the effect of the basic passing with the method of playing small side games on the accuracy of football passing in students of the WH Temanggung KU-12 Football School (Football Academy). The results of the research are described as follows.

Table 1. Statistics of Football Passing Accuracy Results in Students of Football School (Football Academy) HW Temanggung KU-12

Remarks	Pretest	Posttest
Mean	17,70	21,50
Median	18,00	22,00
Mode	16.00a	22,00
Hours of deviation	3,062	3,10
Minimum	10,00	14,00
Maximum	22,00	26,00

The average results of the above research data when displayed in the form of a diagram can

be seen in the **Figure 1**.

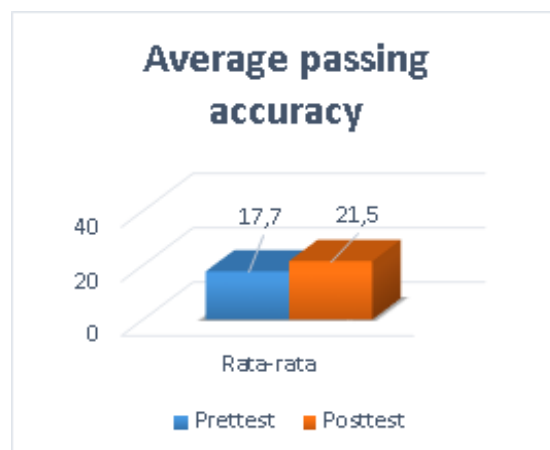


Figure 1. Diagram of Increasing the Average Accuracy of Football Passing in Students of the WH Temanggung Football School (Football Academy) KU-12

Based on the **Table 1** and **Figure 1** above, it is known that there is an increase in the Average Football Passing Accuracy in Students of the WH Temanggung KU-12 Football School (Football Academy) when treated with the method of playing small side games, the pretest results obtained an average of 17.7 to 21.5 during the posttest.

The normality test in this study is used to find out whether a distribution is normal or not. The normality test in this study uses the Kolmogorov-Smirnov test. The criteria used to determine whether a distribution is normal or not is if $p > 0.05$ (5 %) the distribution is declared normal, and if $p < 0.05$ (5 %) the distribution is said to be abnormal. The results of the normality test can be seen in the **Table 2**.

Table 2. Normality Test Results

Test	df	F table	F hit	P	Remarks
Passing accuracy data	1:38	4,09	0,452	0,468	Homogeneous

From the results in the table above, it is known that the accuracy of football passing data in students of the WH Temanggung KU-12 Football School (Football Academy) was obtained with a p value of > 0.05 . The results can be concluded that the research data is normally distributed.

The homogeneity test is useful to test the similarity of the sample, namely whether or not the sample variants taken from the population are uniform. The homogeneity criterion if $F_{\text{calculated}} < F_{\text{table}}$ is declared homogeneous, if $F_{\text{calculated}} > F_{\text{table}}$ is said to be inho-

homogeneous. The results of the homogeneity test can be seen in the following **Table 3**.

Table 3. Homogeneity Test Results

Improvement	Pretest	Posttest	Mean different	Percent increase
Football Passing Accuracy Results	17,7000	21,5000	3,80	21,46%

Based on the results of the **Table 3** homogeneity test above, the accuracy data of football passing in students of the WH Temanggung KU-12 Football School (Football Academy) was obtained with a value of F calculated < F table (4.09), with the results obtained it can be concluded that the variance is homogeneous.

Uji Hypothesis

To find out the influence of the playing method small side game on the results of football passing accuracy in students of the WH Temanggung KU-12 Football School (Football Academy), In this study, the t-test was used paired sampel t test, the results of the t-test can be seen in the **Table 4**.

Table 4. T Paired Test Results Sample t test

Pretest – posttest	Df	T table	t count	P	Sig 5 %
Football passing accuracy results in students of the WH Temanggung KU-12 Football School (Football Academy)	19	1,729	7,933	0,000	0,05

Based on the results of the **Table 4** t-test analysis, the t-value of the calculation (7.933) > t of the table (1.729), and the value of p (0.000) < of 0.05, the results show that the t-value of the calculation is greater than the t table, thus it is interpreted that there is an influence of the method of playing small side games positive and significant results of football passing accuracy in students of the WH Temanggung KU-12 Football School (Football Academy).

The results of improving the basic passing by playing the small side game method on the results of football passing accuracy in students of the WH Temanggung Football School (Football Academy) KU-12 can be seen in the percentage increase below:

$$\text{Persentag increase} = (\text{mean different}) / (\text{mean pretest}) \times 100\%$$

Based on the results of the research in the table above, the percentage of increase in football passing accuracy in students of the WH Temanggung KU-12 Football School (Football Academy) was obtained at 21.46%.

Based on research results of the study, the value of t calculated (7.933) > t of the table (1.729), and the value of p (0.000) < of 0.05, these results are interpreted as having a positive and significant influence of the method of playing, the use of the Small Side Games (SSG) method has been proven to have a positive and significant impact on the passing accuracy of players at (Football Academy) HW Temanggung in the 12-year-old category. This is evidenced by an increase in the average score from 17.70% in the pretest to 21.50% in the posttest, for a total increase of 21.46%.

Technically and theoretically, several key factors contribute to the effectiveness of this method, such as the increased intensity and player involvement in Small-Sided Game formats (such as 3 vs. 3 to 5 vs. 5), which give each player the opportunity to touch the ball more frequently than in standard games (Rumpf, Jäger, Altmann, & Lochmann, 2025). This continuity in passing helps children become accustomed to finding the right accuracy. In contextual training situations, unlike static, monotonous training, SSG provides a realistic representation of a match situation (Plakias, Tsatalas, Armatas, Tsaopoulos, & Giakas, 2024). Players not only practice kicking the ball at a stationary target but also pass with a live ball, which presents a higher level of difficulty (O'Brien-Smith et al., 2021).

Cognitive Development and Decision-Making, in this case, align with the Small Side Games (SSG) training program, modified into a game format, proven to increase player motivation because it's less boring than conventional, static training methods (Saputra et al., 2024). Consistency and a Measurable Program yield success, supported by the consistent delivery of 16 treatment sessions. Consistency in implementing the training program is crucial for sustainably supporting players physical and technical condition (Asrul, Nugraha, & Kasih, 2021).

New findings from this experiment revealed that SSG can instantly resolve tactical confusion and coordination weaknesses in young players (Carlsson, Broman, Isberg, & Carlsson, 2025). This experiment showed that at age 12, players' motivation and technical skills develop more rapidly when tactical and motor skills are trained simultaneously through games. However, this study has several limitations, including a small sample size of only 20 players and a limited scope within a single soccer school. Furthermore, this study did not use a control group for comparison and did not strictly control for external factors such as nutrition or player physical fitness.

Therefore, further research on a larger scale is needed to strengthen the generalizability of the results.

CONCLUSION

Based on the research findings and data analysis, the following conclusions can be drawn that there is a substantial increase in the positive and significant influence of the Small Side Games (SSG) method on the passing accuracy of students' soccer at Football Academy HW Temanggung KU-12. Field findings indicate that small-group training (3 vs. 3 to 5 vs. 5) measurably transformed players' technical abilities, with an average accuracy score increasing from 17.70 in the pretest to 21.50 in the posttest, representing a 21.46% increase in performance. Descriptively, the effectiveness of this method stems from the creation of a dynamic and contextual training environment, allowing each player to touch the ball more frequently than conventional static methods. In addition to motor skills, the use of Small Side Games (SSG) has been shown to address tactical confusion and coordination issues in 12-year-old players, as they are forced to make quick decisions in situations that mimic real-life matches. Therefore, this study confirms that the Small Side Games method is a pivotal tool in early childhood soccer development programs for simultaneously developing passing accuracy and tactical understanding.

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