

Small Side Games and Level of Confidence

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Abstract: The purpose of this research is to know the influence of small side games on the level of confidence and performance of playing football. The sample in this research is twenty-four football athletes who joined in team of Persib Bandung group age 19 years. The method used experiments with the Pretest-Posttest Control Group design. Data analysis using SPSS version 23 with hypothesis testing through paired sample t-test. The results of the analysis and data calculations revealed that the Small Side Games had an effect on the level of confidence.

1 INTRODUCTION

Small sided games are a form of playing exercises performed with a variety of barriers, such barriers covering the field area, the number of players, the duration of practice and the requirements or rules of special games where this exercise can improve the skills of playing techniques. Small Sided Games (SSG) is usually described as a smaller version of the formal game (Hill-Haas et al., 2010). This game has been very popular in the last decade (Owen et al. 2004) and is mostly used to optimize exercise and physiological / physical ability by following the main principles of training methodology: specificity (Clemente et al, 2012).

SSG is a smaller version of the game by adjusting the number of players (format) and field size (Reilly and White 2004). This adjustment makes it possible to increase the player's individual participation in the game and also improve the acute physiological response (Castellano et al., 2012; Dellal et al. 2012).

This agrees with Arsene Wenger suggests that young players need freedom of expression to develop as creative players ... they should be encouraged to try skills without fear or failure.

Vealey and Knight's research in Weinberg and Gould (2011) shows that confidence affects many aspects, especially in the sport. For example: confident in the ability to exercise skills, confident in the ability to do mental skills training, confidence to make decisions and others. Other researchers revealed that confidence in the ability to achieve goals and defeat the opponent is in elite athletes.

Confidence by Weinberg and Gould (2011) "... as the belief that you can successfully perform a desired behavior". Confidence in sport is called sport self-confidence (Weinberg and Gould, 2011). Confidence can be trait and situational (state).

Psychologically, the athlete's best performance is also determined by sport confidence (Vealey and chase, 2008). Thus, the authors assume that confidence in the sport is very determining the performance of football players while playing. Need to conduct a more in-depth review of the application of small-side games model to confidence in sports.

2 METHODS

2.1 Participants

The population used in this study is PERSIB football athletes Bandung age group of 19 which amounted to 24 people. Saturated sampling was used in this study. The sample of this research is all athletes of football PERSIB Bandung age group 19 which amounted to 24 people.

2.2 Instrument

2.2.1 Vealey State Sport Confidence Inventory (1986)

Questionnaire was used to assess the level of confidence in the sport. It consists of 13 items of questions using 9 *likert* scales. The score 1 is for

answer with the lowest confidence and 9 to answer with the highest confidence.

2.3 Procedure

The population used in this study is PERSIB Bandung football athletes age group of 19 which amounted to 24 people. Saturated sampling was used in this study. The sample of this research is all PERSIB Bandung football athletes age group 19 which amounted to 24 people. They were given State Sports Confidence Inventory Questionnaire to see the confidence level of athletes in the sport. Questionnaire results sorted by the highest and lowest scores then used to divide into 2 groups called small side games group and control group.

The early test is the test of football playing performance. One group was given treatment of small side games while the control group was treated in the form of a conventional model. Based on literature referral, treatment in this research is given 3 times a week for 12 times meeting.

The post-test was conducted after treatment. Then we analyze the data and give a conclusion.

3 RESULTS

The data of the research were analyzed with the help of SPSS 23. Here's the summary of the calculation result in table 1:

Table 1: Research Result Data.

Test Item	t-test score
Self Confidence	-4,062

Based on table 1, it is known that t test (t) for Self Confidence Test Item is -4.062, with $\alpha = 0,05$ and degrees of freedom (df) = $n-1 = 12-1 = 11$, then the value of t table is 2,201. It can be concluded that H_0 is rejected and H_1 is accepted. So the research hypothesis that states: Small Side Games gives influence to the level of confidence. Because t arithmetic $< t$ table ($-4.062 < 2.201$).

4 DISCUSSION

The use of small sided games training will be very effective and successful when supported with an adequate and progressive training program. Because by doing the exercise activities that are made to achieve peak performance requires the intensity,

volume and frequency of the exercise in accordance with the needs. The purpose of small sided games training is to provide a pattern of playing exercises with regulatory variations, whether a smaller field area or fewer players.

The Small Sided Games training is a highly qualified training course for children in football schools because children can play without a substitute. So the training provided by the trainer touches all aspects of the training process. Children do not necessarily have to queue but they have to try to always move to get the ball, run for empty space, and do dribbling movement to approach opponent area, then do passing to comrades, trying to control the ball not too far from foot, duel in air use the head and make the final settlement of shooting to the goal.

The results show there is a difference to the appearance of playing football. The Small Side Games model has better clarity than the conventional method, the study of Abrantes et al. (2012) who studied the change in the number of players maintains a constant ratio of space per player.

In their study they found no difference in the various technical components (accepting, dribbling, firing, tackle) in both the studied formations (3vs3 and 4vs4) with the exception of the operand efficiency. In another study reported that reducing the number of players has the effect of improving the observable technical action. Da Silva et al. (2011) reported that the 3vs3 inverted revealed more cross, dribbling and firing compared to the 4vs4 and 5vs5 formations. Finally, Owen et al. (2011) found that in 3vs3 showed fewer contacts, header, operand, but more shooting and tackle than the 9vs9 formation. Vealey and chase (2008) says self-confidence is a belief or a level of confidence a person has about his ability to succeed in sports. If you believe him low then of course confidence when playing football will be low anyway.

5 CONCLUSIONS

Based on the results of research and discussion, the authors can draw the conclusion of how important the Small Side Games to give to football players, because it gives influence to the level of confidence. In addition, the authors propose recommendations for research on the influence of small side games against the psychological level is done on different age levels.

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