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Improvement of basic soccer techniques with training methods and physical condition

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Abstract

This study aims to investigate the effect of small-sided games and rondo training methods, as well as physical conditions, on the basic technique skills of passing, controlling, and dribbling soccer players. This research mode is a Quasi-Experiment with a factorial research design. The sample consisted of 38 child soccer athletes aged 10-12 years from the Wijaya men's soccer team, with purposive sampling from young soccer players (10-12 years) from the Wijaya men's soccer team in Padang. Skill measurements are performed with bounce board instruments for passing control, dribbling tests, agility tests (Illinois Agility Run Test), and speed tests (30-meter run) to measure physical condition. Data analysis using a two-track ANOVA test with a significance level of α 0.05. The results showed that there was a significant difference in the effect of the Small-Sided Games and Rondo methods on passing control ($F = 5.931$, $p = 0.025 < 0.05$) and dribbling ($F = 61.588$, $p = 0.000 < 0.05$) soccer players. In addition, there is a difference between high and low physical conditions for passing control and dribbling ($\alpha < 0.05$). Furthermore, there was a significant interaction between training methods and physical condition on passing control ($F = 9.481$, $p = 0.007 < 0.05$) and dribbling ($F = 88.817$, $p = 0.000 < 0.05$). This study concluded that small-sided games, rondo training methods, and physical conditions have a significant effect on the basic skills of soccer players.

Keywords: Small sided games, rondo, basic technique skills, soccer.

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INTRODUCTION

Soccer, as a sport that requires high basic technical skills, such as passing, control, and dribbling, is integral to team success and individual performance (Akbar et al., 2021). Soccer, as a very popular global sport, requires players to have high basic technical skills, such as passing,

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control, and dribbling, as key elements in winning matches and achieving success (Corrigan et al., 2023; McCaskie et al., 2021). Basic technical skills become the main foundation for the development of soccer players, influencing the individual and collective performance of a team at various levels of competition (Leckie et al., 2023).

Having skills in soccer requires good physical condition; physical condition is needed in players to be able to bring out their best abilities in the game (Weda, 2021). Physical condition is needed in mastering skills in soccer, this is based when soccer players practice physical conditions needed to learn mastery of basic soccer techniques (Pratiwi et al., 2018; Sinurat, 2019). In this study, passing, control, and dribbling skills possessed by soccer players require physical conditions including speed and agility. Physical conditions such as speed and agility are crucial in small-sided games and rondo training in soccer as they directly impact a player's ability to move quickly, change direction, and maintain ball control in tight game situations. Speed enables players to make quick decisions, exploit gaps between opponents, and create scoring opportunities (Badari et al., 2021). Meanwhile, agility assists players in evading opponent pressure, finding space on the field, and maintaining advantageous positions (Mota et al., 2023). In small-sided games and rondos, where movement space is often limited, and opponent pressure is high, players with good speed and agility will have an edge in ball mastery, game control, and achieving team objectives.

In an effort to improve the quality of the game, soccer coaches and researchers are constantly looking for the most effective practice methods to develop these basic skills. Small-sided games practice method, which focuses on small group play (Coutinho et al., 2022; Querido & Clemente, 2020; Santos et al., 2020). Rondo's practice method, which emphasizes ball control and quick play in confined spaces, is emerging as an attractive option for player skill development (Yundarwati, 2022). Small-sided games are known for improving teamwork and reaction speed, while Rondo emphasizes ball control and fast play in confined spaces (Freeman et al.,

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2021). However, the role of players' physical condition in influencing training results and basic skills still needs to be fully understood (Andriana et al., 2022). Therefore, this study emerged as an attempt to explore the interaction between Small Sided Games and Rondo training methods with players' physical condition in the context of basic skill development among soccer players aged 10-12 years.

Although previous research has highlighted the potential effectiveness of these two exercise methods, further understanding is still needed of their concrete impact on basic engineering skills, especially in the context of young soccer players (Irfan et al., 2020). The physical condition of players is also an important factor in the development of soccer skills. How physical conditions, both high and low, can interact with certain exercise methods is an important question that needs to be answered (Kurniawan et al., 2022).

Previous research by Rein et al. (2017) tends to need to be revised in combining the variables of players' physical condition together with the two training methods, so more focused and comprehensive research is needed. A deeper understanding of how Small Sided Games and Rondo training methods can be optimized to stimulate the development of basic technical skills is also an important aspect of efforts to improve the performance of soccer players (Ramadan, 2017). An in-depth understanding of how Small Sided Games and Rondo training methods can be optimized to stimulate the development of basic technical skills is also an important aspect in improving the performance of soccer players. Previous research by Anwar et al. (2024) examined the effect of SSG (Small Side Games) for eight weeks to improve feed accuracy and eye-foot coordination. However, this study has yet to combine the variables of players' physical condition together with two training methods, so more focused and comprehensive research is needed.

The importance of detailing the effect of each training method on aspects of technical skills, such as passing, control, and dribbling, can provide a more detailed view to suit player development needs (Allen et

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al., 2021). Therefore, this study aims to fill this knowledge gap and provide practical guidance for coaches and coaches of young soccer players in designing optimal training programs.

The importance of basic technical skills in soccer creates a demand for further research that can provide an in-depth understanding of how certain factors, such as training methods and physical conditions, can be optimized to maximize the potential of young players. This research is expected to make a significant contribution not only in a scientific context but also in providing practical direction for the soccer development of young players. With a better understanding of the influence of training methods and physical conditions, training programs will be designed to be more effective and in accordance with the developmental needs of future soccer players.

In the development of basic technical skills of soccer players, a lot of previous research by Rabipour (2019) has explored various training methods. However, there is still a knowledge gap in combining Small Sided Games (SSG) and Rondo training methods by considering the variables of players' physical conditions. Previous research has provided insight into the effectiveness of each of those exercise methods, but it has yet to fully understand how the interaction between SSG, Rondo, and physical condition can holistically affect basic technique skills. Therefore, this study offers a significant contribution by detailing the impact of a combination of exercise methods and physical conditions on the passing, control, and dribbling skills of soccer players.

Previous studies by Saputra et al. (2019) tend to focus on analyzing the effectiveness of certain training methods against aspects of basic technical skills without thoroughly considering the variability of the player's physical condition. In filling this gap, the study brought a new approach by investigating how SSG and Rondo training methods might interact with players' physical conditions, forming the basis of more holistic and comprehensive research.

In addition, the scientific literature in the context of soccer player development has created a foundation for further understanding of how elements such as motivation, team interaction, and social dynamics can be involved in specific training methods (Li et al., 2023; Soldevila-Domenech et al., 2023). This study attempts to enrich the literature by including the dimensions of players' physical condition as an important element in the consideration of training strategies. Thus, research presents state-of-the-art knowledge about the influence of practice methods on the basic technical skills of soccer players through a more comprehensive and contextual approach.

The research is reinforced by the urgency to improve understanding of the effectiveness of specific exercise methods and how an individual's physical condition can play a key role in skill development. Along with the development of modern soccer, where the game is increasingly dynamic and complex, a deeper understanding of the influence of training methods and physical conditions can provide a more purposeful view for the development of more effective training programs. Thus, this study aims to contribute to the scientific literature and practice of soccer fields by uncovering the complex relationship between training methods, physical condition, and improvement of basic technical skills in young soccer players.

METHOD

This study used a quasi-experimental method that aimed to examine the causal relationship between independent variables, namely the Small Sided Games training method and the Rondo training method, as well as physical conditions as moderator variables, to the dependent variables, namely basic passing, control, and dribbling technique skills in young soccer players.

The subjects of the study were selected using a purposive sampling method, especially 38 soccer team Putra Wijaya Padang soccer athletes aged 10-12 years. Players were selected for the study, taking into account age and high and low physical condition, and were divided into four groups

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for the Small Sided Games and Rondo training methods. This selection is in accordance with the research objective of understanding the interaction between training methods, physical conditions, and the development of basic technical skills in young soccer players. The moderator variables in this study are Speed and Agility. Speed refers to maximal cyclic movement velocity. To measure passing control with a bounce board instrument, dribbling is measured by dribbling tests, and physical condition is measured by agility tests (Illinois agility run test) and speed tests (30-meter run).

In accordance with the experimental research design of treatment by level 2 x 2, hypothesis testing was carried out using a two-track analysis of variance (ANOVA). However, before the analysis is carried out, several tests will first be carried out. Furthermore, the frequency distribution is visualized through tables and histograms. Furthermore, the analysis requirements were tested, namely the normality test and the homogeneity test. Declare Data Normality Test using Liliefors test technique.

Test homogeneity using the Bartlett test. By criteria, if the test results show $\chi 2$ count < $\chi 2$ table, then the data has homogeneous variance. Hypothesis testing using significance level $\alpha = 0.05$. The normality test and homogeneity test have been carried out, then the research hypothesis testing is carried out using a two-track analysis of variance (ANAVA) because the treatment design by level in this study is 2 x 2. If the results of variance analysis show the main effect between the independent variable and the dependent variable, then proceed with the Tukey test as a further test to determine which group has better results of basic passing, control, and dribbling technique skills performed at the level of significance $\alpha = 0.05$.

RESULT

This study involved pretest data on physical condition and post-test passing, control, and dribbling of soccer players. The research process consists of three stages, namely, pretest, treatment for 4 weeks with a frequency of 3 times a week, and post-test.

Table 1. Data description

Category		Min	Max	Mean	Sd
Passing control (Pretest)	A_1B_1	15	17	16.20	0.837
	A_1B_2	15	17	16.20	0.837
	A_2B_1	13	15	13.60	0.894
	A_2B_2	12	15	13.40	1.140
Passing control (Posttest)	A_1B_1	17	20	18.60	1.342
	A_1B_2	13	16	14.40	1.517
	A_2B_1	14	18	15.40	1.517
	A_2B_2	13	16	14.20	1.095
Dribbling (Pretest)	A_1B_1	15.15	16.97	15.85	0.738
	A_1B_2	15.47	16.21	15.91	0.361
	A_2B_1	19.45	24.87	22.72	2.041
	A_2B_2	15.21	16.76	15.90	0.599
Dribbling (Post-test)	A_1B_1	14.12	15.23	14.54	0.457
	A_1B_2	15.21	16.76	15.90	0.599
	A_2B_1	17.77	22.76	20.61	1.795
	A_2B_2	20.12	23.20	22.12	1.185

The test result data are presented in the table, showing changes in basic engineering skills after the application of the Small Sided Games and Rondo exercise methods on high and low physical conditions. Average delta tests show different changes, with the Small Sided Games method tending to be more effective in improving basic technical skills. In dribbling, low physical condition suffers a greater decline after training. Rondo's method is better at maintaining dribbling skills at low physical conditions.

Table 2. Normality test

Category		Shapiro-Wilk		
		Statistic	df	Sig.
Passing control (Pretest)	A_1B_1	0.881	5	0.314
	A_1B_2	0.871	5	0.346
	A_2B_1	0.881	5	0.314
	A_2B_2	0.961	5	0.814
Passing control (Posttest)	A_1B_1	0.852	5	0.201
	A_1B_2	0.868	5	0.044
	A_2B_1	0.803	5	0.086
	A_2B_2	0.828	5	0.135
Dribbling (Pretest)	A_1B_1	0.901	5	0.417
	A_1B_2	0.912	5	0.481
	A_2B_1	0.789	5	0.065
	A_2B_2	0.980	5	0.934
Dribbling (Post-test)	A_1B_1	0.914	5	0.492
	A_1B_2	0.892	5	0.366
	A_2B_1	0.980	5	0.934
	A_2B_2	0.843	5	0.175

The results of normality tests using the Shapiro-Wilk method on various data categories showed that the distribution of data in all groups tended to be normal. First, the "Passing control Pretest" data in all groups

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showed p-values greater than 0.05, indicating that the distribution of data tended to be normal. Similarly, the "Passing Post-test," "Dribbling Pretest," and "Dribbling Post-test" data across the group, where p-values greater than 0.05, indicate that the distribution of data across all categories can be considered normal. Thus, the results of the normality test provide confidence that the data in this study have a distribution that is in accordance with the normality assumption.

Table 3. Homogeneity test

Category	Levene Statistic	df1	df2	Sig.
Passing control (Pretest)	0.298	3	16	0.827
Passing control (Posttest)	0.559	3	16	0.650
Dribbling (Pretest)	1.946	3	16	0.163
Dribbling (Post-test	1.067	3	16	0.391

Each statistical method used in testing the homogeneity of pretest and post-test data showed that each had a significance of >0.05. Therefore, the data used does not have significant differences in each class. Therefore, this data is homogeneous and can be analyzed further.

Table 4. Independent samples test

Pretest-Posttest	F	df	t	Mean Dif.	Sig.
Passing control	5.931	18	3.930	2.600	0.001
Dribbling	61.588	18	-4.357	-4.815	0.000

Table 4 showed significant differences in passing control and dribbling between the Small Sided Games (A1) and Rondo (A2) training method groups on the Pretest and Post-test. For passing control, the t-test showed a significant difference with an average of about 2.600 ($p < 0.05$). For Dribbling, the difference is very significant, with an average of about -4.815 ($p < 0.001$). The Small Sided Games training method has a different influence than the Rondo training method on the basic technical skills of soccer players.

Table 5. General linear model test

Source	Type IIISum of Squares	df	Mean Square	F	Sig.
Passing					
Physical condition	5.000	1	5.000	3.704	0.072
Practice Method	33.800	1	33.800	25.037	0.000
Physical Condition * Training Method	12.800	1	12.800	9.481	0.007
Dribbling					
Physical condition	36.748	1	36.748	52.653	0.000
Practice Method	115.921	1	115.921	166.095	0.000
Physical Condition * Training Method	61.987	1	61.987	88.817	0.000

The results of Table 5 showed a significant effect of training methods, physical condition, and interaction between the two on passing control and Dribbling of soccer team Putra Wijaya players. In passing control, the training method has a significant influence, while the physical condition has little effect. However, there is an interaction between physical condition and training methods for passing control. In Dribbling, both factors, both training methods and physical condition, have a significant influence, with a high degree of variation explained by the model. The interaction between physical condition and training methods also occurs in Dribbling. From these results, it is concluded that training methods and physical condition play an important role in improving a player's passing control and Dribbling skills.

DISCUSSION

This research contributes significantly to our understanding of the effect of Small Sided Games and Rondo training methods on the basic passing, control, and dribbling technique skills of soccer team Putra Wijaya players. Statistical analysis showed significant differences between the two exercise methods, supporting the study's first hypothesis. These results are in line with the findings of previous studies that have been conducted by Fitrian (2022) and M. Siddiq Julianto et al. (2022), which also show the difference in influence between Small Sided Games and Rondo on players' skills.

The second finding shows an interaction between training methods and players' physical condition on basic technical skills. These results confirm that the influence of training methods is not only influenced by the

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type of exercise itself but also by the individual physical condition of the player (Findlay et al., 2020; Gustiana & Puspita, 2020; Nagorsky & Wiemeyer, 2020). Therefore, effective training should consider the physical condition of the player as a determining factor in the development of basic technical skills in soccer.

Furthermore, the third finding showed that the Small Sided Games training method was more effective for players with high physical conditions, especially in terms of dribbling. These results provide practical guidance for coaches to choose training methods that suit the physical characteristics of players. Meanwhile, the fourth finding highlights that the Rondo training method is more effective for players with low physical conditions, especially in passing control skills.

Nonetheless, keep in mind that this study had some limitations. One is the lack of control over activities outside of exercise, which can affect the results of the study. Therefore, it is recommended that future studies consider additional factors such as diet, nutritional status, and life habits of athletes. In this context, the management of unfavorable weather conditions and improving athlete discipline can also be the focus of future research.

Overall, the findings of this study provide valuable insights for coaches and decision-makers at soccer team Putra Wijaya players. Adjustment of the training program, taking into account the individual physical condition of the player, can increase the effectiveness of the practice in the development of basic technical skills of soccer. Thus, the results of this study have significant practical implications for efforts to improve the performance of soccer players at the club level.

CONCLUSION

This study can conclude that the training methods of Small Sided Games and Rondo, together with the physical condition of soccer players, have a significant influence on improving basic skills, especially in passing control and dribbling. The results of the data analysis showed a marked difference between the two training methods, as well as the effect of high

and low physical conditions on skill improvement. More importantly, the interaction between exercise methods and physical condition suggests that skill improvement depends not only on the type of exercise But also on the degree of physical condition of the individual. Therefore, this study made a significant contribution to the development of more targeted and effective exercise programs to improve the basic skills of soccer players, taking into account the variability of their physical condition.

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