



The Effect of Small-Sided Games Training on the Short Passing Ability of Bhanu Football Academy Players Aged 13–15 Years in Mukomuko

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Abstract:

Background: Short passing proficiency is an essential skill in soccer, especially for younger athletes. An effective training approach recognized for its suitability for young players is Small-Sided Games, which enhances player engagement and simulates scenarios akin to real match environments. The purpose of this study was to assess how Small-Sided Games training influences the short passing skills of participants at Bhanu Football Academy, specifically those aged 13 to 15 years in Mukomuko.

Methods: This research utilized an experimental approach featuring a one-group pretest–posttest structure. The participants included 30 athletes from the Bhanu Football Academy, aged between 13 and 15 years, located in Mukomuko, who were chosen through purposive sampling. The short passing skill was evaluated before and after the intervention using the Johnson Soccer Test. A training regimen involving Small-Sided Games was implemented over a span of six weeks, with three sessions each week. The collected data underwent analysis through normality assessments, homogeneity evaluations, and a paired sample t-test at a significance threshold of 0.05.

Result: The findings revealed a rise in the average score for short passing from 28.43 during the pretest to 38.50 after the posttest. The t-test findings suggested that the computed t value (–38.832) was below the t table value (–1.699), signifying a notable impact of Small-Sided Games training on short passing skills. The enhancement percentage achieved was 35.40%.

Conclusion: Small-Sided Games training has proven to be beneficial in enhancing the short passing skills of football players between the ages of 13 and 15. This technique can be suggested as a different method in youth football training initiatives aimed at improving technical abilities.

Keywords: Motor Skills, Short Pass, Small Sided Games, Soccer

1. INTRODUCTION

Football is one of the most popular sports in the world, including in Indonesia (Sarmiento et al., 2021). This sport serves not only as entertainment and recreation, but also as a platform for achievement and character development (Hardinoto et al., 2023). The game of football demands excellent technical, tactical, physical, and mental skills for players to play effectively and efficiently (Suud et al., 2021). Among the various basic skills in football, the ability to pass or passing the ball plays an important role in maintaining ball possession and building attacks (Putri et al., 2023). According to Narlan & Juniar (2020), a team's success in a match is largely

determined by the players' ability to perform. Passing accurate and fast, passing is the process of moving the ball from one player to another with the aim of maintaining possession and creating a goal-scoring opportunity (Ridlo & S, 2025). One form of passing the most frequently used is short pass, namely a short-range pass made with the inside of the foot (López-valenciano et al., 2023). Short pass good shooting requires coordination, strength, balance, and accuracy in directing the ball to the target (Fitriyah et al., 2024).

Initial observation results at the Bhanu Football Academy Mukomuko show that the ability of short pass players aged 13–15 are still less than optimal. Frequent errors include off-target passes, inappropriate ball speed, and lack of coordination between players. This is due to a lack of variety and a tendency toward monotony in training, which can easily lead to boredom and a lack of motivation (Paper & Karahan, 2020). To address this, training programs are needed that are more engaging, realistic, and mimic real-life game conditions. One of the training methods that is considered effective for improving ability of short pass is Small Sided Games (SSG) (Li et al., 2024). Small Sided Games is a form of game practice with fewer players and a smaller field. According to Irawan et al. (2025), SSG practice

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allows players to be more involved in the game, doing more touch it also trains decision-making skills in pressure situations. Furthermore, SSG improves physical fitness and teamwork due to the high intensity of the game (Grosu & Grosu, 2022).

Previous studies have shown that exercises small Sided Games can improve various aspects of skills in football, including dribbling, shooting, control, and passing. Hasibuan et al. (2025) explain that SSG helps players develop tactical understanding and adapt to changing game situations quickly. Therefore, implementing SSG training is expected to improve skills. Short pass Bhanu Football Academy players who are still in the training stage at a young age. Based on this background, this study was conducted to determine how much influence training has (Li et al., 2023). Small Sided Games towards ability short pass Bhanu Football Academy players aged 13–15 years in Mukomuko. This research is expected to contribute to the development of football training methods at the academy and football school levels, particularly in improving the basic technical skills of young players.

2. MATERIAL AND METHOD

The study adopted an experimental approach using the One Group Pretest–Posttest Design (Sari et al., 2025). A total of 30 players from the Bhanu Football Academy, aged between 13 and 15 years, were chosen as the research sample through purposive sampling methods.

The training spanned six weeks, occurring three times a week, amounting to 18 sessions in total. Each session extended for 60 minutes, emphasizing 5v5 gameplay along with various short-range passing and combination techniques, as well as ball handling skills. The capability for short passing was evaluated with the Johnson Soccer Test prior to and following the training period. The collected data were analyzed through normality tests, homogeneity tests, and paired t-tests (paired sample t-test), setting the significance threshold at 0.05.

3. RESULT AND DISCUSSION

Table 1. Normality Test

Data	Counting	Table	Information
Pretest	0,112	0,161	Normal
Posttest	0,095	0,161	Normal

From the table above, it is known that $L_{count} < L_{table}$. This means that the data taken from one experimental group being studied has a normal distribution.

Table 2. Standard Heart Rate Ranges

Variables	Varians (S ²)	F count	Ftable	Information
Pretest	18,94	1,396	4,183	Homogeneous
Posttest	13,56			

Based on table 2, it can be seen that the results of the initial test variance calculation (X) were 18.94, while the final test variance (Y) was 13.56.

$$F_{count} = \frac{\text{Largest Variance}}{\text{Smallest Variance}}$$

$$F_{count} = 1,396$$

From the calculation above, the F value is obtained. $F_{count} = 1.396$ while the F value F_{table} at a significant level of $\alpha = 0.05 = 4.183$. $F_{count} < F_{table}$ namely $1.396 < 4.183$, this means that there is no difference between each variable or the variance value is homogeneous.

Table 3. Results of t-test calculations

Group	N	t count	t table	Criteria
Experiment	30	-38,832	-1,699	Significant

Based on the table above, the results of the t-test calculation show a calculated t value $= -38.832 < t_{table} = -1.699$. If the calculated t is within the acceptance area of H_0 , which is between -1.699 and 1.699 , then H_0 is accepted. Conversely, if the calculated t is outside the acceptance area of H_0 , then H_0 is rejected and H_a is accepted. Because the calculated t value is outside the acceptance area of H_0 , H_0 is rejected and H_a is accepted.

Thus, there is a significant effect of Small Sided Games training on the Short Pass ability of Bhanu Football Academy players aged 13–15 in Mukomuko. Specifically, the results of the treatment can be determined by calculating the average difference pre test and average post test. The percentage increase results are as follows:

Table 4. Percentage Increase

Mean Difference	Mean Pretest	Percentage Increase
10,07	28,43	35,40%

According to table 4, it is evident that Small Sided Games training impacts the Short Pass skills of players from Bhanu Football Academy who are between the ages of 13 and 15 in Mukomuko, Bengkulu City, by 17.07%. The study's findings indicated that the Small Sided Games exercises have a meaningful effect on enhancing the short pass abilities of the Bhanu Football Academy players in this age group. This is supported by an increase in the average score from 28.433 to 38.5, reflecting a growth of 35.40%. Additionally, the t-test outcomes demonstrate that the calculated t value (-38.832) is less than the t critical value (-1.699), confirming that H_a is accepted.

Ability enhancements short pass this happens because of the characteristics of the exercises small Sided game this puts players in realistic game situations with limited space and time (Piskin et al., 2024). This environment encourages players to adapt quickly, make informed decisions, and improve coordination among team members (Wang et al., 2024). According to Fadli et al. (2024), SSG training can simultaneously improve technical and tactical skills because it provides a more realistic playing experience. From a physiological perspective, Small Sided game sit also involves moderate to high-intensity physical activity, thus training endurance, muscle strength, and response speed. Bompa & Carlo A. Buzzichelli (2019) explain that high-intensity, repeated, short-duration training will increase the efficiency of the neuromuscular system and improve fine motor skills such as ball control and passing accuracy.

Additionally, players are more motivated to participate in training because of the varied and competitive nature of the game. This aligns with theory. Motivational Learning Deci & Ryan (2017) stated that challenging and enjoyable physical activities increase intrinsic motivation and active participation among participants. Participants become more enthusiastic, focused, and less likely to get bored, resulting in optimal training results. From a psychological and social aspect, Small Sided Games also improves communication, cooperation, and understanding between players. Because each player is more frequently involved in game situations, the sense of responsibility and team coordination increases (Fern et al., 2020). According to Bryantara (2016), training in the form of small games allows each player to learn to

understand their role, position, and strategic decisions on the field.

The results of this study are in line with the research of Setiawan et al. (2025) which found that small Sided Games provide significant improvements in capabilities passing 33.8% of young futsal players. Similarly, Annas et al., (2024) stated that varying training in small-sided game situations increases the effectiveness of short-range passing because it mimics real-life match conditions. Thus, increasing the ability short pass the results in this study were not only due to physical training alone, but also because players learned to control pressure, read situations, and collaborate with teammates (Clemente et al., 2021). Training model small Sided Games proven to be a comprehensive training approach, training the technical, tactical, physical and mental aspects of young players (Praça & Laporta, 2024).

4. CONCLUSION

According to the findings of the study, it is evident that exercise plays a crucial role. Small Sided Games have a notable effect on the short passing skills of players from Bhanu Football Academy, aged 13 to 15, located in Mukomuko. The mean score rose from 28.433 to 38.5, representing a percentage growth of 35.40%. Consequently, the implementation of Small Sided Games has been demonstrated to be beneficial in enhancing short passing abilities and can serve as an alternative approach for youth football trainers aiming to elevate player capabilities.

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6. AUTHOR CONTRIBUTION STATEMENT

AS contributed to the conceptualization of the study, data collection, implementation of the training program, data analysis, and preparation of the initial manuscript draft. DP contributed to research design, methodological supervision, data interpretation, and critical revision of the manuscript. YEN played a role in reviewing the literature, aiding in statistical analysis, enhancing discussions, and editing the final manuscript. Every author examined and endorsed the completed version of the manuscript.

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