

The method of training in Small - Sided Games in the preparation phase and its effectiveness on the offensive activation of football players under 17 years old from the point of view of some coaches

التدريب بطريقة الألعاب المصغرة في مرحلة الإعداد ومدى فعاليتها على التنشيط الهجومي لدى لاعبي كرة القدم فئة أقل من 17 سنة من وجهة نظر بعض المدربين.

BEN RACHED Yacine<sup>1</sup>, RABOUH Salah<sup>2</sup>

benrached.yacine@cuniv-tissemsilt.dz/saladin1610@hotmail.com

<sup>2</sup> Ahmed bin Yahya Al-Wansherissi University - Tissemsilt -, laboratory of evaluation and measurement,

Received: 05/01/2021

Accepted: 03/04/2021

Published: 01/06/2021

**Abstract:** The study aimed to identify the effectiveness of small-sided games training in the preparation stage on the offensive activation in football for a group of under 17 years old from the point of view of some coaches, the estimated number of 20 professional coaches and the sample was chosen from the study population in a random manner, and the data was collected through an electronic form, as the researcher relied in this study on the descriptive approach to suit it with the current conditions that the world is going through, and by analyzing the results using the statistical packages program, the researcher concluded that training in small-sided games has an effectiveness on the offensive activation of football players under 17

**Keywords:** Small - Sided Games - preparation phase - offensive activation - Football coaches

**الملخص:** هدفت الدراسة للتعرف على مدى فعالية التدريب بطريقة الألعاب المصغرة في مرحلة الإعداد على التنشيط الهجومي في كرة القدم لفئة أقل من 17 سنة من وجهة نظر بعض المدربين، والمقدر عددهم ب 20 مدربا محترفا، وقد تم اختيار العينة من مجتمع الدراسة بطريقة عشوائية، وتم جمع البيانات من خلال استمارة الكترونية، حيث اعتمد الباحث في هذه الدراسة على المنهج الوصفي لملائمته مع الظروف الحالية التي يمر بها العالم، ومن خلال تحليل النتائج باستعمال برنامج الحزم الإحصائية، استخلص الباحث أن التدريب بالألعاب المصغرة له فعالية على التنشيط الهجومي للاعبين كرة القدم فئة أقل من 17 سنة.

- الكلمات المفتاحية : الألعاب المصغرة- مرحلة الإعداد- التنشيط الهجومي - مدربين كرة القدم.

**\* Introduction and problematic of the study:**

Science of sports training has become an applied science that depends on science and its innovations, and among its goals is to place the trainer at a level that allows him to develop athletes and bring them to a high level, by observing the principles and foundations of sports training and good planning, and this is by relying on modern training methods and means, "Moufti Ibrahim" points out on "Douida Kais and Messaoud Bouraghda" that training should be based on basic aspects, which are physical, skill, tactical and psychological preparation, and this only comes through a rational long-term plan that has specific goals based on scientific foundations, (Douida and Messaoud, 2020, p. 472), and we find that the sports season in football is divided into three main stages (preparatory, competition, and transition), where the preparation stage is the basic rule for the team and the player, and aims to reach it for the sports form in the appropriate time, i.e. before the competition stage according to "Khelif Abedlkader and Mazari Fatih", among the modern methods that are used in physical preparation, it is integrated training as it is a type of training that is characterized by the incorporation of the peculiarities of activity in physical work that allows the acquisition of physical and skill capabilities players (Khelif and Mazari, 2019, p. 464), and this is what the coach strives to reach all team players to this level, as it was only in the recent past and at the beginning of the sports season, aspects of training developed in a successive way, starting with physical side, then skills, then tactics. The linear side is trained in the pre-competition stage through friendly matches, while the physical side is trained without a ball

using the classic training methods (continuous, interval in both types, repetitive) and it nevertheless gave a positive result in the development of the latter, but there are specialists from they were calling for its development by integrating the ball, and "Hadjab Issam" mentioned that modern football is distinguished by its diversity of performance, skills, and various basic movement repetitions, defensive and offensive, and depends on the physical, skill, tactical and psychological abilities the player exerts to achieve the best levels and positive results. (Issam, 2018, p. 129), and "Ben Rabeh Khair El Din and others" indicate that scientific studies in this regard also made most practitioners convinced that there are different types of ball exercises (small sided games) in which physical characteristics can be developed and that help him to carry out tasks. As assigned by the coach, as the player cannot carry out those duties (skill and tactical) unless the physical level is at a high degree of effective performance, (Ben Rabeh and others., 2018, p 167-168). Snoussi Abedlkarim sees that the coach must work to establish the basic skills in football so that it is performed accurately and proficiently during the match and performed in conditions similar to the conditions of the match, such as compound exercises with one or more colleagues (tactical exercises), as well as the matches in small groups (3 against 3) or (4 against 4) the use of small playgrounds increase the player's ability of perform and his accuracy, in addition to this, these exercises give the player the experiences that make him save his efforts while performing with the ability to behave well and calm nerves while playing. (Snoussi, 2011, p 02(

The coach is the focus of training operations (Madjadi and others., 2019), during the match there is a method or plan of play and a specific style of play, and this is in line with his game philosophy on the one hand and with the capabilities of his players on the other hand, whether in the way of defense or in the method of attack, where Basic skills in football are offensive indicators, "Adel and Sallam" confirm that the offensive skills of a football player are all the skills that the players perform when they have the ball to build an attack against the opposing team's goal to score a goal and include (running with the ball, support, passing the ball, receiving the ball, dribbling ...), (Adel and sallam, p. 20), and from the attack, according to Baroudi Mohamed, the attack in football is carried out in two methods, the attack is based on possession of the ball, building the attack from the back and moving forward, and the second method is rapid attack, which depends on quick play and surprising the opponent immediately after losing the ball, and also mentions from the collective attack indicators the number of chances made, the number of goals scored, penalties, direct and indirect violations, corner kicks. (BAROUDI, 2015, p89;90(

Several studies were conducted, including the study of Sadouk Hamza and Kabwiya Mouhamed (2020), where this study aimed to determine the effectiveness of combined training in the public and private preparation period on developing some basic football skills by applying a training program. Less than 17 years old, the National Department of Eastern Amateurs, and the two researchers adopted the experimental method, and after collecting the results

and analyzing them, it was revealed that the study hypotheses of skill performance.

The study of Adel and Ben Salem Salem (2020), where their research aimed to prepare a training and educational program based on the quirky-coaching method in developing some basic skills in football (passing, reception, running with the ball, shooting accuracy) for a group under 15 years old, where the program was applied to a sample of 20 players is divided into two groups (control and experimental), and the two researchers recommended, in light of the results obtained, the necessity of relying on the Coever coaching program to develop basic skills in football, especially among young people, to reach the high level.

The study of Hadjab Issam (2019), in which he tried to find out the extent to which training based on small sided games contributed to the development of some basic skills for football players less than 17 years old, as the number of the study sample was 40 players, 20 players for the experimental sample and 20 players for the control sample this is based on the experimental method, and after analyzing the results, it was found that training using small sided games contributed positively to the development of the studied skills.

The study of Acli Houssain (2018), this study aimed to find out the effect of using small sided games (5 against 5) and (2 against 2) on developing some physical and skill traits of football players under 23 years old. The number of the sample was 21 players belonging to Tolga club that activist in Batna league. After implementing the program and collecting the results, it was found that the study

hypotheses are investigated. The researcher recommended the importance of using mini games during the construction of the training units, which contributes significantly to the development of the physical and skills side at the same time.

The study of Dehli Henni (2016), and this study aimed to find out the effectiveness of the combined training in improving the means of implementing offensive play tactics for football players under 19 years old, and the number of the sample members was 16 players belonging to Widad Mostaganem club, where the researcher relied on the experimental method and after collecting the results the researcher found that the study hypotheses is fulfilled, and thus the integrated training is effective in improving the means of implementing tactic of offensive playing.

In light of the studies and the valuable information provided by the researchers and in addition to the researcher's theoretical and field experience as a former player, we noticed a significant lack of studies linking the method of training with small sided games to the tactical side and with increased play activation (offensive activation, defensive activation), especially with the youth groups who are In the stage of learning and training in all aspects of sports training, so the coach must choose a training method that corresponds to the age group he supervises and with the capabilities of his players to reach them to the higher level, and from the aforementioned, the researcher asked the following question:

✓ **General question:**

Does the method of training with small sided games in the preparation stage have any effect on activating the offensive among football players under 17 years of age from the viewpoint of some coaches?

✓ **Research hypotheses:**

-The method of training with small sided games in the preparation stage has an effectiveness on individual offensive activation among football players under 17 years of age from the viewpoint of some coaches.

-The method of training with small sided games in the preparation stage has an effectiveness on the collective offensive activation of football players under 17 years of age according to the viewpoint of some coaches.

✓ **Study objectives:**

-The trainer's adoption of a training method that is compatible with the age group that he supervises and helps him gain time.

-Linking training in the way of small sided games to the planning side and in the preparation stage.

-The effectiveness of training in the small sided games method on individual offensive activation (passing, running with the ball, dribbling, shooting ...) among football players under 17 years of age.

-The effectiveness of training in the small sided games method on collective offensive activation (rapid or built) among football players under 17 years of age.

✓ **The importance of the study:**

-Inclusion of specialization (ball) in the training of youth groups.

-In the preparation stage, gain time for the coach and the player to develop aspects of training in an overlapping rather than sequential manner.

-The coach's adoption of a training method that is compatible with the capabilities of his players on the one hand, and makes it easier for him to apply his philosophy and style of play on the other hand.

-Defining offensive indicators (individual and collective).

- **The practical chapter:**

- ❖ **Followed Methodologies:**

- ✓ **Research methodology and field procedures of the study:**
- ✓ **Exploratory study:** Due to the Circumstances that the world is going through as a result of the Covid-19 pandemic, and the difficulty of implementing the experiment, the researcher decided to conduct a descriptive study on the application of the training method in Small - Sided Games for youth groups, especially those under 17 years old from the point of view of some trainers, and the extent of their effectiveness in developing offensive activation methods. Create an electronic form and send it to 30 trainers in a random way, as the communication was via social media only, and the number of responses was 20 responses.
- ✓ **Approach used in the study:** The researcher used the descriptive approach.
- ✓ **Study population:** Trainers who supervised or previously supervised the category of less than 17 years, for the first and second professional association Mobilis.
- ✓ **Study sample:** The sample was randomly selected and estimated at 20 coaches.



- ✓ **Fields of study:**
  - Time domain:** from 02/10/2020 to 11/30/2020.
  - The human field:** 20 professional trainers for the category of under 17 years.
- ✓ **Research tools:** The researcher used an electronic form consisting of 04 axes, where the first axis represents personal information about the trainer, the second axis was about the method of training in Small - Sided Games, and the third and fourth axes were about individual attack activation indicators and group attack activation indicators.
- ✓ **Scientific parameters of the test:**
  - Instrument Validity:** The researcher used the validity of the content or content by sending the form in its first form to a group of doctors and trainers with field experience, as they agreed on its safety with some observations and modification in the formulation of some questions.

Intrinsic validity was also calculated, which is the root of consistency in the following table:

Table1. Clarify the validity factor of the questionnaire.

Validity	degree of freedom	Significance level	Tabular value	Significance
0,91	4	0.01	0.55	significant

- Instrument Stability:** The questionnaire was applied on (05) trainers with a time difference of ten (10) days, and the answers were fixed, as the correlation

coefficient reached 0,91 at the significance level 0,01 and degree of freedom 04, which is a value greater than the scheduled value estimated at 0,55 Which confirms the stability of the form.

**Table2. Clarify the reliability coefficient of the questionnaire.**

Pearson coefficient	degree of freedom	Significance level	Tabular value	Significance
0.93	4	0.01	0.55	significant

**Statistical study:** The researcher used the percentage (%) and the statistical the chi-Square Test ( $\chi^2$ ).

❖ **Exposure , analyses and result exam :**

✓ **Presentation, analysis and discussion of the results of the first hypothesis:**

The method of training in Small-Sided Games in the preparation phase is effective on individual offensive activation among football players under 17 years old from the point of view of some coaches.

**Table3. The axis of individual attack activation indicators in the order (passing accuracy, the ball running, shot accuracy, dribbling) under study.**

	Percentage %		Number of sample		degree of freedom	Sig level	$\chi^2$ Calculated	$\chi^2$ Tabular	Significance
	YES	NO							
Q01	82	18	20	100%	19	0.01	11.91	4.85	significant
Q02	80	20	20	100%	19	0.01	12.34	4.69	significant

Q03	71	29	20	100%	19	0.01	21.19	6.61	significant
04 Q	94	6	20	100%	19	0.01	33.33	9.27	significant

At the degree of freedom (19) and the level of significance (0.01), and through the results of Table (03) concerning indicators of individual attack activation, we find that:

Passing Accuracy index the responses of the members of the sample was 82% to the small-sided games training method which has effectiveness on this indicator, while 18% believe that it has no effectiveness. After resorting to ( $\chi^2$ ), we found the calculated estimated at 11.91, by comparing it with the scheduled ( $\chi^2$ ), which is estimated at 4,85 It appears to us that there are statistically significant differences, as it can be said that from the point of view of some trainers, the method of training in small-sided games in the preparation phase is effective in developing passing accuracy in the preparation phase, while the indicator of running with the ball was 80% of the responses of the sample members that the training method The small-sided games have effectiveness, while 20% believe that they have no effectiveness, and when calculating the calculated ( $\chi^2$ ) estimated at 12,34, and comparing it to the scheduled ( $\chi^2$ ), which is estimated at 4,96, we can see that there are statistically significant differences, and it can be said that the training method has a limitation. The study is effective in developing the index of running with the ball in the preparation phase, and for the index of accuracy of shooting, the responses of the respondents were 71% that the method of training in small-sided games has an effectiveness, while 29%

believe that it has no effectiveness, and when calculating the calculated ( $\chi^2$ ) estimated at 21,19, and by comparing it With ( $\chi^2$ ) Scheduled, whose value is estimated at 61.6, we can see that there are statistically significant differences, from which it can be said that the method of training in small-sided games is effective in developing an indicator of accuracy of shooting in the preparation stage from the point of view of the coaches, while the dribbling indicator was the answers of the sample members by 94% That the method of training in small-sided games has an effectiveness, while 06% believe that it has no effectiveness.

When calculating the calculated ( $\chi^2$ ) estimated at 33.33, and comparing it with the scheduled ( $\chi^2$ ), whose value is estimated at 9,27, we can see that there are statistically significant differences. Where it can be said that the method of training with small-sided games in the preparation phase is effective in developing the dribbling index from the point of view of some coaches.

The researcher attributes the results achieved because the method of training is under study depends mainly on the use of the ball during training doses for youth groups (under 17 years old), which helps them to touch the ball more and thus learn basic soccer skills that are considered offensive skills. This is confirmed by Adel Turki and Salam Jabbar that Individual offensive skills are all the skills that players perform when they have possession of the ball to build an attack against the opposing team's goal to score. (Adel and Salam, p. 19) Our study agreed with the study of CHreit Adel and Bin Salem Salem (2020), that coaching in the way of coaching in a way that has a relationship directly with the

small-sided games allow giving enough time to improve the level of performance in quantity and quality.

The researchers also mention that this method is more effective than the usual traditional methods due to its reliance on the method of confrontations between small groups in order to reach better performance, and this is because the player depends on himself in Creating many solutions and movements that lead him to perform the basic skill with the best result, (CHreit and Bin Salem, 2020, p. 220) Our study also agreed with the study of Acli Hussein (2018), that the effect of The small-sided games training in the style (5 against 5) that is similar to what happens in matches (running with the ball, passing and receiving, one-two with a teammate, dribbling and spinning the ball), and everything that happens in the match (laws, penalty and throw-in), make sure that the training is in a way The small-sided games positively affect the skillful performance of a football player, (Acli, 2018, p. 187), and our study agreed with the study of Hijab issam (2019), where the development in the level of basic skills in football was attributed to the proposed program in the way of training in small-sided games, and this allows Players have more iterations to perform skills, as small-sided games represent another entry point to the the play phenomena. During the performance of small-sided games, individuals practice multiple motor skills models with repetition without boredom, (Hijab issam, 2019). The study of Saduok Hamza and Kabwiya Muhammad (2020) indicates that Integrated training with the ball develops the shooting skill through various exercises with weak and preferred feet, which is important for the offensive skills

of football players, and the development of this skill (shooting accuracy) is very important to install its multiple techniques and in different positions and make the players at all their playing positions on the skill of correction and the accuracy of shooting on the goal according to the modern vision of football from the specialists and their preparation for the competition, and this agrees with our study by relying on the method of small-sided games in developing this offensive skill (Sadouk Hamza and Kabouya Muhammad, 2020, p. 430).

- ✓ **Presentation, analysis and discussion of the results of the second hypothesis:** The method of training in Small-Sided Games in the preparation phase is effective on collective offensive activation among football players under 17 years old from the point of view of some coaches.

**Table4. The axis of the collective offensive activation indicators is represented in order (increased chances made, number of goals scored, number of direct and indirect Free kicks and number of penalties)**

	Percentage%		Number of sample		degree of freedom	Sig Level	$\chi^2$ Calculated	$\chi^2$ Tabular	Significance
	YES	NO							
Q01	90	10	20	100%	19	0.01	23.34	10.09	significant
Q02	85	15	20	100%	19	0.01	20.95	15.01	significant
Q03	60	40	20	100%	19	0.01	09.23	11.22	Non-signific
04 Q	65	35	20	100%	19	0.01	08.75	12.13	Non-Signific

At the degree of freedom (19) and the level of significance (0.01), and through the results of the table of indicators of individual offensive activation, we find that:

The index of increased opportunities made, the respondents' answers with 90% of the small-sided games training method have effectiveness on this indicator, while 10% believe that it has no effectiveness. After resorting to ( $\chi^2$ ), we found the calculated estimated at 23,34 and compared to the scheduled ( $\chi^2$ ), which is estimated at 10.09, it turns out to us that there are statistically significant differences, while the indicator of the number of goals scored, the respondents' answers were by 85% that the method of training in small-sided games has an effectiveness, while 15% believe that it has no effectiveness, and when calculating the calculated ( $\chi^2$ ) estimated at 20.09 And by comparing it with the scheduled ( $\chi^2$ ) with an estimated value of 15.01, we can see that there are statistically significant differences. The indicator of the number of direct and indirect free kicks was 60% of respondents' answers that the method of training in small-sided games has effectiveness, while 40% believe that it has no effectiveness. It becomes clear to us that there are no statistically significant differences, as for the indicator of the number of penalty kicks, the responses of the respondents were by 65% that the method of training in small-sided games is effective, while 35% believe that it has no effectiveness, and when calculating the calculated ( $\chi^2$ ) estimated at 08.75, and by comparing it with the scheduled ( $\chi^2$ ), which has an estimated value of 12,13, we can see that there are no statistically significant differences.

The researcher attributes the achieved results, which indicate the existence of statistically significant differences in the index of increasing the number of opportunities made and the index of goal scoring, to the coaches' reliance on the method of training in small-sided games in its various methods (5 against 5) (6 against 6) (8 against 8) or more, and this is in agreement with the study of Dehli Hani

(2016), who attributed the increase in the number of offensive attempts (made chances) and the number of goals scored to the proposed program by the method of combined training using the ball, and that the use of blended training develops tactical skills (Dehli Hani, 2016, p.171), as for the absence of significant statistical differences for direct and indirect free kicks and penalty kicks index. The researcher attributes that the coaches' adoption of the small-sided games training method (5 against 5) or more to develop the tactical aspect (offensive activation), which overwhelms the team play, creating opportunities, possession, scoring goals and long passes for individual play. Friction between players, as opposed to relying on a (4 against 4) method or less, which predominates in individual play and bilateral conflicts in small spaces over group play, and this agrees with the study of Acli Hussain (2018). And with (2 against 2) the players' positions are very close, which depend on short passes only and bilateral conflicts, from here it becomes clear that matches in a small space increase the player's ability of performance and accuracy, especially since these spaces demands from the player a correct and rapid performance of skills under the pressure of the opponent players in space. Tightness from the field, in addition to



the fact that these matches give the player the experiences that make him economize in his efforts while performing with the ability to behave well and calm nerves, (Acli Hussain, 2018, p. 188).

**❖ Finding and propositions results :**

**- After collecting, presenting, analyzing and discussing the results, it was found that:**

- the first hypothesis of the study was realized, which is that the method of training in small-side games in the preparation phase has an effectiveness on individual offensive activation (passing accuracy, running with the ball, shooting accuracy, dribbling) among soccer players under 17 years from the point of view of some coaches.

- The second hypothesis of the study was realized, which is that the method of training in small-side games in the preparation phase has an effect on collective offensive activation (increasing the chances made, the number of goals scored, the number of direct and indirect free kicks, the number of penalty kicks) among soccer players under 17 years from the point of view of some coaches.

**❖ Suggestions:**

-Conducting an experimental study linking training with small-sided games and the schematic aspect under the title: Building a training program according to the method of small-side games in the preparation phase and its impact on the offensive activation of the 17 years old group.

-Giving importance to young people who are in the stage of learning and training by appointing trainers who have the competence and professional experience that allow them to build training programs that are compatible with the age group they supervise, which will benefit the club of the senior category.

❖ **Conclusions:**

From the point of view of some coaches who supervise or have previously supervised clubs belonging to the first and second professional association Mobilis and this is through relying on the descriptive approach, and this was done by studying the effectiveness of the small-sided games training method in the preparation phase. Collecting data using an electronic form and processing it using the statistical packages program, and the study concluded, according to the point of view of some trainers, that training in small-sided games in the preparation phase has an effectiveness on (individual-group) offensive activation among football players under 17 years of age, and the researcher recommended the importance of using small-sided games In the preparation phase in training youth groups, this is due to the multiplicity of methods and characteristics of their use, with the development of training aspects in an integrated method.

❖ **List of used sources and references in the study:**

- Adel Turki, Salam Jabbar, Football Learn – Training.

- Baroudi Mohamed Amine, Video expertise and offensive tactical analysis in football Case study of young categories of the Algerian national team (U17), (U20), (U23). International championships, PhD thesis, Abdelhamid University Ibn Badis -Mostaganem-2015
- Dehli Hanni, 2016, Built-effectiveness of physical training to improve the means of implementing the offensive game plans of the football players under 19 years old, PhD thesis, Abdel Hamid Ben Badis University - Mostaganem -.
- Acli Hussain, 2018, The effect of using Small Sided Games (5 against 5) and (2 against 2) on the development of some physical and skill traits of soccer players under 23 years old, PhD thesis ,Mohammed Khaider University-Biskra-.
- Snouci Abdikarim, 2011, the impact of the Small Sided Games in developing some basic skills at football beginners U17, Master's degree, Abdel Hamid Ben Badis University - Mostaganem -.
- Ben Rabeh khair Dine, Ben Naadja Mohamed, kharoubi Faissal, A comparative study between ballistic training method and mini-games training method (1-1, 2-2) in the development of explosive power in football players under 17 years old, Journal of the Sciences and Practices of Physical, Sports and Artistic Activities ,Volume No. 13, No. 01, 2019, p168-167.
- Issam Hadjab, The Effectiveness of Training using the Mini-Games in Developing the Basic Skills for the Football Players under 17 Years, Journal of Sport Science Technology and Physical Activities, Volume No. 16, No. 02, 2019, p. 60.
- Issam Hadjab, The effect of using mini-game exercises during a training program in developing the physical characteristics of mid-range (17.19) soccer players,

Journal of the Sciences and Practices of Physical, Volume No. 14, No. 02, 2018, p. 129.

- Sadouk Hamza, Kabouya Mohamed, The Effectiveness of The Integrated Training during" the General and Special Preparation Period " for Developing Some Skills variables for Soccer Players Under 19 Years, Sports creativity journal, Volume No. 11, No. 01, 2020, p. 429-430.
- KHelif Abdelkader, The effect of a proposed training program using special strength training and mini-games on the development of explosive power and the ability to recover between speed repetitions of football players less than U19, Sports creativity journal, Volume No. 10, No. 02 (01), 2019, p. 464.
- Douida kaiss, Messaoud Boureghda Mohamed, The effect of a proposed training program using intermittent Training method on some of the physical qualities during physical preparation phase for football players junior under 19 years old, Sports creativity journal, Volume No. 11, No. 02, 2020, p. 472.
- Cheriet Adel, Bensalem Salem, Impact of Coever Coaching Program on Learning Basic Skills of Football players under 15 years, Sports creativity journal, Volume No. 11, No. 01, 2020, p.220.
- Medjadi Meftah, Faid Abderazak, Hamlaoui Ameer, Suggest training modules for the development of muscle strength and some skill traits of the football player, Volume No. 10, No. 02 (03), 2019, p.406.