Small Side Games—A Training Module And A Practical Application In Soccer

Dr. A. Manoj Kumar, Dr. V. Subbulakshmi & Dr. S. Sivamani

Abstract: Small Side games mainly influenced by players played in the small area in different dimensions. This study mainly focused on the skills, the movements to adopt for a team in a sporting environment. Coaches often used Small Side Games in their schedule for training benefits. Small Side Games develop physical, technical and tactical attributes. Two versus two or three versus three games significantly improve the higher intensity than the Eleven versus Eleven Game. For Instance, It has also been accepted in this research that Small Side Games are most relevant form of training protocol for the soccer players. Likewise, other games like Rugby, Basketball and Hockey needs more keen skills to obtained goals. Numerous studies quoted in this study stating the supportive evidence for the future researcher to examine more depth knowledge about the small side games.

IndexTerms: Small Side Games, Soccer, Protocol, circuit, Workload, Strategy

1. INTRODUCTION
Small Side Games is basically illustrated as Small Version of Normal Soccer Game with Small Number of Players in limited duration of time with high intensity [5]. These kinds of games mainly utilized to Control the time of training period. Small Side Games are none as smaller version of the regular game that regulates the format of the players. [7]. The Reason for using these kinds of games is, the coaches and the managers often change the formation in all aspects for examples from defender to forwards [6]. Changes were made frequently by the Coaches, hence the Small side games were very essential as a part of the all the training programme. It is a Traditional way for a Soccer Training Programme. A regularly used Training Session by all the Coaches and Managers [4].

1.2 VARIETIES
Small Side Games is commonly used Games as a part of training session. Lots of Varieties have been established by the concern coaches to suit the needs of the players. Coaches and Managers have framed varieties of Small Side Games in their training plan [6]. Attacking Game: Attacking Small Sided Games were performed in session which generally involves 2 sides forming one of the following formats; 3vs3, 4vs4, 6vs6, 9vs9. Both the teams will have specified coaching objectives either Forward Runs or Creating Space. These types of formats maintain the teams to achieve coaching objectives. Small Side Games will work as a tea strategy and structure. These Strategy will continuously focus on the best needs of the team, Building Strategy and fitness levels can be accomplished in a variety of ways, from running laps around the pitch, to carrying out the training techniques such as circuit training, fartlek runs, shuttle runs, pyramid runs. Trying Small Side Games played at a fast pace with penalties for lack of effort for players not moving. There are several variations of Small Side Games available, which depending on what way the Coach and the manager applied their style of play. It depends upon the opponent’s side, which team start with ball, their possession [9].

2. SMALL SIDED GAMES AND ITS USES
The Small Sided Games mainly used for position. Players when they were without ball, they withdraw from only player and give position to receive ball. Small Sided Games is an incredible way of attracting players to combine jointly to score goals in a Soccer match. These kinds of games played without much effort. In other hand, the Small Side Games can be used to help players or coaches to gain more experiences in selecting specific ideas for regulating their teams to face the opponents during the Match. These Conditioned games can be managed to expand the view of the players for specific attainment. The Tactical complexity of Small Side Games will be more loaded and successful than ordinary games [3]. Players using the same way like Small Sided games and they act fast when they tackle the ball and go forward creating many chances in the goal areas. If the attacking team misses the ball and the team reacts very fast and go down for a backup. The Forwards and the midfielders works in 3 vs 2 or 3 vs 3 to move fast at convert to play or pass in the opponent area to create lots of scoring goal. Coaches and the Managers usually used most types of patterns in competitions. Some Managers and Coaches emphasize the value of using drill based responsibilities that follow the dynamic of the game.

3. SMALL SIDED GAMES AND ITS EFFECTS
Small Side Games are an effective method for the physical training of soccer players and hold several advantages. All activities performed during a soccer match are replicated during small sided games. Although shorter sprints are more common than longer sprints during a soccer match, long sprints are nevertheless present. Not performing such activities could have implications for performance or injury and may not prepare the players fully for the worst-case scenario during matches [8]. Its induce cardio respiratory adaptations according to the level, engagement and position of the player [10]. Some players may hide their ability during small sided game, therefore they were not reach the required intensity to induce physiological and
physical improvements. In this instance the purpose of the small side game should be explained to the footballers, because typically their objective is not to run more but rather to run at the right times to influence the game. Small Side Games also present some limits that should be considered when planning the physical conditioning programme for the elite soccer players.

4. DURATION OF SMALL SIDE GAME

The Duration of Small Sided Games as well as recovery period can influences intensity achieved during games. Duration consist of four minutes per small sided game has been proposed as optimal. [2]

5. PURPOSE OF SMALL SIDED GAMES

“Speed of play and the pressure a player get under to adapt to the current situations” The Psychological demands are great because the player is always in the game [4]. Agility, stamina and the importance of short sprints all play a role. Small side games are also great for learning about play off the ball as well as spacing and learning the instincts that go with the game. A recent study shows that physiological and technical effects in small sided games play in regard to field dimensions yielded these important findings. [1]

6. CONCLUSION AND RECOMMENDATION

This study provides information that these kinds of Small Side Games can very well help the coaches for strengthening their teams in better way. By fixing suitable intensity of training load, the players can easily identify the amount of load worked out in their training period. One versus One, Two versus Two, Three versus three was the patterns usually played in the small area. Playing in a small area with high intensity with less number of players develops the players to play in a big field with maximum speed. Coach encouragement towards the training is an effective way in increasing exercises intensity. In summary, this small side games explore the decision making, Load Capacity and Formation of Play. By doing continuous Small Side Games with different intensity will help the other team sports for better development in all aspects.

7. REFERENCE:


