

The Effect of Small-Side Game Training to Improve the Cohesiveness of Athletes in Futsal Activities at Suryakencana University Students

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Abstract: An Important factor in improving athlete performance in futsal is team cohesion. The purpose of this study was to see how Small Side Game (SSG) training affects the level of cohesion of futsal athletes in the Student Activity Unit (UKM) of Suryakencana University. The research method used was an experiment using a One-Group Pretest-Posttest Design. The population of this study was 15 futsal athletes of UKM. The sample of this study was taken from all populations of 15 futsal athletes of UKM. Data were collected through questionnaires and observations that evaluated cohesion before and after the intervention. The results showed that Small Side Games Training Can Increase the Cohesion of Futsal Athletes of Suryakencana University Student Activities increased by 0.921 with a significance value of 0.02 <0.05. Significant. The results show that implementing SSG can be an effective way to build synergy and cooperation in a futsal team.

Keywords: Futsal, Team Cohesion, Small-Side Games

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INTRODUCTION

Over time, futsal has become increasingly popular among young Indonesians. This sport is considered more practical because it can be played on a small field faster, has a high intensity of play, and can be played outdoors and indoors. Unlike conventional football, futsal is played on a smaller field and uses a smaller ball so that its bounce is lower. This requires players to have better technique, speed, and strategy. The goal of the futsal game is to put as many balls as possible into the opponent's goal and protect your own goal from being conceded by the opposing team. Similar to football, the basic techniques of the futsal game are such as holding the ball (control), passing (passing), passing the opponent (dribbling), kicking (shooting), and heading (heading).

All players must understand all their positions. With the division of positions, players will have their respective duties and responsibilities to achieve victory in the game. (Alzam et al., 2022) revealed that, generally, futsal player positions are divided into four parts, namely: 1) Goalkeeper, whose job is to guard the goal from conceding the ball or creating a goal. 2) Anchor, which is the position in front of the goalkeeper, which in football is better known as a defender. The anchor's job in futsal is to maintain the team's defense and organize the team's game, as well as the first player to start the attack. 3) Flank, namely a player who is positioned on the side/wing who acts as the

motor of attack and becomes a connecting player between the anchor and the pivot. 4) Pivot is the leading player in football called a striker and is tasked with being the player who completes opportunities into goals. Therefore, understanding the position of the player is very important in futsal. Players can clearly demonstrate the basic futsal skills they have learned such as control, passing, dribbling, shooting to heading in the form of game strategies and tactics. Therefore, players who want to get good techniques and tactics must be willing to sacrifice their time and energy for practice. One of the right variations of training is the small side game.

Small Side Game is a form of training with a smaller area than the actual playing area. The number of players is also smaller with the hope that the number of touches of the ball on the players is greater. This is in accordance with the opinion of (Deva Sanutra et al., 2023) that small side game training is training where the number of players is smaller and the field is smaller than usual, making players have to move and find empty positions to receive ball passes, dribble the ball, take the ball from the opponent and avoid the opponent's guard. Small side games are very suitable for improving cooperation because players are required to keep moving in small games. The training given must of course be interesting and varied so that players do not get bored, not monotonous, and increase enthusiasm in doing the training. The small side game training that will be given is in 3 forms with their respective objectives, namely: 3v1 training, 3v2 training, and 4v2 training.

3v1 drills involve three players as attackers and one ball retriever or defender, designed to help players control and control the ball with accurate passing. 3v2 drills are drills that use three attackers and two defenders to score a goal. The three attackers try to get the ball into one goal, while the two defenders try to stop the attackers, but are also allowed to get the ball into the opponent's goal. 4v2 drills are drills where four people play the ball and two people are ball retrievers, with the aim of helping the attacking team to control the ball more calmly when trying to win it.

Training is a systematic process that is useful for preparing athletes' conditions at the highest level of performance success which is carried out repeatedly with increasing loads (Hartati et al., 2019). To achieve the goal of the futsal game, a team must be able to play with good teamwork (Alzam et al., 2022). In every achievement in a group, it certainly cannot be separated from the cohesion factor so that the group can win the competition.

Group cohesiveness is the level of relationships, solidarity, and cohesiveness between members in a group. Cohesiveness reflects the extent to which group members feel emotionally connected, support each other, and have common goals. This is in line with the opinion of (Rahail et al., 2020) that group cohesiveness refers to the extent to which group members feel connected to each other and feel part of the group. The higher the cohesion of a group, the more likely they are to be able to work together effectively to achieve common goals. Group cohesiveness is felt with a strong sense of solidarity between members, thus creating cohesiveness in the group or team.

The factors that influence group cohesiveness are: First, common goals: If members have the same goals, they are more likely to unite. Second, interaction between members: The more frequent and positive the interaction between members, the closer the relationship in the group. Third, Group success: Groups that often achieve success tend to have higher cohesiveness. And finally, group size: Smaller groups tend to be more cohesive, because they make interaction easier. Group cohesiveness can

increase the enthusiasm of members to work together and collaborate to achieve the same goals.

Therefore, cohesiveness is very important for futsal athletes to have, so that the team succeeds in a match or championship. The victory of a futsal team is not only determined by the technical and physical abilities of the individual, but also by the cohesiveness of the team that encourages the creation of cooperation and togetherness between players. A team that is not supported by cohesiveness in it, does not have a sense of togetherness, is selfish and reluctant to work together, will certainly harm the team as a whole, so that victory as a goal cannot be achieved.

By looking at these conditions, this study aims to determine the Effect of Small Side Game Training to Improve the Cohesiveness of Futsal Athletes of Suryakencana University Student Activity Unit. The problem that exists in the futsal UKM athletes of Suryakencana University is the fact that students who participate in the futsal UKM have less cooperation during the match, thus students are easily defeated. Students seem to have difficulty playing and their achievements have decreased due to poor cohesiveness between players. In addition, it was found that the coach did not provide enough training to improve cooperation through varied methods to students who participate in the futsal UKM.

METHODS

Experimental research has various designs that can be used, each adjusted to the research elements and problems to be discussed. In addition, the design allows us to conduct research orderly and systematically. Therefore, a research design is needed to determine the flow of research. More clearly, it can be stated that this study wants to examine the effect of small-sided game training to improve the cohesiveness of futsal athletes in the Suryakencana University student activity unit. So based on this, the author uses the One-Group Pretest-Posttest Design research design.

This design can be described as follows:

Table 1. One-group pretest-posttest design experimental research design

<i>Research Design</i>		
Pre-test	Treatment	Post-test
O1	X	O2

Source: (Nuryanti, 2019)

The population of this study was UKM futsal athletes totaling 15 people. The sample of this study was taken from all UKM futsal athletes totaling 15 people. Data were collected through questionnaires and observations that evaluated cohesiveness before and after the intervention.

RESULT

The results of this study are the Effect of Small Side Games to Improve the Cohesiveness of Futsal Athletes of Suryakencana University Student Activity Unit. A total of 15 Futsal Athletes of the Suryakencana University Futsal Student Activity Unit were given Small Side Games training treatment. This study will be conducted for 16 meetings, where 14 meetings are to carry out the Training program plus 1 meeting to

carry out the initial test (Pre Test) and 1 meeting to carry out the final test (Post Test), so that the total number becomes 16 meetings with 3 meetings for each week.

The table title is written above the table, and the table is presented without using vertical lines. (Look at this example below, **table 1**).

Table 1. Data Results Description Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Result	Pre_test	95.0000	15	17.20465	4.44222
	Post_test	109.3333	15	14.94115	3.85779

In the Table 1, the results of the statistical description data show that the Pre-Test value has a Mean value of 95.0000 and the Post-Test value is 109.3333 with a Std Deviation of 17.20465. Then the post-test data shows that the value is 14.94115. Furthermore, the following test involves the Data Normality Test, namely:

Table 2. Statistical Normality Test Results

		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
Group		Statistic	df	Sig.	Statistic	df	Sig.
Test Results	Pre_test	0.190	15	0.151	0.919	15	0.183
	Post_Test	0.145	15	0.200*	0.926	15	0.235

In the image Table 2 Based on the SPSS output table, it is known that Asymp. Sig (2-tailed) of Post-Test 0.015 is greater than 0.05, so it can be concluded that the data is normally distributed, the assumption or requirement of normality and the model have been met.

Table 3. Data Hypothesis Testing

Penjelasan	N	t	df	Sig (2-Tailed)
Pre-Test and Pos-Test	15	-2471	14	0.02

Statistical analysis using paired t-test showed that there was a significant difference in the Cohesiveness of Futsal Athletes of Suryakencana University Student Activities between measurements before and after Small Side Games training in Futsal. The results of the study showed that Small Side Games Training Can Increase the Cohesiveness of Futsal Athletes of Suryakencana University Student Activities increased by 0.921 with a significance value of 0.02 <0.05. Significant.

DISCUSSION

This article discusses the Influence of Small Side Games to Improve Futsal Athletes' Cohesion in Suryakencana University Student Activities. The influence of Small Side Games (SSG) on futsal athlete cohesion at Suryakencana University can be seen from several aspects. SSG improves social interaction and cooperation between team members, which are important for building strong relationships. Previous studies have shown that SSG can increase self-confidence and create a positive atmosphere,

which contributes to team cohesion. Although no specific references were found, it is important to integrate this method into the training program for optimal results. (1) The Influence of SSG on Team Cohesion Social Interaction: SSG creates a more intimate and interactive environment, where athletes can communicate and collaborate better.

This can strengthen the relationship between team members, increasing social cohesion. (2). Development of Teamwork Skills: In SSG, athletes are required to work together in a limited game situation. This helps them learn to support each other, communicate, and make decisions together, which are important elements of task cohesion. (3) Increased Self-Confidence: By participating in SSG, athletes can experience improvements in individual and team skills. Success in small games can increase athletes' self-confidence, which contributes to team cohesion. (4) Creating a Positive Atmosphere: SSG is often more fun and less formal than traditional training. This positive atmosphere can increase motivation and team spirit, which are important for building cohesion.

Implementasi di Universitas Suryakencana Di Universitas Suryakencana, penerapan SSG dalam program latihan futsal dapat dilakukan dengan cara: (1) Mengintegrasikan SSG dalam sesi latihan rutin, dengan fokus pada permainan kecil yang melibatkan semua anggota tim. (2).Mengadakan turnamen internal menggunakan format SSG untuk meningkatkan interaksi dan kerjasama antar anggota tim. (3). Melakukan evaluasi berkala untuk mengukur perkembangan kohevititas tim dan performa atlet.

CONCLUSSION

Based on the results of the study, it can be concluded that the Influence of Small Side Games to Improve Futsal Athletes' Cohesion in Suryakencana University Student Activities, Therefore, coaches and developers of futsal training programs are advised to integrate training with Small Side Games in futsal player training programs to improve their performance on the field. Further research is needed to explore the long-term effects of various training methods on Futsal athlete skills

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