CO150| Effects of small-sided games on physical abilities in youth soccer players of Club Deportivo Ferroválvulas

Presenting Author: Jorge Luis Salazar Martinez
Universidad de Antioquia, Colombia

Other Authors: Wilder Geovanny Valencia Sanchez
Universidad de Antioquia

Objectives: to determine the effects of small-sided-games (SSG) on maximal oxygen uptake, repeat sprint ability and agility after 18 training sessions compared to a control group in soccer players of Ferroválvulas Club.

Methods: the participants were the players of the first category A of the Ferroválvulas club where 12 players per group were needed. The experimental group received an intervention based on SSG from the formats two vs two to six vs six with a duration between 20 minutes and 40 minutes per unit, during nine weeks of intervention; while the control group performed high intensity interval training. Maximal oxygen uptake was measured with a indirectal test by 20 m shuttle-runs, the repeat sprint ability was measured with the repeat sprint test and the agility with the Illinois test, in both test photocells were used.

Results: the SSG-based training were not statistically significantly on maximal oxygen uptake compared with the control group ($p > 0.05$). However, the experimental group increased their performance by 5% and the control group by 10% compared to the pretest. Additionally, an ES of 0.4 was obtained, which establishes it as a moderate magnitude of change. In the repeated sprint ability were differences statistically significantly in all variables of repeated sprints ability in the experimental group, best sprint ($p < 0.02$; IC95%: -0.18; -0.01; ES: 0.26); average time in the eight sprints ($p < 0.005$; IC95%: -0.33; -0.06; ES: 0.6); total time in the eight sprints ($p < 0.003$; IC95%: -2.17; -0.52; ES: 1.76); and in the decrement percent was tendency to the significance ($p < 0.07$; IC95%: -3.07;0.15; ES: 1) compared with a control group that performed high intensity interval training. In the agility was not statistically significantly compared with the control group ($p > 0.05$).

Conclusions: the SSG-based training compared with high intensity interval training were not found differences statistically significantly on improvements on maximal oxygen uptake and agility. However, were differences in the repeated sprints ability in the SSG-based training group.

Keywords: small-sided games; conditioned games; modified games; youth players; The oxygen uptake max.

E-mail address: jluis.salazar@udea.edu.co