

DIFFERENCES IN SITUATIONAL PARAMETERS DURING SMALL-SIDED GAMES IN FOOTBALL

Abstract

The aim of this investigation was to determine whether there is a statistically significant difference during small-sided games with different field size and demands of the game. Ten soccer players (17.8 ± 0.6 years) voluntarily participated in this study. Players completed four different conditioned small-sided 5 vs. 5 games: 28x28m free play (28FP), 28x28m 2 ball touches (28T2), 39x39m free play (39FP) and 39x39m 2 ball touches (39T2). Each small-sided game lasted for 5 minutes, with a 10-min passive rest period between them. Total number of passes (TNP), number of correct passes (NCP), number of incorrect passes (NIP), ball possession (BP), average number of ball touches (ANT), lost balls (LB), number of duels (ND), rating of perceived exertion (RPE) and total distance covered (TDC) were analyzed. The ANOVA analysis and Bonferroni post hoc test were used to determine whether there is a statistically significant difference between small-sided games. Level of statistical significance was set at $p < 0.05$. Significantly greater values were in the game 28T2 in variables TNP, NCP and BD, then in the 38FP. For variable ANT there were significantly lower values in games 28T2 and 39T2, compared with 28FP and 39FP. For variable ND there was significantly higher value in 28FP, compared with game 39T2, while the variable RPE resulted in statistically significantly higher value in game 39T2. The TDC variable obtained significantly higher values in the small-sided games with larger size and demand of 2 ball touches. The results of the present study indicated that there are significant differences between small-sided games with different field size and demands in some situational parameters in football.

Key words: *football, small-sided games, situational parameters, HIIT*
