

Abstract

Project Code 67003/2567
Project Title Effects of number of floater and pitch area in small-sided
game training on Heart rate, Motor activities, Technical skills in soccer players.
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This study aimed to investigate the effects of the number of floater players and pitch area in small-sided game training on heart rate, motor activities technical skills in soccer players. The study used an experimental design that compared the results of different training formats. The sample consisted of 20 male soccer players aged 19-25 years. They trained using a 4v4, 4v4 with 1 floater player, and 4v4 with 2 floater players in different pitch area.

The results of the study found that training in small-sided games with one and two floater players had different effects on heart rate, movement activities, and technical skills of athletes than the model without free players in small- pitch area. And the technical skills of the athletes differ from the format where there are no floater players in the small pitch area. In addition, larger pitch area had an effect on increasing heart rate and movement activity. The results can be used as guidelines for developing training programs for soccer athletes to optimize their physical fitness and soccer skills.

Keywords: small-sided games, floater players, soccer.