



Small sided Games' Effectiveness In Developing Passing And Dribbling Skills In Basketball Players Under The Age Of 16

فاعلية الألعاب المصغرة في تطوير مهارتي التمرير والمحاورة عند لاعبي كرة السلة أقل من 16 سنة

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Abstract:

The purpose of this study is to determine the impact of a Small sided games-based training program on some of the skill requirements of basketball players under the age of 16. The experimental method was used with a single-group design to complete this study, which was conducted on a sample of 14 players from the S.O.C.A. Annaba club. To evaluate skill performance, researchers used a series of field tests conducted in two stages (pre and post-test), with two tests used: one related to the passing skill of basketball players, represented by the passing accuracy test, and the other specific to the skill of dribbling, represented by the dribbling speed test. The study's overall findings revealed statistically significant differences between the results of the pre and post tests for the study sample, which are the basic skills under study. It was discovered that the training program designed in the form of Small sided games has positively contributed to the improvement and development of skills (passing, dribbling) among basketball players.

Keywords: Small sided games; Passing; Dribbling; Basketball.

1. Introduction:

The world is witnessing a significant increase in sporting achievements as a result of researchers' efforts to benefit from other sciences (physics, psychology, biomechanics, sociology, medicine, etc.) in the field of physical education and sports, as well as the world of training, in order to raise sporting standards. Performance and the scientific component to always achieve the best, set records, and achieve international numbers (Muwaffaq Asaad, 2009, p. 95).

Many of the world's superior countries in all sports have been interested in developing their players' basic skills, believing that it is the foundation for preparing and building them at a high level. This is evident in the role of fundamental skills in sports, particularly team sports that are characterized by a fast pace and a variety of playing conditions. The advancement of sports levels in the last decade of the twentieth century resulted from proper planning based on advanced scientific foundations, as well as the improvement of training methods and the development of tools. Equipment, stadiums, and scientific and practical attention to preparing and qualifying coaches this progression has been accompanied by progress in the game plan (Naseem, Boumala, & Ismail, 2018, p. 02).

Because of the growing importance of basketball in various countries, particularly developing ones, experienced people are constantly thinking about finding the best scientific methods that work to develop the game and select the training programs required to reach higher levels. As a result, the process of preparing players to compete in major global competitions is influenced by a number of factors. "The success of a basketball player's motor performance during the game depends on the degree and level of stability of his motor skills and the extent of his mastery of them, regardless of how the circumstances and playing situations change during the match," says Mufti Ibrahim (Mufti Ibrahim , 1987, p. 19).

To excel as a basketball player, he must make every effort to learn the fundamental skills correctly and according to sound scientific foundations, in terms of the kinetic basics that are the essence of tactical maneuvers in basketball, and the athlete cannot practice them unless he has learned to perform the fundamental game skills.

Muhammad Abdo Saleh and Mufti Ibrahim (Muhammad & Mufti , 1994, p. 85) agree with Ibrahim Shaalan and Amr Abu Al-Majd (Ibrahim & Abul-Magd, 1996) that: "The performance of basic skills can be stabilized under conditions similar to what happens in matches through exercises that create situations such as 2v2, 3v3, 2v3, or even 3v4."

There is a strong relationship between motor abilities and skill performance, as the athlete cannot master the basic skills of the type of sports activity in which he specializes if he lacks motor qualities, and the success of the player's motor performance during the match depends on the degree and level of stability of his motor skills, as well as the extent of his mastery of them, regardless of how changing circumstances and playing positions during the match (Laith Ibrahim , 2010, p. 75).

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Small sided games are one way to advance to higher levels. They are simple organized games in which people compete according to rules. They include running games and ball games, as well as games that are not defined by laws and conditions, as they are different areas that help each individual, whether a young child or an adult, learn according to his or her own abilities and capabilities, as well as according to his or her own inclinations and desires, one of the most beautiful acquisitions, recreation, fun, and pleasure, and these games always have the nature of recreation and entertainment as the basis of the game (Naseem, Boumala, & Ismail, 2018, p. 02).

In addition, training on mini-courts aids in the installation of offensive and defensive playing plans, as well as the mastery of the skill side due to the conditions of rapid and continuous transformation through this collective performance, as well as the development of agility, speed of reaction, and accuracy of skillful performance.

Recently, the exercises have been performed in conditions similar to those of competition, so that the player becomes accustomed to the pressure of competition, as well as the speed with which motor skills are performed and the development of the player's physical condition. As a result, we believe that mini sports are an excellent way for players to learn the individual or team game in general, as well as the fundamentals of basketball and to improve their physical fitness in particular. Mini-sports games are played in small stadiums with suitable areas, a specific number of players, and a specific time, putting players under pressure to perform correct and fast skill in conditions similar to competition conditions in a narrow space of the playing field, which positively affects the speed of learning skill performance as well as Upgrading the physical side of the players. Furthermore, these games provide the player with experiences that allow him to save time and effort while performing with the ability to act well, and Small sided games play a role in assisting meanings in running training sessions in a successful and effective manner because they contain the nature of fun, suspense, and competition to achieve the desired goals that are based on the development and development of some qualities. Basketball players' skill and physicality (Laur , Abdawi, & Zahra , 2020, p. 03).

Small sided games are a foundation for the player to learn many different tactical combinations, as it is the foundation of the player's sense of speed to move to the appropriate places and master the appropriate rapid release, as well as how to maintain the ball, change places, book opponents, and pay attention to each opponent and close colleague, as it is always done on small areas where he raises his level of technical performance (Jaghdam , 2014, p. 03).

As previously stated, Small sided games training methods are very important in the field of sports training, as they play in different areas, small and large, with the goal of acquiring various skills such as controlling the ball, building attacks in different playing areas, and it is the primary means used to train players within different spaces. The player responded well to expected and unexpected factors and variables, and you must make quick

decisions for these variables, take the right action, and make the right decision at the right time.

Returning to the topic at hand, we posed the following question:

Is Small sided games training effective for developing passing and dribbling skills in basketball players under the age of 16?

2. Sup-questions:

- ❖ Are there statistically significant differences in the skill of passing between the results of the pre and post tests for the study sample?
- ❖ Are there statistically significant differences in the results of the pre and post tests for the study sample in the skill of conversation in favor of the post-tests?

3. Hypotheses:

3.1. Main Hypothesis:

Small sided games training is effective in developing passing and dribbling skills in basketball players under the age of 16.

3.2. Sup-Hypotheses:

- ❖ There are statistically significant differences in the skill of passing between the results of the pre and post tests for the study sample.
- ❖ There are statistically significant differences in the results of the pre and post tests for the study sample in the skill of dialogue, favoring the post tests.

4. Study objectives:

- ❖ Knowing the extent to which the training program using Small sided games contributed to the development of some basic skills (passing, dribbling) for basketball players under the age of 16.
- ❖ Determine the primary and fundamental factors that influence the basketball cubs' skill level.
- ❖ The use of skill tests in the detection process to improve and develop some fundamental skills for basketball players under the age of 16.
- ❖ Disclosing the nature of the statistical differences between the results of the sample's pre and post tests for the research variable, which are the basic skills under investigation.

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- ❖ The coach's understanding of the importance of Small sided games and their effectiveness in improving some fundamental basketball skills.

5. Study importance:

- ❖ Small sided games are especially important for basketball players under the age of 16.
- ❖ Testing basketball players' skill abilities during the competition stage.
- ❖ Providing a special training program to assist those in charge of future training affairs in preparing their players in a committed and purposeful manner, developing basic skills and thus raising Algerian basketball's technical level.

6. Literary Review:

6.1. Jugdam Bin Dahabia Study (2014):

- **Title:** The effect of using exercises on mini-pitches in improving the physical and skill side of soccer players participating in school sports teams.
- **Objective:** To know the extent of the contribution of mini-court training to the success of the motor performance of the school sports team players during the competition.
- **Approach:** the experimental curriculum for a sample of 30 students (13-15 years)
- **Tests:** 30m running test, wide jump from stability, zigzag running with the ball, bouncing the ball on the feet, shooting the ball on the straight goal.
- **Results:** The mini-court training positively affects the physical development and basic skills of football players participating in school sports teams.

6.2. Study of Hajjar Khirfan Muhammad (2011):

- **Title:** The effect of a proposed training program in mini-courts on the development of physical qualities and basic skills of football juniors.
- **Objective:** To develop a proposed training program on mini-pitches to develop some physical characteristics and basic skills for football players under 14 years of age.
- **Approach:** The experimental method, the sample number is 25 players.
- **Tests:** 30m running test, running between hurdles, ball control.
- **Results:** The mini-court training positively affects the development of physical qualities and basic skills.

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6.3. Study of Qahtan Jalil Khalil Al-Azzawi (2009):

- **Title:** The effect of using small games in developing the level of some physical abilities of soccer goalkeepers Cubs (14 years old).
- **Objective:** To know the extent of the impact of the proposed training curriculum in developing some physical characteristics of 14-year-old football goalkeepers.
- **Approach:** The experimental method was applied to a sample of 20 goalkeepers who were divided into two samples, each group consisting of 10 players
- **Tests:** vertical jump from stability, throwing a medicine ball, running between poles, passing between obstacles and front rolling over them.
- **Results:** The proposed training program with Small sided games achieved a positive development in the results of the tribal and post tests for vertical jumping, the distinctive strength of speed, flexibility, throwing the medical ball, and agility.

6.4. Ahmed Farah Ismail study (2003):

- **Title:** The effect of Small sided games training on some physical and skill aspects of football players under 18 years of age.
- **Objective:** To know the effect of training on mini-pitches in developing some of the skill aspects of football players under 18 years of age.
- **Approach:** The experimental approach using two groups of 30 players.
- **Tests:** Running zigzag with the ball between the poles, passing the ball on the 3m blocking wall, stopping the moving ball, bouncing the ball with the feet.
- **Results:** Mini-pitch training positively affects the development of the physical and skill aspects of football players.

7. Theoretical aspect of the study:

7.1. Small sided games:

Small sided games differ and have various characteristics; they change depending on the size of the playing area, the number of players, and the time of exercise, and we control the intensity of the Small sided games using these variables (Sharit , 2018, p. 70).

It is one of the similar and similar training methods for actual performance situations during matches, as it is held between small numbers of players (2 vs. 2 or 3 vs. 3 etc.), in small areas of the field, and at a specific time (Saudi , 2019, p. 176).

Procedural definition: It is one of the modern methods of training that is distinguished by its ease of implementation and lack of the need for large areas to complete it, as it has

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recently been widely used by basketball players due to its benefits in improving and developing physical and skill aspects, and it can be relied on at all age stages. It is appropriate for all groups and can be included in training programs. For lower levels of learning that is more efficient and effective.

7.2. Basketball

It is a team sport for both sexes in which two teams compete, with each team consisting of (12) players, with only (5) players on the field at any given time, with the option of switching available throughout the match period, and during these periods, each team tries to enter the ball into the opponent's basket from the top, with the team that scored the most points in the match considered the winning team (Mrabet , 2022, p. 743).

Procedural definition: The collective performance of a group of team members as one unit determines the outcome of a basketball game. It is a fast-paced basketball game in which the player quickly switches from attacking to defending, and in this game, quick sudden starts, unexpected stops, jumps, turns, changes direction and speed, and the use of deception games and the Small sided games method are very suitable for training such traits.

7.3. Passing skill:

Passing is a primary linking method between two or more players that allows you to avoid the opponent's players while putting a colleague in the optimal position for a specific movement performance.

The team's proficiency in passing skill is one of the factors that help in controlling the course of the game, as well as helping to implement various offensive and defensive plans, because it boosts the team's self-confidence while undermining the opposing team's confidence in itself, and passing confidence and success are closely related to ball control. The importance of passing direction must be taught to the youth (Ibrahim & Afifi, Football for Juniors, 2001).

Procedural definition: If passing is the process of throwing the ball from one player to another in an accurate manner in order to avoid being cut off by the opponent, then passing is the main way to move the ball during the game towards the goal, and the importance of passing is manifested in that even if the team does not improve its players, they can keep the ball for a while longer, and thus they can win time. According to Hassan Moawad, in a strong match where the level is close, the team whose members improve their passing by keeping the ball for as long as possible wins.

7.4. Dribbling skill:

It is the process of pushing the ball with the wrist and receiving it to push it again, with the ball moving in a continuous and connected manner between the ground and the hand. It is a coordinated movement of the arm, wrist, fingers, legs, eyes, and the ball, and it is the only

technical means by which we can walk and run on the field while in possession of the ball. The skill is performed with the body bent forward, knees slightly bent, and the right forearm parallel to the ground, arm muscles completely relaxed. They are also spaced so that the opposing hand's fingers point forward in the direction of the ball's movement, and the movement of the axis hand's wrist and the amount of individual bending and extending the wrist and arm must be smooth and compatible with the hand and the ball, as if it is connected to his hand.

When dribbling with the right hand, the left hand is placed in front of the body with the elbow bent to protect the ball from the defender, and vice versa when dribbling with the left hand. The height of the ball is determined by three factors: an individual's length, natural inclination, specific types of performance, and dribbling speed (Hassan Sayed , 1994).

Procedural definition: Dribbling is the second method of moving and advancing the ball after passing, but its significance extends beyond the scope of the game, as all players must master this technique in order to control and move the ball. Controlling the ball well and in all circumstances has become one of the most important features of modern play, allowing the team to bypass the opponent, create opportunities for the team, control the course of play, and reach the opposing team's goals.

8. Field study procedures:

8.1. Survey Study:

The exploratory study was conducted on a sample of (8) players from the S.O.C.A Annaba team, and the sample taken matches the age conditions of the research sample, where the test was conducted to take into account some of the points required to begin field work, which are:

- Understanding the various circumstances that surround the application process.
- Identifying the most critical training aids, such as tools, equipment, and balls.
- Choosing the best tests to assess the passing and dribbling abilities.
- Knowing how long each test takes and where you stand in terms of organization.
- Determining the level of validity and reliability of the field study tool.

8.2. Psychometric characteristics:

Table 1. Shows the stability of the skill tests adopted in the research

Tests	sample number	freedom degree	Indication level	stability coefficient	correlation coefficient
Passing ability test	8	7	0.05	0.83	0.602

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dribbling speed test				0.93	
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Source: Made by the researcher

8.3. Approach

The method used by the researcher in his study is determined by the nature of his research and its objectives. The research objectives are based on understanding the training program based on Small sided games in improving and developing the skill of dribbling and passing among basketball players under the age of 16.

We see that the "experimental approach" is the appropriate approach based on the objectives of the study and the nature of the subject, as well as the problem at hand, and this approach is defined as a deliberate and controlled change of the specific conditions of the phenomenon and the observation of the outcomes of the change in the phenomenon under study, and it is also known as the use of experience in proving hypotheses (Muhammad Khalil Abbas et al, 2007, p. 79).

8.4. Community:

The research community is represented in all of Annaba's 14 teams, which are made up of 14 teams.

8.5. Sample:

The sample was chosen with care, and it includes 14 basketball players from Annaba S.O.C. A team from the Annaba state.

8.6. Research Areas:

8.6.1. Human Domain:

The number of people on whom or through whom the study was completed is included in the human field. Our human field of study consists of 14 Annaba S.O.C.A basketball players under the age of 16.

8.6.2. Spatial Domain:

In terms of the pre- and post-skill tests, they were used in addition to the proposed training units at the Shadli Bin Kawer Stadium in the state of Annaba, which is used by the club for training and official matches.

8.6.3. Time Domain:

- The exploratory experiment was from 21/21/2021

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- The pretest were on 10/82/2022
- Implementation of the training program started from 02/02/2022 until 05/04/2022
- Post-tests were on 07/04/2022

9. Research tools:

9.1. Theoretical studies (bibliographical analysis): books, previous studies, Arab and foreign references.

9.2. The training program based on Small sided games training: The training program lasts (80 weeks), has a total of (24) training units, and the group trains at a rate of (03) training units per week.

9.3. Proficiency test:

9.3.1. Measurement of Scrolling Accuracy:

A. Performance requirements:

When the signal is given, the player stands behind the starting line and passes the ball to the square drawn on the wall, which contains three squares. Each square has points. The player's objective in this game is to collect as many points as possible in five attempts (Ahmed Ali , 2004, p. 126).

B- Tools employed:

Basketballs, tape measure, and a wall that has been meticulously drawn and striped

C- The test's objective:

Scrolling precision measurement.

D- Result calculation:

- When the ball lands on the center square, the player receives three points (3 points).
- When the ball touches the second square, the player receives two points (2 points).
- When the ball lands on the final square, the player receives one point (1 points).

9.3.2. Dribbling speed test:

A- Performance Requirements:

When the signal is given, the player stands on the starting line and begins dribbling the ball quickly between the cones (10 cones), and when he reaches the last cone, he rotates at it and

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returns between it as quickly as possible, without touching or dropping any cone, and this time is added to the time taken.

B- Tools used:

Tape measure, basketball, 10 cones, whistle, and timer.

C- The purpose of the test:

Measure of how well a player controls the ball while dribbling

D- Result Calculation:

Two attempts are given to each player with the best attempt time calculated.

9.3.3. Statistical Tools:

- SMA
- Standard deviation
- Student's T test
- Correlation coefficient
- SPSS program.

10. Result presentation, analysis, and discussion

10.1 Presentation and discussion of the passing ability test results

Table 2. It displays the pass-accuracy measurement test pre- and post-test results for the control and experimental groups

Test	SMA	Standard deviation	sample size	Correlation coefficient	Calculated T value	p value sig	Statistical significance
Pre-Test	8.92	1.54	14	0.839	4.69	0	sig
Post-Test	10.28	1.97					

Source: author, 2022

We can see from Table No. (2), which compares the results of the pre and post tests for the study sample in the passing accuracy test:

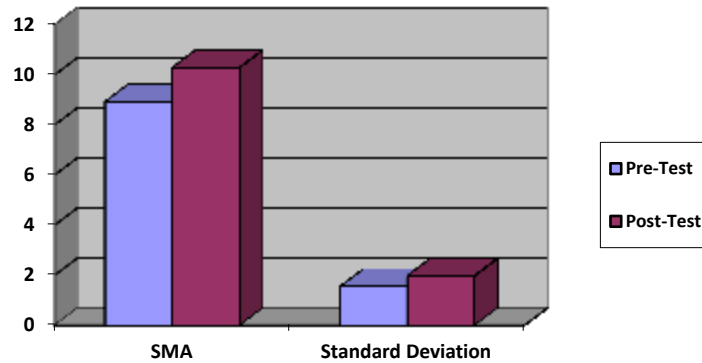
In the pre-test, the study sample had an arithmetic mean of (8.92) and a standard deviation of (1.54). The post-test resulted in an arithmetic mean of (10.28) and a standard deviation of (1.97). The calculated t-value was (4.69) and the probabilistic value sig (0.00), both of

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which were less than the 0.05 level of significance. As a result, we can conclude that there are statistically significant differences between the results of the pre- and post-measurement of this sample in favor of the post-measurement. Thus, the Small sided games-based training program applied to the study sample aided in the development of passing accuracy.

Figure.1. Histogram of the differences between the pre-test and post-test results for the study sample in the passing accuracy test



Source: author, 2022

10.2. Presentation and discussion of the dribbling velocity measurement test results:

Table 3. It compares the results of the study sample's pre-test and post-test in the dribbling speed test

Test	SMA	Standard deviation	sample size	Correlation coefficient	Calculated T value	P value sig	Statistical significance
Pre-Test	14.74	2.23	14	0.822	-5.23	0	sig
Post-Test	12.84	1.36					

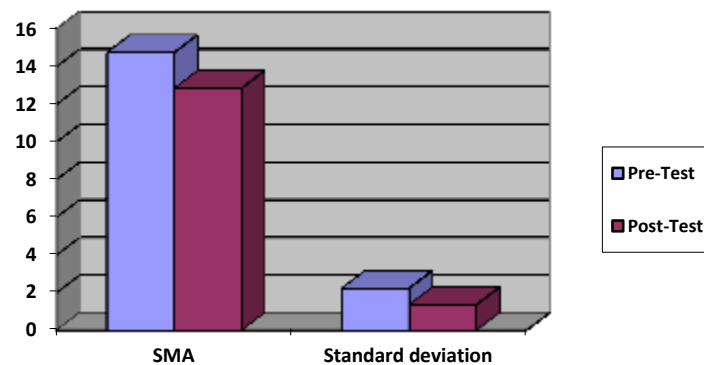
Source: author, 2022

Table No. (3) Shows a comparison of the results of the pre and post tests for the study sample in the interview speed test, and it is clear to us that:

In the pre-test, the study sample had an arithmetic mean of (14.74) and a standard deviation of (2.23). The post-test had an arithmetic mean of (12.84) and a standard deviation of (1.36), as well as a calculated t-value of (-5.23) and a probabilistic value sig (0.00), both of which were less than the significance level of 0.05. As a result, we can conclude that there are statistically significant differences between the results of the pre- and post-measurement of this sample in favor of the post-measurement. Thus, the training program based on Small sided games used with the study sample aided in the development of conversational skills.

Figure.2. Histogram of the differences between the pre-test and post-test results for the study sample in the dribbling velocity test

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Source: author, 2022

10.3. Discussing research hypotheses:

The research began with two sub-hypotheses and a main hypothesis in order to find solutions to the problem at hand, which is the effectiveness of Small sided games in improving and developing the passing and dribbling skills of basketball players under the age of 16.

10.3.1. First hypothesis discussion:

In the passing skill of basketball players under the age of 16, there are statistically significant differences between the pre- and post-test of the study sample in favor of the post-test. These variations are due to the development of the study sample members as a result of implementing the proposed exercises using Small sided games in basketball passing and dribbling skills.

The researcher believes that this statistical achievement is consistent with the findings of previous studies and research, such as Jagdam bin Zahabiya's (2014) study titled "the effect of using mini-court exercises in improving the physical and skill side of football players participating in school sports teams." And Hajjar Khirfan Muhammad (2011) conducted research on "the impact of a proposed mini-court training program on the development of physical characteristics and basic skills in junior footballers." In addition, Qahtan Jalil Khalil Al-Azzawi (2009) conducted research on "the effect of using small games in developing the level of some physical abilities of goalkeepers aged 14 years old for football." In confirming the important facts that there is a link between the physical and the skill side, which leads to the development of technical performance and the improvement of skillful motor compatibility, as well as the development of the skill side in particular. The results of Table No. (2) Show that the probabilistic value (gis) is less than the significance level of 50.0. As a result, there are statistically significant differences between the pre and post test results, proving the validity of the first hypothesis.

10.3.2. Second hypothesis discussion:

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In the skill of dribbling among basketball players under the age of 16, there are statistically significant differences between the pre and post-tests of the study sample in favor of the post tests. It should be noted that our findings overlap with those of Jalal Yassin and Ashi Yazid, as well as Ahmed Farah Ismail (2003), in their studies titled "The effect of a proposed training program for speed and balance on improving dribbling skill" and "The effect of Small sided games training on some aspects." Physical and technical abilities of football players under the age of 18. Because speed and balance are among the main components that have gained importance in our training program, the findings of our study confirm that Small sided games have a positive impact on dribbling skill. The results of Table No. (3) Show that the probabilistic value (gis) is less than the significance level of 50.0. As a result, there are statistically significant differences between the pre and post test results, proving the validity of the second hypothesis. On the field, it was discovered that the training program designed in the form of Small sided games contributed positively to the improvement and development of passing and dribbling skills for basketball players under the age of 16, based on the results of the passing and dribbling tests and the analysis of tables No. (2) And (3), indicating that the main hypothesis was met.

10.3.3. Main hypothesis discussion:

Small sided games help basketball players under the age of 16 develop and improve their passing and dribbling skills. This appears after data collection, unpacking, analysis, and interpretation on both the theoretical and field sides of the research. The importance of Small sided games exercises in improving and developing basketball cubs' passing and dribbling skills was addressed in the theoretical aspect of the research.

11. Results:

The following findings were reached within the parameters of the research procedures, in light of its objectives, and through statistical analysis of the results obtained:

- ❖ The Small sided games-based training program has helped to develop and improve the passing and dribbling skills of basketball players under the age of 16.
- ❖ The Small sided games drills helped the basketball players improve their passing accuracy through the passing accuracy test.
- ❖ Through the dribbling speed test, the Small sided games exercises helped the basketball players improve their dribbling skills.
- ❖ The Small sided games exercises positively affect the development of basic skills, as it was discovered that these exercises allow the use of a variety of skills, which results in effective repetitions that aid in the stabilization of basketball players' motor skills, and such exercises are one of the competitive methods, which is one of the best Methods of stimulating the players' activity, which results in a physical burden and real competition during training.

12. Recommendation:

In light of the study's objectives and the presentation and discussion of its findings, we recommend the following:

- ❖ Inclusion of Small sided games programs in training courses for all age groups and categories.
- ❖ The importance of using Small sided games exercises in basic training programs for developing skill performance and acquainting the player to the competitive method, which is what this method emulates.
- ❖ Increasing the variety of Small sided games used in training sessions.
- ❖ The importance of educating trainers on the value of Small sided games in the motor and skill learning process.
- ❖ Conducting additional research on Small sided games that combine skill, physicality, and planning for various age groups.

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