

## Abstract

**Title:** The effect of small sided games on agility performance in pre-adolescent soccer players

**Objectives:** Evaluation of the impact of small sided games intervention on the agility performance. Comparison between agility performance and motor skills level. Comparison between increase of agility performance and motor skills level.

**Method:** The measured group consisted of 44 players aged 11-13. During the testing, the players passed a battery of motor skills tests TGMD 2, then the agility tests Illinois and 505 R and L (pretest and posttest). The first group of players (22 players) were subjected an intervention of small sided games (three times a week for 2 months as part of the training session). The 2nd group of players (22 players) had only regular training during this period without intentional intervention.

**The results:** According to the results of the motor skills test TGMD 2, the probands were divided into 3 subgroups according to the achieved performance. In both groups (intervened and control groups) the hypothesis, that players with higher level of motor skills will achieve better results in agility tests, was partially confirmed. This hypothesis was confirmed in the Illinois test in its entirety. In the 505 R and L tests, a statistically significant difference in performance was measured in groups with above-average motor levels, in the remaining two groups the difference in results wasn't enough significant difference to accept this hypothesis with confidence. However, the layout of the data suggests that there is a high probability that the relationship will be: "The higher the level of motor skills, the better the agility performance."

Intervention in the form of small sided games had a greater effect on the increase agility performance than normal training only in the 505 R and L tests for the subgroup with average motor skills, where these groups experienced a statistically significant increase in agility performance. In the Illinois test, the intervened group had a higher increase than the control group in the subgroups with average and above average motor skills.

Players with below-average motor skills achieved the greatest improvement in agility in all tests. However, it was only a control group that was subjected to routine training. Intervened players with below-average general motor skills didn't achieve a significant increase in agility in any of the agility tests.

**Keywords:** agility, change of direction speed, motor skills, small sided games, 505, Illinois, TGMD 2