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# THE EFFECT OF SMALL SIDED GAME TRAINING METHODS, DRILL TRAINING METHODS AND MOTOR SKILLS ON BASIC FUTSAL TECHNIQUE SKILLS

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**Abstract**

This research originated from the fact that there is still a low ability of basic futsal techniques of students in Padangsidimpuan City, especially in Madrasah Aliyah Negeri. The purpose of this study was to determine the effect of small sided game training methods, drill training methods and motor skills on the ability of basic futsal techniques. This research is an experimental research with Factorial Design (2x2). Data analysis using two-way ANOVA at significance level α = 0.05. Basically, a prerequisite test will be carried out in the form of a normality test and data homogeneity with a significance level of 5%. Next, to compare the average pairs of treatments, the Tukey test (follow-up test) is used. This research was conducted in 2 schools, namely Madarasah Aliyah Negeri 1 and Madrasah Aliyah Negeri 2. The population of this study was all futsal players from these two schools who were then tested for motor skills using Barrow Motor Ability to take a sample of 20 from each school. The results showed that (1) There is an influence of small sided game training methods and drill training methods on the ability of basic futsal techniques evidenced by a sig value of 0.00<0.05. (2) There is an interaction between the small-sided game training method and the drill training method with motor skills (high and low) against the ability of basic futsal techniques evidenced by a GIS value of 0.00<0.05. (3) It is proven that players with high motor skills the small sided game training method is more effective than the drill training method in improving the ability of basic futsal techniques with a sig value of 0.00<0.05. (4) It is proven that players with high motor skills drill training method is more effective than small sided game training method in improving basic futsal technique ability with a sig value of 0.004<0.05.

**Keywords:** Small Sided Game, Drill, Basic Futsal Technique Ability, Futsal.

## INTRODUCTION

Basic technical skills in futsal are important aspects that affect a player's performance on the field (Pedrinelli et al., 2024; Yona et al., 2024). Basic futsal techniques include skills such as dribbling, passing, shooting, and ball control. In fact, there are still many students in Padangsidimpuan, especially in Madrasah Aliyah Negeri, who have low basic futsal technical skills. This is a problem that needs to be addressed immediately to improve the quality of futsal games among students (Alizamani et al., 2023; Cabreira et al., 2022).

Improvement of basic futsal techniques can be achieved through various training methods. Two methods that are often used in futsal training are the Small Sided Game (SSG) training method and the drill training method. The SSG method involves futsal games in a smaller field size with a smaller number of players, aiming to increase player involvement and frequency of ball touches. Meanwhile, the drill practice method focuses on repetition of specific technique movements in controlled and structured

situations, aiming to improve specific techniques through repetitive exercises (Nabo et al., 2021; Tomsovsky et al., 2021).

Motor skills also play an important role in developing basic futsal technical skills (Arwandi et al., 2023; Bafirman, Zarya, et al., 2023; Bafriman et al., 2024; Putra et al., 2023). Motor skills include basic physical skills such as coordination, balance, speed, and strength that affect a player's ability to master futsal techniques (Abate et al., 2021; da Silva et al., 2021; García et al., 2022).

Futsal, as one of the sports that is increasingly popular in various parts of the world, including Indonesia, requires mastery of good basic techniques to achieve optimal performance. Basic techniques in futsal include various skills such as ball control, passing, dribbling, and shooting. Mastery of these techniques is essential for players to contribute effectively to the game (Dergaa et al., 2023; Rinaldo et al., 2022).

In an effort to improve the ability of basic futsal techniques, various training methods have been developed and applied (Hamzeh Shalamzari et al., 2024; Paillard & Noé, 2020). Two commonly used methods are the Small Sided Game (SSG) training method and the drill practice method. Small Sided Game (SSG) is a form of game that is done in small groups with a smaller number of players than the actual futsal game. This method offers various advantages such as improved touches of the ball, faster decisions, and more frequent game situations. In SSG, players interact more with the ball and teammates, so their technical and tactical skills can be honed effectively (Bahari Fard et al., 2022; Santi et al., 2024).

**The drill practice method, on the other hand, focuses on repetition of a particular movement or technique in a structured and controlled situation** (Amani-Shalamzari et al., 2019; Peng et al., 2024). Drills aim to refine specific skills through repetitive exercises, thus allowing players to develop basic techniques with more detail and precision. Although lacking the dynamic context of the game like SSG, drills are very effective in building a strong engineering foundation.

In addition to training methods, individual motor skills also play an important role in mastering basic futsal techniques. Motor skills include coordination, balance, agility, and muscle strength which all affect how a player controls and operates the ball in play. Good motor skills can speed up the learning process and increase the effectiveness of the exercises undertaken (Tienza-Valverde et al., 2023; Vu & Conant-Norville, 2021).

In the world of futsal, improving basic technical skills is the main focus in the training program (Clemente et al., 2019; Kueh et al., 2024; Spyrou et al., 2022). Basic techniques such as ball control, passing, dribbling, and shooting require an effective practice approach. The two main methods used are Small Sided Game (SSG) and drill drills, each with its advantages and disadvantages in developing player skills.

**Small Sided Game (SSG) is a form of practice that uses games with fewer players and a smaller area than full games. This method has proven to provide some significant advantages. SSG allows players to interact with the ball more often, improving ball control and other basic skills. Dynamic game situations help players hone their decision-making skills quickly. In addition, research shows that SSG can improve a player's physical fitness due to the high intensity of the game and the need to keep moving** (Jeon & Eom, 2021; Trovato et al., 2023; Valvassori et al., 2020).

On the other hand, drill exercises focus on repetition of a particular movement or technique in a structured and controlled situation (Herawati & Gayatri, 2019; Kapoor et al., 2023; Poletto et al., 2021). This method aims to refine specific skills through repetitive exercises, allowing players to develop basic techniques with more detail and precision. While lacking the dynamic context of the game like SSG, drills are effective in building a strong engineering foundation.

In addition to training methods, individual motor skills also play an important role in mastering basic futsal techniques (Hamzeh Shalamzari et al., 2024; Liu et al., 2021; Pi-Rusiñol et al., 2022). Motor skills, which include coordination, balance, agility, and muscle strength, affect how players control and operate the ball in play (ali et al., 2024; Bafirman, Munir, et al., 2023; HB et al., 2023; Ismoyo et al., 2024). Good motor skills can speed up the learning process and increase the effectiveness of the exercises undertaken.

However, the extent of the influence of each of these training methods, both SSG and drill, as well as the role of motor skills on improving the ability of basic futsal techniques still requires further research. Understanding the effectiveness of these exercise methods in depth will be of great benefit to trainers, players, and sports practitioners in developing more effective and efficient exercise programs. This study aims to examine the influence of Small Sided Game training methods, drill training methods, and motor skills on basic futsal technique skills, expected to make a significant contribution to efforts to improve the performance of futsal players through appropriate and measurable training methods.

Therefore, this study aims to examine the influence of Small Sided Game training methods, drill training methods, and motor skills on basic futsal technique abilities. Thus, it is expected that the results of this study can make a significant contribution to efforts to improve the performance of futsal players through appropriate and measurable training methods.

## METHODS

This study used an experimental design with a Factorial Design (2x2) pattern, which aims to explore the influence of two independent factors, namely training methods (Small Sided Game and Drill) and motor skills (high and low), on the ability of basic futsal techniques. This research was conducted in two schools, namely Madrasah Aliyah Negeri 1 and Madrasah Aliyah Negeri 2 in Padangsidimpuan. The study population consisted of all futsal players in both schools. To determine the research sample, a motor ability test was carried out using the Barrow Motor Ability test. From the test results, purposively selected as many as 20 players from each school, so that the total sample amounted to 40 futsal players.

The independent variables in this study were training methods (Small Sided Game and Drill) and motor skills (high and low), while the dependent variables were basic futsal technique abilities. The research procedure begins with an initial test to measure the motor ability of the entire population using the Barrow Motor Ability test. Based on the results of these tests, subjects were then categorized into groups with high and low motor abilities. Furthermore, the study subjects were divided into four groups based on a combination of exercise methods and motor skills: (1) Small Sided Game with high motor skills, (2) Small Sided Game with low motor skills, (3) Drill with high motor skills, and (4) Drill with low motor skills.

The implementation of research involves the application of exercise methods according to the division of groups. The collected data were analyzed using two-way ANOVA at a significance level of α = 0.05. Before the analysis, a prerequisite test was carried out in the form of a normality test and data homogeneity with a significance level of 5%. To compare the averages between treatment groups, the Tukey test was used as a follow-up test. With this approach, it is hoped that a comprehensive understanding of the influence of training methods and motor skills can be obtained on improving the ability of basic futsal techniques.

## RESULTS AND DISCUSSION

### Normality Test

Test the normality of this deep data using Shapiro-Wik. The results of the normality test in each analysis group with a significance level of 5% or 0.05. A summary of normality is presented in the following table.

**Table 1: Normality Test**

| Group | | *P* | Significance | Information |
|---|---|---|---|---|
| *Pre Test* | A1B1 | 0,648 | 0,05 | Usual |
| | A1B2 | 0,167 | | Usual |
| | A2B1 | 0,229 | | Usual |
| | A2B2 | 0,824 | | Usual |
| *Post Test* | A1B1 | 0,621 | | Usual |
| | A1B2 | 0,869 | | Usual |
| | A2B1 | 0,520 | | Usual |
| | A2B2 | 0,620 | | Usual |

Based on statistical analysis of normality tests that have been carried out using the Shapiro-Wilk test, on all pretest and posttest data of basic futsal technique abilities, normality test results of p > 0.05 significance value data were obtained which means the data is normally distributed.

### Homogeneity

The homogeneity test is carried out to test the equation of several samples, namely homogeneous or not. The homogeneity test is meant to test the similarity of variants between pretest and posttest. The homogeneity test in this study is the Levene Test. The results of the homogeneity test are presented in the following table.

**Table 2: Table of Homogeneity**

| Test of Homogeneity of Variances | | | | | |
|---|---|---|---|---|---|
| | | **Levene Statistic** | **df1** | **df2** | **Sig.** |
| basic futsal technique skills | Based on Mean | .962 | 1 | 38 | .333 |
| | Based on Median | .854 | 1 | 38 | .361 |
| | Based on Median and with adjusted df | .854 | 1 | 36.656 | .361 |
| | Based on trimmed mean | .942 | 1 | 38 | .338 |

Based on statistical analysis of homogeneity tests that have been carried out. The results of the pretest and posttest data homogeneity test showed that each of them had a significance value of >0.05; Therefore it can be said that the data used does not have significant differences in each class, therefore this data is homogeneous and can be analyzed further.

Testing of research hypotheses is carried out based on data analysis and interpretation of two-track anova analysis. The sequence of hypothesis testing results adjusted to the hypotheses formulated in chapter II, as follows.

a. The hypothesis is that there is an effect of training small sided game training methods, Drill training methods on the ability of basic futsal techniques.

The first hypothesis reads "There is a significant influence between the small-sided game training method and the drill training method on the ability of basic futsal techniques. The analysis used a paired sample test t-test, along with the results of the effect of small-sided game exercises and drill exercises.

1) The effect of small sided game training methods on the ability of basic futsal techniques.

Test criteria if the value of sig<0.05 then Ha is accepted. Based on the results of the paired sample test t test analysis, data were obtained in the following table.

**Table 3: Test Results of the Effect of Small Sided Game Training on Basic Futsal Technique Skills**

| Paired Samples Test | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | Paired Differences | | | | | t | Df | Sig. (2-tailed) |
| | | Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference | | | | |
| | | | | | Lower | Upper | | | |
| Pair 1 | PreTest - PostTest | 2.04650 | .57695 | .12901 | 1.77648 | 2.31652 | 15.863 | 19 | .000 |

Based on the results of the analysis in the table above, it can be seen that the significance value is 0.00 < 0.05, with an average difference in influence of 2.04, the results show that there is a significant difference thus (Ha) is accepted which reads "there is a significant effect of small sided game training on the ability of basic futsal techniques".

2) The effect of drill training methods on the ability of basic futsal techniques.

Test criteria if the value of sig<0.05 then Ha is accepted. Based on the results of the paired sample test t test analysis, data were obtained in the following table.

**Table 4: Test Results of the Effect of Drill Training on the Ability of Basic Futsal Techniques**

| Paired Samples Test | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | Paired Differences | | | | | T | df | Sig. (2-tailed) |
| | | Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference | | | | |
| | | | | | Lower | Upper | | | |
| Pair 2 | PreeTest – PosttTest | 1.87150 | .79342 | .17741 | 1.50017 | 2.24283 | 10.549 | 19 | .000 |

Based on the results of the analysis in the table above, it can be seen that the significance value is 0.00 < 0.05, with an average influence of 1.87, the results show that there is a significant difference thus (Ha) is accepted which reads "there is a significant influence of drill training methods on the ability of basic futsal techniques".

b. The interaction between the small-sided game training method and the drill training method with motor skills (high and low) on the ability of basic futsal techniques.

The fourth hypothesis is to examine the interaction between small-sided game training methods and drill training methods with motor skills (high and low) on basic futsal technique abilities. Test criteria if the sig value < 0.05, then Ha is accepted. Based on the results of the analysis of Anava, two paths obtained data in the following table:.

**Table 5: ANAVA Test Results Interaction between Small Sided Game Training and Drill Training and Motor Skills (High and Low) on Basic Futsal Technique Skills**

| Source | Type III Sum of Squares | Df | Mean Square | F | Sig |
|---|---|---|---|---|---|
| Motor Skills Training Methods | 18,239 | 1 | 10,080 | 18,239 | 0,000 |

From the results of the Anava test in the table above, it can be seen that the F value is 18.239 and the significance value is 0.000 < 0.05, meaning Ho is rejected and Ha is accepted. Based on this, the hypothesis that states "there is an interaction between the small sided game training method and the drill passing training method with motor skills (high and low) on the ability of basic futsal techniques", has been proven.

After testing there is an interaction between the small-sided game training method and the drill training method with motor skills (high and low) against the ability of basic futsal techniques, it is necessary to do further tests using the Tukey test. Tukey's test results can be seen in the following tabeb:

**Table 6: Summary of Tukey Test Results**

Multiple Comparisons

Dependent Variable: Results of Basic Futsal Technical Abilities

Tukey HSD

| (I) Pos Hoc | (J) Pos Hoc | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
|---|---|---|---|---|---|---|
| | | | | | Lower Bound | Upper Bound |
| A1B1 | A2B1 | -1.8490* | .31121 | .000 | -2.6872 | -1.0108 |
| | A1B2 | -4.8410* | .31121 | .000 | -5.6792 | -4.0028 |
| | A2B2 | -3.9890* | .31121 | .000 | -4.8272 | -3.1508 |
| A2B1 | A1B1 | 1.8490* | .31121 | .000 | 1.0108 | 2.6872 |
| | A1B2 | -2.9920* | .31121 | .000 | -3.8302 | -2.1538 |
| | A2B2 | -2.1400* | .31121 | .000 | -2.9782 | -1.3018 |
| A1B2 | A1B1 | 4.8410* | .31121 | .000 | 4.0028 | 5.6792 |
| | A2B1 | 2.9920* | .31121 | .000 | 2.1538 | 3.8302 |
| | A2B2 | .8520* | .31121 | .045 | .0138 | 1.6902 |
| A2B2 | A1B1 | 3.9890* | .31121 | .000 | 3.1508 | 4.8272 |
| | A2B1 | 2.1400* | .31121 | .000 | 1.3018 | 2.9782 |
| | A1B2 | -.8520* | .31121 | .045 | -1.6902 | -.0138 |

Based on observed means.
The error term is Mean Square(Error) = .484.

*. The mean difference is significant at the 0.05 level.

Based on the table above, the test results using the Tukey test on the asterisk sign (*) show that couples who have significantly different interactions or pairs are: (1) A1B1-A1B2, (2) A1B1-A2B1, (3) A1B1-A2B2, (4) A1B2-A2B1, (5) A2B1-A2B2 (6) A1B2-A2B2.

c. Hypothesis proven players with high motor skills small sided game training method is more effective than drill training method in improving basic futsal technique ability.

The third hypothesis is to test players with high motor skills, the small-sided game training method is more effective than the drill training method against the basic futsal technique ability. Test criteria if the sig value < 0.05, then Ha is accepted. Based on the results of the two-track ANAVA analysis, data were obtained in the table as follows.

**Table 7: ANOVA Test Results Differences in the Effect of Small Sided Game Training and Running Drill of Players with High Motor Skills on Basic Futsal Technical Abilities.**

| ANOVA | | | | | |
|---|---|---|---|---|---|
| | **Sum of Squares** | **df** | **Mean Square** | **F** | **Sig.** |
| Between Groups | 17.094 | 1 | 17.094 | 26.824 | .000 |
| Within Groups | 11.471 | 18 | .637 | | |
| Total | 28.565 | 19 | | | |

From the results of the anava test in the table above, it can be seen that F is 26.82 and significance values are 0.000 < 0.05, meaning Ho is rejected. Based on this, it means that there is a significant difference in the influence of players with high motor skills between the small-sided game training method and the drill training method. Based on the results of the analysis, it turned out that the small sided game group had an average of 51,995 higher (good) than the drill group with an average of 53.80. For more information, please see the following table.

**Table 8. Tukey HSD**

| Results of Basic Futsal Technical Abilities | | | |
|---|---|---|---|
| Tukey HSD[a,b] | | | |
| **Pos Hoc** | **N** | **Subset** | |
| | | **1** | **2** |
| A1B1 | 10 | 51.9580 | |
| A2B1 | 10 | | 53.8070 |
| Sig. | | 1.000 | 1.000 |
| Means for groups in homogeneous subsets are displayed.<br>Based on observed means.<br>The error term is Mean Square(Error) = .484. | | | |
| a. Uses Harmonic Mean Sample Size = 10.000. | | | |
| b. Alpha = 0.05. | | | |

Based on the results of the Tukey HSD test in the table above, it can be explained that the difference between each group can be seen from the harmonic mean produced. The results of the diats test show that group A1B1 (Players trained with the small sided game method with high motor skills) is in (column subset 1) and A2B1 (Players trained with the drill method with high motor skills) is in (column subset 2). Based on this, it can be concluded that the improvement of basic futsal technique ability of group A1B1 is better than group A2B1, this means that the third hypothesis that states players with high motor skills small sided game training method is more effective than drill training method in improving the ability of basic futsal technique has been proven.

d. Hypothesis proven players with low motor skills drill training method is more effective than small sided game training method in improving basic futsal technique ability.

The third hypothesis is to test players with low motor skills, the drill training method is more effective than the small sided game training method against the basic futsal

technique ability. Test criteria if the sig value < 0.05, then Ha is accepted. Based on the results of the two-track ANAVA analysis, data were obtained in the table as follows.

**Table 9: ANOVA Test Results Differences in the Effect of Small Sided Game Training and Running Drill of Players with High Motor Skills on Basic Futsal Technical Abilities.**

| ANOVA | | | | | |
|---|---|---|---|---|---|
| | **Sum of Squares** | **df** | **Mean Square** | **F** | **Sig.** |
| Between Groups | 3.630 | 1 | 3.630 | 10.957 | .004 |
| Within Groups | 5.963 | 18 | .331 | | |
| Total | 9.592 | 19 | | | |

From the results of the anava test in the table above, it can be seen that F is 10.95 and significance values are 0.004 < 0.05, meaning Ho is rejected. Based on this, there is a significant difference in the influence of players with low motor skills between the small-sided game training method and the drill training method. Based on the results of the analysis, it turned out that the drill group had an average of 55.94 higher (good) than the small sided game group with an average of 56.79. For more information, please see the following table.

**Table 10. Tukey HSD**

| Results of Basic Futsal Technical Abilities | | | |
|---|---|---|---|
| Tukey HSD[a,b] | | | |
| **Pos Hoc** | **N** | **Subset** | |
| | | **3** | **4** |
| A2B2 | 10 | 55.9470 | |
| A1B2 | 10 | | 56.7990 |
| Sig. | | 1.000 | 1.000 |
| Means for groups in homogeneous subsets are displayed.<br>Based on observed means.<br>The error term is Mean Square(Error) = .484. | | | |
| a. Uses Harmonic Mean Sample Size = 10.000. | | | |
| b. Alpha = 0.05. | | | |

Based on the results of the Tukey HSD test in the table above, it can be explained that the difference between each group can be seen from the harmonic mean produced. The results of the diats test show that group A2B2 (Players trained by drill method with low motor skills) is in (column subset 3) and A1B2 (Players trained with small sided game method with low motor skills) is in (column subset 4). Based on this, it can be concluded that the improvement of the basic futsal technique ability of the A2B2 group is better than the A1B2 group, this means that the fourth hypothesis that states players with low motor skills drill training methods are more effective than small sided game training methods in improving the ability of basic futsal techniques has been proven.

## DISCUSSION

This study aims to evaluate the effect of Small Sided Game (SSG) training methods and drill exercises as well as motor skills on basic futsal technique skills in students at Madrasah Aliyah Negeri in Padangsidimpuan. From data analysis using two-way ANOVA (Two Way ANOVA) with a significance level of α = 0.05, several important findings were found.

First, the results showed that there was a significant influence of SSG and drill training methods on the ability of basic futsal techniques. This is evidenced by a significance

value of 0.00, which is smaller than 0.05. That is, both of these training methods are effective in improving the basic futsal technique, but perhaps in different ways. The results showed that Small Sided Game (SSG) and drill training methods had a significant influence on the ability of basic futsal techniques. Although both are effective, SSG emphasizes quick response and dynamic game situations, while drills focus more on technical details. The importance of choosing a training method that suits the individual characteristics of players is the main point that can maximize training results (Bedo et al., 2022; El Gharib et al., 2021; Peng et al., 2024; Seyyed Hossein et al., 2023).

Second, there is a significant interaction between training methods and motor skills (high and low) to improve basic futsal techniques. This is also evidenced by a significance value of 0.00, which indicates that the effectiveness of the training method is influenced by the level of motor ability of the player. The finding of a significant interaction between training methods and motor skills to improve the ability of basic futsal techniques highlights the importance of personalization in the training approach. This confirms that the effectiveness of the training method depends not only on the type of exercise chosen, but is also influenced by the level of individual motor ability of the player. Taking this factor into account, coaches can design a more precise and targeted training program, which suits the needs and potential of each player (Bittencourt et al., 2024; Sado et al., 2019; Southey et al., 2024; Watanabe et al., 2023).

Third, for players with high motor skills, the SSG training method has proven to be more effective than the drill training method in improving the ability of basic futsal techniques. A significance value of 0.00 supports this finding, suggesting that players with high motor skills benefit more from the SSG method. SSGs emphasizing dynamic game situations and quick responses proved more effective for players with high motor skills, suggesting that challenging drills can improve the quality of their play significantly. Therefore, personalization in the selection of training methods is key in achieving optimal results in the development of basic futsal technique skills (de Oliveira Cattem et al., 2024; Matsumoto et al., 2023; Santi et al., 2024; Tomsovsky et al., 2021).

Fourth, for players with low motor skills, the drill training method turned out to be more effective than the SSG method in improving basic futsal technique skills. This is evidenced by a significance value of 0.004, which indicates that the drill method is more suitable for players with lower motor skills. The discovery that drill training methods are more effective for players with low motor skills in improving basic futsal technique skills confirms the importance of an approach tailored to individual needs. The drill method, with a focus on more structured repetition of movement and control, provides a more suitable practice environment for players with unskilled motor skills. This suggests that more controlled drills can provide an opportunity for players to systematically improve their basic techniques without the pressure of complex game situations. Thus, adjusting training methods based on the level of motor ability of players is key in maximizing their potential and achievement in futsal (Flatt & Howells, 2019; Hickey et al., 2022; Pino-Ortega et al., 2021; Pires et al., 2024).

Overall, the study revealed that training methods should be adapted to players' motor abilities to achieve optimal results in improving basic futsal techniques. The SSG method is more suitable for players with high motor skills, while the drill method is

more effective for players with low motor skills. These findings provide valuable insights for futsal coaches in designing more effective and efficient training programs according to the characteristics of their players (López et al., 2022; Watanabe et al., 2023).

This study provides in-depth insight into the influence of training methods and motor skills on improving the ability of basic futsal techniques. The first findings indicate that both training methods, Small Sided Game (SSG) and drill, significantly improve the ability of basic futsal techniques. This shows that both methods are effective in developing player skills, but the effectiveness of each method can differ depending on the player's specific conditions (de Oliveira et al., 2023; Jacob et al., 2023; Poletto et al., 2021).

The interaction between exercise methods and motor skills provides a more comprehensive understanding. Players with high motor skills benefit more from the SSG training method. This method, which emphasizes small, high-intensity game situations, helps highly motor players to hone technical and decision-making skills in conditions similar to actual matches. This shows that SSG can maximize the potential of players who already have a strong motor foundation by giving them more opportunities to practice in real game situations.

Conversely, for players with low motor skills, the drill method proved to be more effective. Structured, repetitive drill exercises allow players with low motor skills to focus on developing basic techniques gradually and systematically. With a more controlled training environment, these players can improve their technique without the pressure of complex game situations. Lower significance values for this group suggest that drill methods provide a more suitable approach to refining basic skills in detail.

The results of this study emphasize the importance of adjusting training methods based on players' motor skills. Futsal coaches can use these findings to design more effective and targeted training programs. By applying the right training method according to the player's motor profile, it is expected that the improvement of basic futsal technique skills can be more optimal. This interpretation confirms that personalization in training methods is not only important, but also crucial in supporting the maximum development of players' skills.

## CONCLUSION

A very strong conclusion from this study is that the improvement of basic futsal technique ability can be achieved optimally when the training method used is adjusted to the individual motor ability of the player. These findings confirm that there is no universal approach to training in futsal, but the success of training depends on the coach's ability to identify and understand each player's motor profile. By aligning training methods such as Small Sided Games for players with high motor skills and drill exercises for those with low motor skills, coaches can create a training environment that maximizes each player's potential.

Therefore, a strong conclusion from this study is the importance of personalization in futsal training methods to achieve significant improvement in basic technique ability.

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