



The Evaluation of Aerobic Fitness through Small Sided Games

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Received: 01 Feb, 2023, Manuscript no. EJSES-22-81545; **Editor assigned:** 03 Feb, 2023, Pre QC no. EJSES-22-81545 (PQ); **Reviewed:** 17 Feb, 2023, QC no. EJSES-22-81545 (Q); **Revised:** 21 Apr, 2023, Manuscript no. EJSES-22-81545 (R); **Published:** 28 Apr, 2023

DESCRIPTION

Small sided games are used to complete the majority of Soccer Related Training (SSGs). These games serve as a complementary kind of training that enables the development of numerous physical skills inside condensed playing fields with set player counts and game forms that also permit players to engage in sport specific decision making. Since these games have been demonstrated to produce similar physiological responses to interval training, coaches in numerous team sports frequently use SSG to develop the aerobic and anaerobic components of players' fitness. Planning training sessions that are more like the actual game is crucial to guarantee that the tactical, technical, and physical elements are co adapted. The Small Sided Games (SSG), which is frequently utilized in soccer training, is distinguished by employing smaller fields and fewer players than a traditional game. In the literature, these small sided games are referred to as Conditioned Games (CG) when the rules and structure are altered to aid in tactical learning and improve interpersonal relationships with teammates and opponents in addition to changing the task's limitations. Young soccer players benefit greatly from SSG because they offer an environment conducive to the emergence of game behaviour that can stimulate all of the player's skills. SSG also have the benefit of being flexible enough to accommodate players with varying skill levels and learning styles. The young athlete will also be able to improve their level of tactical skills, their capacity for making decisions during games and their effectiveness in finding solutions to problems in SSG due to its characteristic of stimulating creativity by being in smaller spaces.

However, when planning SSGs, coaches who wish to attain physiological and physical performances that enable the development of aerobic endurance must take into account a variety of various aspects that may alter exercise intensity. The number of participants, the size of the field, and the regulations of the game and coach encouragement are some of these variables. The existence or lack of goalkeepers, as well as the training regimen goal size, work to rest ratios and bout duration should also be taken into account. Additionally, when measuring both the heart rate and the overall distance, it was discovered that SSGs with a standard format had low variability. Despite the fact that higher speed distances have been found to have greater variability as a result of recent SSG research, it is possible to suggest that by using smaller, standardized training games, coaches may be able to use these games to identify significant changes in running and physiological performance that may be associated with improved fitness levels. Standardized SSG performance is less dependent on position, score and opponent than match play. Therefore, it may be possible to highlight changes in players' aerobic fitness using their physical and physiological performance during these games, doing away with the need for assessments of their maximum fitness. However, no such soccer specific assessments have been reported that allow technical and physical staff to test within training situations in order to maximize training content. Coaches will engage in specific testing batteries at given time points during the competitive season in order to best ascertain sport specific training adaptations. Numerous test protocols, such as maximal (repeated) sprinting and aerobic and anaerobic endurance tests, such as the Yo-Yo tests, are utilized and well reported in the literature to evaluate certain physical traits; however, none are fully integrated with a sport specific technical participation.

Additionally, recent research has demonstrated that increased intermittent aerobic fitness capacities reduce the likelihood of injury among soccer cohorts, and increased aerobic capacity enhances coaches capacity to boost players performance. However, depending on the test used, the majority of these intermittent aerobic testing batteries call for players to exert themselves to their fullest during predetermined time periods. Due to time restrictions and high levels of player weariness, these maximal testing protocols may not be practical for coaches to execute due to the competitive calendar of elite soccer and periods of fixture congestion. SSGs are a common part of elite soccer training and standardized SSGs have demonstrated a low CV for physical and physiological variables.