

# **Comparison of the Effects of Small-Sided Games vs. Interval Training on Some Physical Fitness- Skills Factors and Lactate Concentration in Young Men Soccer Players.**

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**The purpose of the present study was to comparison of the effects of small-sided games vs. Interval training on Some physical fitness- skills factors and lactate concentration in Young Men Soccer Players. Twenty-four soccer players with 4-5 years training experience (aged: mean  $13.75 \pm 0.45$  years) were recruited Bandar Anzali young male soccer players. Subjects were randomly assigned into two experimental: small-side game (SSG, n = 12) and interval training (INT, n = 12). The SSG and INT groups did not differ significantly in age ( $13.75 \pm 0.45$  and  $13.76 \pm 0.49$  years), height ( $157.58 \pm 8.89$  and  $156.25 \pm 7.24$  cm), body mass ( $45.16 \pm 6.95$  and  $44.7 \pm 10.21$  kg), body fat percent ( $15.83 \pm 2.25$  and  $16.67 \pm 5.44$ ). Both groups then participated in an 8-week training program and 3 days per week. At the end, independent t-test was used to compare the groups in posttest, and paired t-test was used to compare the pre-posttests ( $p \leq 0.05$ ). The results of this study showed that SSG group produced significant ( $p \leq 0.05$ ) increases in power aerobic (11%), power anaerobic (16%), sprint (3%), Agility (18%), pass technique (12%), dribbling technique (10%), shoot technique (10%), and a decline in percent body fat (-13%), and Blood lactate immediately after the Hoff test (-13%). INT group produced significant ( $p \leq 0.05$ ) increases in power aerobic (6%), power anaerobic (9%), sprint (2.6%), Agility (12%), pass technique (4%), dribbling technique (4%), shoot technique (4%), and a decline in percent body fat (-4%), and Blood lactate immediately after the Hoff test (-7%). It can be concluded that both SSG and INT training can improve physical fitness of young soccer players but training in small sided game can have a greater impact on Technical Skills Young men Soccer Players.**

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**Keywords : small-side game, interval training, physical fitness, young soccer players,  
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