

The Effect of Filanesia and Small-Sided Games Training Model on Improving the Life Skills and Performance of Female Soccer Athletes

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Abstract- Until now, football coaching in Indonesia focuses more on male soccer athletes. But actually, female soccer athletes have more opportunities to compete at a higher level. Therefore, this article aims to examine and deepen how the training model suits female soccer athletes. The exercise model applied in the study used the Filanesia and Small Side Games exercise models. In addition, the training process is also integrated with life skill values so that the football training given is more meaningful for athletes who participate in training. In the process, the study used two groups of pretest-posttest design. The sampling technique in this study uses the total sampling technique, where the entire population becomes the research sample. Data was collected using the life skills Scale for Sport (LSSS) instrument for life skills measurement and The Game Performance Assessment Instrument (GPAI) instrument to measure athlete performance. The results showed that the filanesia and small-sided games training models influenced performance and life skills, namely: 1) the filanesia training model had a better influence on improving performance than small sides games training based on the average posttest results (Filanesia = 1.81 > small sides games = 1.79), and 2) small-sided games training models had a better effect on improving life skills than Filanesia exercises based on average (Filanesia = 0.861 < small sides games = 0.974). Therefore, can be concluded that the filanesia training model is more suitable for performance training, and the small-sided games model is more ideal for training athletes' life skills.

Keywords: Filanesia, Life Skills, Performance, Small Side Games, Training Methods.

1. Introduction

In recent decades, sport has become a tool to achieve social inclusion and as a means to create gender equality [1] The importance of sport has been proven by the launch of the *Sport for Development and Peace (SDP) program to succeed 17 Sustainable Development Goals (SDG's) 2015-2030* programs launched by the United Nations [2]. Specifically, the essence of *SDP* is how this sport becomes a tool for unifying nations to create world peace[3]. So that differences such as religion, culture, and social status, usually wrapped by global problems, such as racism, can be minimized through a sports approach[3]. With the role of sports as a unifying tool, it will be very suitable to be played in Indonesia, which has a very diverse tribe and culture.

In the context of coaching sports achievements, in today's globalized world, an integration model has been developed between technical training skills and the self-development of the athletes who train. Several studies are related to the integration of sports technique skills with self-development, such as life skills [4]–[6], Social Skills[7]-[8], and positive youth development[9]–[11]. By integrating technical training with aspects of

athlete self-development, the impact of sports training is not only felt by talented athletes in certain sports who are few but if training is developed with the concept of integration, then sports training will be more meaningful and target all athletes, not just talented ones.

In the context of football, this sport is the most popular and favoured by everyone globally. Everyone pays high attention to this sport[12]. Football is a means to create peace in various countries in the world, such as in the Arabian Peninsula[13], in the african region[14] and in many areas in Europe[15]. [15] In terms of players, football has also developed rapidly; where initially, football was only played by adult men, but now football has also been played by women [16]. In the global context, women's football development has shown significant growth[17]. At the grassroots level, the number of female participation in football has increased exponentially, surpassing 100,000 for the first time [18]. Football is among the top team sports played by girls and women in Australia [19].

In the context of women's football in Indonesia, until now, the development of women's football in Indonesia cannot be considered satisfactory when viewed from the point of view of achievements that have been inscribed[20]. At the Asian level, the Indonesian women's football team was only able to achieve the highest achievement, occupying fourth place in the Asian level women's football tour in 1977 and second place in Southeast Asia in 1985. From 1985 to 2021, the achievements of the Indonesian women's football team tended to decline. It can be said that they no longer excel at all levels of women's football tournaments or championships[21].

The decline in women's football achievements in Indonesia is allegedly due to the absence of a synchronized coaching and development system from the central to the regional level. This resulted in the non-running of the competition at the regional level. Until now, only big cities have carried out coaching and development of women's football, but even that is not done massively and tends to be incidental, meaning that if they participate in tournaments or competitions, only female soccer players in the area are gathered to conduct training camps. This is proven by the absence of tiered competition wheels from the district/city level to the province. If you look at the current actual conditions, indeed, women's football in Indonesia has not been able to beat the popularity of men's football in Indonesia; this is evidenced by the lack of women's participation in football coaching and development, especially at the club or SSB level both at the district/city and provincial levels[22].

Related to the development of women's football in Indonesia also today, it is still not uncommon for every parent to provide access to become a female soccer player in Indonesia. There is still a gender bias that football is a sport played by men[23]. This is in line with research submitted by[24] that there is gender bias in the ranking task of whether male soccer players are rated more positively than female soccer players. In addition, other studies also explain that the difficulties of Indonesian female athletes in sports training are due to changes in body shape, hegemonic masculinity culture and family factors[25].

As for other studies that explain the difference in the motivation of men and women in exercising, boys are more physically active than girls, with the average time spent by men significantly higher than women[26]. It explains that women have substantially higher levels of exercise and quality of life than men, to exercise to lose weight and tone more than men. In contrast, men report exercising for pleasure more than women; in

addition to that, for men, exercise is the best predictor of quality of life [27]. From this explanation, it can be a study that there are factors that result in the decline in football performance in Indonesia. The difference in motivation in exercising and views on women exercising with the culture of masculinity in Indonesia still exists. But besides that, there is an essential thing in improving achievements in football, namely the sports coaching process.

To improve sports performance, aspects of the training method or model applied are fundamental. Coaches must be able to design training models that follow the characteristics and abilities of their athletes so that the expected training results can be optimal. There have been many research results that reveal that appropriate training models can optimally improve athletes' performance [28]–[32].

In the context of football in Indonesia, a football training curriculum has been developed by the characteristics and abilities of football athletes in Indonesia. The training model curriculum is named filanesia[33]. The Filanesia Training Model is one of the choices of attacking, defensive and switching methods, and the playing style formula chosen by Indonesia to achieve the best football performance [34]. Of course, the style of play chosen to bring football to a higher level must pay attention to several essential things. Filanesia is a philosophy that will become the foundation or foundation and become the hallmark or character of the Indonesian football game, both for early-age coaching to professionals by choosing how to play Attacking-Transsition-Defending to bring Indonesian football to a higher level[35].

When viewed in a global context, in the coaching world currently being developed, a Small Sided Games training model, this training model is a miniature game in small amounts during training[36]. Small-sided games (SSG), according to Jara et al. (2019), are any game played with less than eleven players and on smaller pitches. Meanwhile, [38] defines small-sided games as a game played on a field smaller than football in general, using modified rules and involving several players more minor than the actual number of players.

Based on the description above, the author feels it is essential to conduct research with high urgency related to the women's football training model, where the goal is to improve the performance or skills and life skills of female soccer athletes in Indonesia, especially in Jambi Province. It has been proven that the development of life skills can be done through sports activities and how to apply life skills in daily life; it is necessary to transfer these life skills into everyday life by involving elements such as psychological needs such as self-control, competence to cope with stress, and social responsibility[4].

In the context of this study, the author wants to examine in depth the application of the filanesia and small-sided game training models to female soccer athletes. The urgency of choosing this training model is because PSSI officially issues the philanthropic model as a philosophy that will become the foundation or foundation and the hallmark or character of the Indonesian football game[35]. In addition, it was also explained that the Indonesian Football Philosophy must be the pulse and breath of all Indonesian football coaching activities to realize the Indonesian Football Philosophy at all levels of Indonesian youth competition from 6 to 18 years[39]. Therefore, the author is interested in examining the effectiveness of the training model issued by PSSI in influencing the coaching process of female soccer athletes in terms of performance in football games and lessons outside the context of football games, namely Life skills.

The urgency of the author's interest in examining more deeply the influence of small-sided games applied

to female soccer athletes is characteristic of this exercise which focuses on making football minigames that can create actual situation settings[40], so that they can affect mental, tactical and physical techniques. SSG is increasingly used as a training method in a football environment and is considered an effective training method with advantages in improving physical fitness levels, developing technical and tactical skills, and improving player performance[41].

Based on the above problems related to the training model, sports coaching is essential[42]–[44]. In addition, from several studies on the filanesia training model, no one has examined female athletes and their effects on performance and *life skills* [45]–[47]. In addition, in the *small sides games* training model, no one has examined female athletes and their effects on performance and *life skills*[48][49][50][51].

2. Materials and Methods

This study used an experimental method with a *two-group pretest-posttest design* [52]. The sample in this study was 30 female soccer players from Jambi University. In this design, two groups are randomly selected: Filanesia Training Model and Small Sided Games Exercise Model experimental groups: Pretest and post-test data collection using validated instruments. The instrument used to measure *life skills* is the *Life Skills Scale for Sport (LSSS)* questionnaire[53]. The implementation of the LSSS test by filling out the questionnaire sheet that has been prepared for each sample, previously an explanation of the procedures for filling out the questionnaire to be filled out. The LSSS questionnaire instrument contains eight *life skills* indicators consisting of 47 statement items, with a measurement scale in the form of a Likert scale. The range of scales used is a five-point scale range from 1 (not at all) to 5 (very much).

While the instrument used to measure performance is The Game Performance Assessment Instrument (GPAI), *this instrument is a valid instrument that can be applied in football to measure individual performance*[54]. Described (a) 48% of *Interobserver Agreement* (IOA) agreement sizes are very high (>.90), 48% high (.80–.90), and only once (2%) are below conventional acceptance rates (<.80); (b) For all GPAI components, the stability-reliability coefficient is above the conventional acceptance level (>.80); (c) GPAI validity is achieved through advance validity, content validity, and construct validity in 66% of cases the GPAI component results can distinguish between students ranked high or low in the game with significant scores at the level of 0.05, $t(32) = 2.19$. The supporting component was also significant at 0.05 in football studies, $t(32) = 2.36$ in football sports. The test implementation is by looking at the ability and skills of playing samples divided into two groups. This skill assessment was carried out by four experts who were football lecturers who had previously been given an understanding of this test instrument.

3. Results

Based on the research that has been done, the results of the study show that the Filanesia method is superior in improving player performance. While the *small side games training method* is effective for improving *the life skills* of female soccer players. The complete research results can be seen in Table 1 below.

Table 1. Life skills descriptive statistics

		N	Σx	\bar{X}	SD
Filanesia	Pretest	15	2,702	180,13	21,24
	Posttest	15	2,942	196,13	17,35
	N-Gain	15	240	16	18,55
Small Sides Games	Pretest	15	2,712	180,80	16,39
	Posttest	15	3,032	202,13	19,06
	N-Gain	15	320	21,33	21,04

A comparison of these groups shows which training model has a better influence on life skills. Here the researchers present comparative data of results from the entire group using Graph 1.

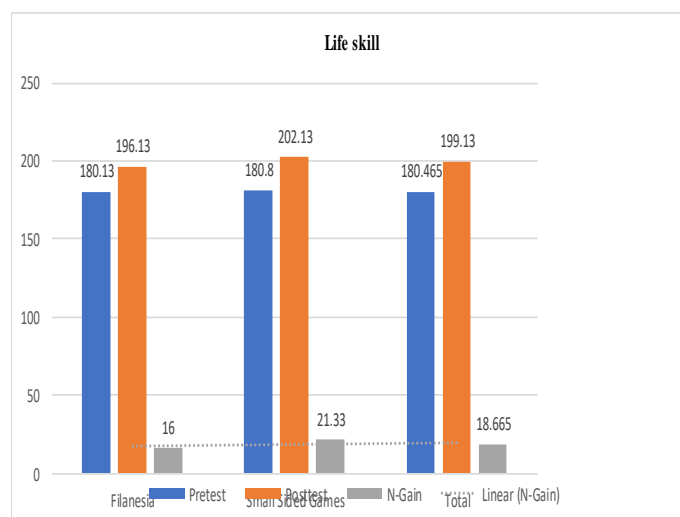


Figure 1. Comparison graph of training model groups to life skills

The results of performance measurement using The Game Performance Assessment Instrument (GPAI) are shown in Table 2 below

Table 2. Performance descriptive statistics

		N	Σx	\bar{X}	SD
Filanesia	Pretest	15	13,79	0,92	0,15
	Posttest	15	27,20	1,81	0,24
	N-Gain	15	13,41	0,89	0,29
Small Sides Games	Pretest	15	14,30	0,95	0,25
	Posttest	15	26,84	1,79	0,19
	N-Gain	15	12,54	0,83	0,28

A comparison of these groups shows which training model has the better effect on performance. Here the researchers present comparative data of results from the entire group using Graph 2.

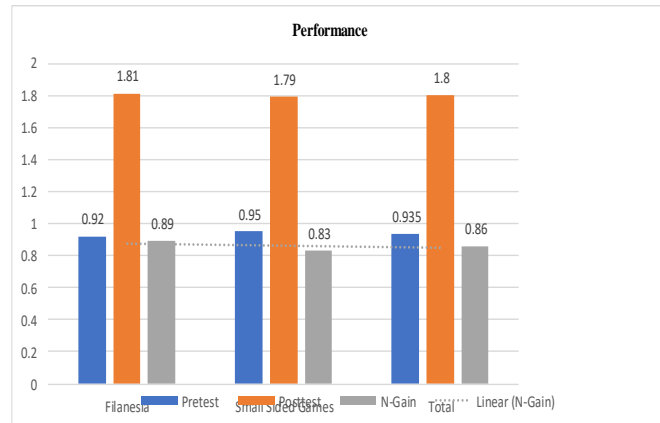


Figure 1 Comparison graph of training model groups to performance

The normality test with acceptance level, that is, if the significance value is more than 0.05 (sig. > 0.05), the data is declared normal. The following normality test results are shown in the Table 3 study.

The results of the normality test in each group on the Life skills variable are shown in Table 4, and the homogeneity test table is shown in Table 5.

Table 3. Performance Normality Test

		df	Signifikansi	Keterangan
Filanesia	Pretest	15	0,747	Normal
	Posttest	15	0,861	Normal
	N-Gain	15	0,348	Normal
Small Sides Games	Pretest	15	0,240	Normal
	Posttest	15	0,974	Normal
	N-Gain	15	0,897	Normal

Table 4. Life skills normality test

		df	Signifikansi	Keterangan
Filanesia	Pretest	15	0,776	Normal
	Posttest	15	0,865	Normal
	N-Gain	15	0,957	Normal
Small Sides Games	Pretest	15	0,943	Normal
	Posttest	15	0,370	Normal
	N-Gain	15	0,043	Tidak Normal

Table 5. Homogeneity Test

	Levene Statistic	df1	df2	Sig.	Keterangan
Pretest Performa	2,861	2	42	0,068	Homogen
Posttest Performa	0,899	2	42	0,415	Homogen

N-Gain Performa	0,029	2	42	0,971	Homogen
Pretest Life skills	1,233	2	42	0,302	Homogen
Posttest Life skills	1,188	2	42	0,315	Homogen
N-Gain Life skills	0,217	2	42	0,806	Homogen

After knowing the results of the normality and homogeneity test of the sample, then a paired sample test was carried out to determine the effect of the treatment (filanesia, small sides games) given to the dependent variables, namely performance and life skills. The paired sample test table can be seen in Tables 6 and 7 below.

From the information from the analysis results in table 6, the Filanesia Training model has an impact on improving the performance and life skills of female soccer athletes. From the results of the analysis, the value of Sig. (2-tailed) (Sig. (2-tailed) for performance = 0.000 and Sig. (2-tailed) for performance = 0.005) is smaller than 0.05.

Table 6. Paired Samples t Test Filanesia Training Model

Variabel	t	df	Sig. (2-tailed)
Performa	-12,039	14	0,000
Life skills	-3,340	14	0,005

Table 7. Paired Samples t Test Small Sides Games Training Model

Variable	t	df	Sig. (2-tailed)
Performa	-11,377	14	0,000
Life skills	-3,927	14	0,002

4. Discussion

The Effect of the Filanesia Training Model on Life Skills and Performance

The results showed that the philanthropic exercise model integrated with Life skills *improved* Life skills and Performance. Filanesia training model is a training model of Indonesian football philosophy adapted to the needs of the Indonesian people and age groups. The application of the filanesia training model that gathers not only physical strength and football skills but also attitude is honed to create players who have competence both on and off the field. The philosophical values contained in filanesia will be the foundation or foundation and become the hallmark or character of the Indonesian football game, both for early-age coaching to professionals by choosing how to play *Attacking-Transsition-Defending* to bring Indonesian football to a higher level[35].

The influence of the filanesia exercise model on Performance is undoubtedly due to several supporting factors. Performance is related to technical and tactical ability and the need for factors outside of it. The best Performance in the game of football can be achieved when players are in optimal condition, which consists of three main elements: technical prowess, physical disease, and psychological state and players who have good technical prowess, optimal physical condition, and stable psychological condition will be able to achieve the

best Performance in the game[55], [56]. Players with high motivation and confidence tend to be able to deal with pressure and stress better, so their Performance on the field can be better[57].

The correlation of Performance that has a contribution from psychological and *Life skills* values can go hand in hand. Therefore, the physiologic training model can answer for improving Performance and *life skills* because this training model is a training model that pays attention to several aspects of the coaching process. This philanthropic training program integrates with *Life skills* because its implementation focuses on skills and attitudes. Attitude is part of the component of *Life skills*, namely emotional intelligence. So it is in line with[58] that sports are an essential factor in the positive development of adolescents because exercise can increase competence and have a significant impact on improving the positive life skills of adolescents, depending on how a friendly sports environment contributes to the positive development of adolescents.

The Effect of Small Sides Games Training Model on Life Skills and Performance

By the analysis test that shows that the *small sides games* training model improves Performance and life skills, this section will discuss related to these results supported by existing theories. *Small-sided games (SSG)* present game situations like real games that make players gain mastery of technical, tactical, and physical aspects, so they are known as game-based training and skill-based conditioning games [48], [49]. This conditioning can give players maturity in releasing their skills, practicing understanding of playing tactics and maturity in behaving when playing.

In addition, it is increasingly used as a training method in a football environment. It is an effective training method with advantages in improving physical fitness levels, developing technical and tactical skills, and improving player performance[41]. Good tactics and strategies can enhance team performance in football. Good tactics and strategies can help teams control the game, create chances, and score goals [59]. Good physical fitness can increase a player's speed, endurance, and agility to move more effectively and efficiently on the field[60].

Players with good technique and body movements can conserve energy and minimize the risk of injury to play longer and more effectively[61]. Players who integrate tactics and techniques in the game will perform better by emphasizing the importance of collaboration between players in achieving team goals[62], [63]. The use of *small-sided games* as special instruments to improve physical condition, develop tactical and technical players, and increase the training stimulus's specificity is indeed very effective seen from the progress achieved[64]. The motivation for athletes to always want to train so that basic football techniques can be fully controlled is to teach from the athlete himself or from outside the athlete[65].

Therefore, researchers believe that conditioning, like a real game in a *small-sided games training model*, impacts Performance and improvement of *Life skills*. Coaches can provide immediate correction when players make mistakes both technically and tactically and in their attitude.

Better Workout Model Comparison

This section will discuss the results of which training models are better at improving Performance and *Life skills*. The results showed that the Filanesia and Small Sides Games training models had different influence

comparisons. Where it is known in the data analysis that if the filanesia and small sides games training models are compared, there are two results, namely: 1) the filanesia training model has a better influence than the small sides games training model in improving Performance, and 2) the small sides games training model has a better influence than the filanesia training model in improving life skills.

The filanesia training model has a better influence because this training model has been adjusted to age characteristics[66] and has training goals by choosing how to play Attacking-Transsition-Defending to bring Indonesian football to a higher level[35]. Therefore, it is obvious that this training model has adapted to the players to be trained to be effective in coaching football.

While the reason the *small sides games* training model has a better influence than the filanesia training model in improving life skills is because this model provides conditions when training to train them in the situation they should so that they will automatically take actions consciously and automatically on and off the field in behaving socially. These results explain that life skills are the ability to change positive behavior to respond effectively to the needs and challenges of daily Life[67].

5. Conclusions

The filanesia training model integrated with Life skills improves Performance and Life skills. The filanesia training model has been adapted to the characteristics of Indonesian athletes, namely the advantages of Indonesian players and cultural, geographical and sociological factors. Adjusting the exercise program to the athlete's characteristics can have a more positive impact because exercise improves human physical, physiological, psychomotor and psychological attributes, so it must be designed to increase functional limits. Likewise, the training model of small sides games integrated with Life skills improves Performance and Life skills. The Small Side Game model is the most suitable football coaching and development model to be applied to improve the Performance and life skills of female soccer players because this Small Side Game coaching and development model can holistically improve the technical, tactical, physical and mental skills of female soccer players.

This result is because, in essence, training will have a good impact on improving factors that can affect player performance. In addition, exercise is also a good tool in the program to enhance Life skills. There are better training models for improving Performance and life skills. The filanesia training model had a better effect on performance improvement than the small-sided games exercise group. This is because the filanesia model focuses on training tactically. The tactics determined have also been adjusted to the characteristics of Indonesian soccer players so that the game performance has a good value because of the activity that has been honed in training. However, the small sides games exercise model increased the average N-Gain of each exercise model. The training model of small-sided games requires athletes to simulate matches in real time. Repeated practice will be an experience in his Life. Match simulation not only provides lessons in tactics, techniques and physical conditions but psychological in solving problems, social interaction in cooperation and emotional maturity in reading matches during mini-games simulation training in small sides games training.

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