

ADAPTING MODEL COMPETITION IN YOUTH FOOTBALL: A COMPARATIVE STUDY OF 5-A SIDE FOOTBALL AND 7-A SIDE FOOTBALL IN U-9 PLAYERS

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Introduction

The aim of the present study was to determine which is the best competition modality for U9 children (9-10 years old) attending to their evolutionary characteristics. To reach that aim, we have compared 5-a-side football and 7-a-side football categories to state which one could give children a higher game control.

Method

9-10 years old football players have taken part in the study (n=15). Similar to other studies (1), an *ad hoc* approach has been used to observe player's behaviours such as ball possession, ball control through possession, passing, general crossing and reglamentary interruptions. MOTS (2) software was used to register the collected data. Firstly, a descriptive analysis of the data was done. Then, a Krustal-Wallis H was carried out in the goal of analyzing the differences. Finally, by means of structural coefficients (SC) we identified the variables that better allowed discriminating two competition modality. Significance level was set at $p < 0.05$.

Results & Discussion

Significant differences were found between the 5-a-side football and 7-a-side football modalities. Our results show that individual ball possessions, number of players in the group and pitch areas where the ball is when rivals attack are higher in 5-a-side football compared to 7-a-side football modality ($p < 0,05$)

Conclusion

We can conclude that 5-a-side football seems to be a better modality for U9 football players.

References

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