

Wanchalerm To-thong 2014: Effects of Warm-Up with Different Pitch Sizes in Small-Sided Games on Repeated Sprint Performance in Soccer Players. Master of Science (Sports Science), Major Field: Sports Science, Faculty of Sports Science. Thesis Advisor: Mr.Phornphon Phimpaphorn, Ph.D. 85 pages.

The purpose of this research were the study and compare the effect of Warm-Up with different pitch of Small-Side Games on repeated sprint performance in soccer players. Ten male soccer players age 21-27 years of Prachuapkhirikhan FC were the subjects this research. The subjects were Warm-Up with different three pitch of Small-Side Games as 20 x 28 m, 25 x 35 m, and 30 x 42 m. The effects this study show that the heart rate respond during Warm-Up with different three pitch of Small-Side Games as 76%, 78% and 82% of  $HR_{max}$  respectively. When tested repeated-shuttle-sprint ability (RSSA) test was found not significantly different of RSSA best time ( $RSSA_{best}$ ). However Warm-Up pitch 30 x 42 m was found significantly different of RSSA mean time ( $RSSA_{mean}$ ) and RSSA percent decrement ( $RSSA_{dec}$ ) higher 20 x 28 m and 25 x 35 m but not significantly different between 20 x 28 m with 25 x 35 m.

This study concluded that the heart rate response during Warm-Up pitch 30 x 42 m is equal to 82% of  $HR_{max}$ . Effect to decrease repeated sprint performance in soccer players when compared with the pitch 20 x 28 m and 25 x 35 m

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Student's signature

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Thesis Advisor's signature