

Saksiri Phetcharat 2014: The Physiological Response Technical Skill and Acute Effect of Warm Up with Small Side Game on Speed and Agility in Young Soccer Players. Master of Science (Sports Science), Major Field: Sports Science, Faculty of Sports Science. Thesis Advisor: Niromlee Makaje, Ph.D. 88 pages

The purpose of this research was to study the physiological response technical skill and acute effect of warm up with small side game on speed and agility in young soccer players. Ten male subject aged 16-18 years old, who were football player at kamphaengphet provincial administrative organization school. The subjects were divided two group, each group consisted 5 subjects. All subjects were warm up with small side game in 23×32 m of the pitch size and performed in which two of ball touches and free play with different times (3 min 4 min and 5 min). Heart rate, rating of perceived exertion and technical skill were measured and during warm up. Speed and agility were measured suddenly after warm up in each formats. Data were analyzed used mean, standard variation and one-way ANOVA with repeated measure. Multiple comparisons were performed using the Tukey method. All test used the 0.05 level of significance

The result showed that the HR and RPE response during the small side game warm up in which different three formats were not significantly different ($P>0.05$). The technical skills showed that mean of intercept the ball in which the two of ball touches formats with 3 min were significantly different ($P<0.05$) with 4 min and 5 min and mean of passing, receiving, dribbling and intercept of the ball in which the free play formats were significantly different ($P<0.05$). Speed and agility after performed small side game warm up were not significantly different ($P>0.05$). However, the speed and agility were improved after the small side game warm up. Therefore, the benefit of this study will be modified to developed physical fitness and technical skills by small side game.

Student's signature

Thesis Advisor's signature