

Study on the Evaluation Index of Youth Football Skill Learning

Chen Wang^{1,*}

¹Xi'an FanYi University, Xi'an, Shaanxi, China

*Corresponding author. Email: 764715840@qq.com

ABSTRACT

This paper studies how to draw lessons from the advanced training methods and teaching methods in the teaching system in China and foreign countries, establish the evaluation index of the technical level of youth football, and formulate the training content. Through questionnaire survey, expert interview, field test, experimental observation and other research methods, the skills evaluation criteria research is carried out. After inspection and revision, three levels of football skills evaluation criteria are developed as the conclusion of the study.

Keywords: football, teenagers, skill, evaluation index

I. INTRODUCTION

With the rapid development of campus football, more and more people join in football, which makes the construction of football evaluation mechanism particularly important. In order to promote the development of campus football culture and understand the relevant spirit of football association reform, and combined with the needs of football reform and development, the State Council issued a research report "The overall plan of China's football reform and development" in March 2015, which promoted the development of campus football as a national strategy. As an important part of campus football, the evaluation system must implement the general spirit of "The Outline of National Medium and Long Term Education Reform and Development Plan" and "The Overall Plan of China's Football Reform and Development", strictly practice the important spirit of the country and learn the guiding ideology of modern physical education and the policy requirements of sports development.

II. RESEARCH OBJECT

In this paper, the skill evaluation standard of teenagers is studied as the research object.

III. RESEARCH METHODS

A. Literature review method

Through consulting a large number of Chinese and foreign materials and video literature, according to the relevant theory and practice methods, this paper studies the content of youth football skills. Combined with the

comparative analysis of the body shape, physical fitness and skill factors that affect the learning ability of youth football skills, this paper provides a substantial theoretical basis as the index and research of youth football skills.

B. Questionnaire survey and expert interview

Through discussion and research, the questionnaire about the evaluation standard of youth football skills is formulated, and the questionnaire survey is carried out on the youth football coaches, teachers and experts. In order to establish a theoretical analysis framework for learning evaluation, the index system and index weight are determined on the basis of experts' discussion of evaluation results. First of all, it is necessary to develop the evaluation index of youth football skills standard. Then, the validity and integrity of the questionnaire should be checked and improved. Finally, it is required to summarize the experience of grade management and widely solicit the opinions and suggestions of football coaches, front-line teachers and school sports groups. According to the results, the skill structure of the evaluation standard, and the specific implementation method and relevant measures, this method is formulated.

C. Field test method and experimental observation method

Large sample field measurement and comparative study were carried out on 2-3 junior middle school students in urban and suburban counties of Xi'an and football class students of traditional football school (the sample size at each age group is no less than 50 students).

*Fund: This article is supported by the Project (No.:19A05)

D. Statistical analysis

Firstly, the index system is established according to the relevant literature and the actual disorder, and the test data (mean and standard deviation) of the ordinary class students and the football class students are compared and analyzed. In the process of research and discussion, the author consulted a large number of Chinese and foreign scientific journals and related video materials and theoretical basic knowledge of youth football skills assessment test, and the Youth Training Manual of Asian Football Association. In combination with the development of youth football skills in China, the author consulted the effective training methods and rules. It is necessary to follow the scientific way, make efficient improvement, have referential difficulty, and develop step by step.

IV. RESEARCH CONTENT

This paper studies the evaluation index method of youth football skill level, carries on the effective evaluation, improves the information and promotes the application. The purpose is to better stimulate the enthusiasm of young people for football. Therefore, it can improve the teenagers' interest in football, cultivate their cognition of physical exercise, develop a good habit of physical exercise and self-discipline, and have correct outlook on life and values. And the healthy development and physical education of Chinese teenagers should be an important goal. Football is a sport that requires consistency and teamwork. Every technical move, every running with the ball, every passing and shooting needs the players to make correct

judgment quickly. It is precisely in this way that athletes are required to have a more calm-headed judgment and the habit of analysis and observation.

V. RESEARCH RESULTS

In line with China's national conditions, primary school students' physical fitness test index should be divided into low, medium and high according to the age grades, which are grade 1, grade 2, grade 3 and grade 4, grade 5 and grade 6 respectively. Secondly, according to the literature on youth sports and health curriculum standard, primary school students are divided into three technical levels, namely, primary school group, grade 1 to grade 2, grade 3 to grade 4, and grade 5 to grade 6. Then, according to many scientific literatures, Chinese teenagers can be divided into three stages: 7-8 years old, 9-10 years old, 11-12 years old, etc. Finally, according to the questionnaire survey results of football coaches and thorough research and discussion, in China's youth football skills evaluation standards, it should be more reasonable to divide the youth into three age stages, namely, 7-8 years old, 9-10 years old, 11-12 years old.

It is found that according to the characteristics of the development of the physical quality of the teenagers, the habit of forming football interest and the popularity of the youth football, the research on the current situation of the development of the youth football and the relevant literature, as well as the learning methods and objectives of youth football technical ability at the age grade, the standard can be divided according to the age grade. (see "Table I")

TABLE I. SKILL LEVELS AND AGE GRADES

Levels	Age grades	Corresponding grade
Level 1	7-8 years old	Grade 1 and grade 2 of primary school
Level 2	9-10 years old	Grade 3 and grade 4 of primary school
Level 3	11-12 years old	Grade 5 and grade 6 of primary school

In order to be concise and clear, the evaluation index system of youth football can ensure the scientific effectiveness of the index system of youth football compared to the information contribution of the original evaluation index system.

In strict compliance with the five first-level indicators and the corresponding second-level indicators, the evaluation indicators in each construction stage are particularly important. After checking and revising, it is concluded that it is reasonable to set up three levels of football skill evaluation standards. (see "Table II")

TABLE II. EVALUATION INDEX SYSTEM OF YOUTH FOOTBALL SKILLS

Indicator system	Evaluation method of specific gravity coefficient
First-level indicators	Foot control, stepping on the ball, flicking the ball and bouncing the ball (10% qualitative);
	Dribbling football for 10 meters (round-trip dribble, 25% quantitative);
	Kicking football for 8 meters accurately (25% quantitative);
	Capacity for moving 20 meters (15% quantitative);
	Small field competition (5vs5) (25% qualitative);
Second-level index	Bouncing a ball with instep (10% quantitative);
	Dribbling football for 20 meters around the pole (25% quantitative) [10];
	Kicking football for 10 meters (20% quantitative);
	Capacity for moving in "z" route (15% quantitative) [11];
	Small field competition (5vs5) (30% qualitative);
Third-level index	Round-trip ball for 15 meters (10% quantitative);
	Dribbling football for 25 meters in uneven distance around the pole (30% quantitative);
	Kicking football [12] (30% quantitative);
	Capacity for moving 25 meters around the pole (30% quantitative);

The reference standards are as the follows: (see "Table III" and "Table IV")

TABLE III. SKILL EVALUATION STANDARD OF PRIMARY SCHOOL

Score	10~9
	8~7
	6~5.5 and below

- The awareness of prevention and attack is good, the sense of team is strong, and the cooperation with teammates is good;
- In the technical process of stopping the ball, the application and completion of professional technical movements are more reasonable and standardized;
- During the whole competition process, they can maintain a good style of work, have a stable mentality and be full of passion during the competition;
- Having good offensive and defensive performance, and being able to cooperate with teammates;
- In the competition, the use of technical movements is unreasonable, the understanding of movements is lack of thinking, and the completion of movements is not standardized;
- The awareness of attack and defense in the game is relatively lack, the train of thought is not clear, and there is a lack of communication with the same team-mates;
- In the confrontation competition, the application of professional technology, the standardization of technical movements, the requirements of basic skills, the technical requirements of

cooperation and the technical requirements of confrontation basically conform to the norms;

- In the game, they always keep a good attitude and sense of running and catching the ball, as well as the rationality of technical movements;
- The awareness of attack and defense needs to be improved, and the awareness of cooperation with teammates should also be improved;
- In the competition, the use of technical movements is unreasonable and nonstandard, which has the influence on the results in the competition.

TABLE IV. GRADE EVALUATION

Level 1	Level 2	Level 3
Excellent	Good	Qualified
≥7.6	6.6 ~ 7.5	5.5~6.5
≥8.1	7.1 ~ 8	5.6~7
≥8.6	7.6 ~ 8.5	6~7.5

VI. RESEARCH ACHIEVEMENTS

China should pay more attention to the talent training of youth football. It is a long-term and severe project. It needs to cooperate with each other, innovate and develop scientifically.

The most important point of football work for teenagers should be the prevention of security risks. Football can improve their ability and increase physical training. Of course, football is also the main factor of technical and tactical ability. As a collective confrontation sport, it leads to direct physical contact and collision between players, which bring certain sports risks to athletes.

Football skill level plays an important role. The evaluation index system of youth football should always follow the implementation of "The standards". It

is necessary to make the evaluation from the aspects of overall implementation, test results, record system, and completion system and the identification, reward and punishment of excellent students. The important index system of evaluating football work mainly depends on whether the working mechanism is complete or not. It is evaluated from the aspects of the specific work plan, the working condition, management and responsibility of the football coaches by the campus leading group. For young football workers, safety prevention should be the first responsibility. It is required to clearly implement the sense of responsibility of the school and the organization, and reduce the risks. When taking part in football activities, especially the teenagers and children who participate in professional training and competition, they must purchase sports injury accident insurance for students, and carry out specific and subtle work from the aspects of sports safety risk prevention, accident occurrence, emergency treatment, accident insurance compensation and so on, so as to reduce the risk coefficient to the minimum.

VII. CONCLUSION

Children's love for football makes them learn and understand a series of good qualities, which also has the influences on other fields. For children's brilliant life foundation, the development and innovation of youth football grade evaluation index still need long-term planning and improvement. Through a long time of standardized teaching and training, the students are gradually able to complete the target of learning content, achieving learning objectives.

Why can't people use the praise and encouragement of the state, society, campus leaders, teachers, coaches, and parents to strengthen children's good experience of playing football? The guiding behavior of football coaches and teachers of young children can influence and change children's attitude towards football. This beautiful sport is rooted in children's heart. Football is a lifelong sport that children can learn and benefit from in their growth.

In recent years, with the rapid development of football in China, and the promotion policy of youth football, football talent reserve has made great progress and improvement, and a large number of talents have been reserved for campus and social institutions. The grass-roots campus and society should formulate a series of effective measures and policies in the process of introducing the talents, and devote themselves to the development of youth football. At the same time, they should provide various forms of training and learning opportunities to continuously improve the professional skills of football teachers and coaches.

It is necessary and feasible to carry out football on campus. The goal of education and teaching is to cultivate more excellent, advanced and high-level

talents, especially to strengthen the cultivation of high-quality, high-level and all-round talents. Although the creative spirit and practical ability are still relatively lacking, it is necessary to establish a connected and professional football system, and cultivate excellent football players, encourage the school to introduce high-level coaches and retired athletes, and learn from the innovative spirit of professional football talents. This will arouse the deep thought and suggestion!

References

- [1] Tang Yan. Background, System Structure and Significance of "The Standard Test of Sport Skill Level for Adolescents" [J]. Journal of Shanghai Physical Education Institute, 2018(03). (in Chinese)
- [2] Zhao Bin, Xu Jinshan. Test Items and Evaluation Criteria for Basic Skills of Shanghai U11 Junior Football Players [J]. Sports Science Research, 2011(03). (in Chinese)
- [3] Wang Feng. Research on football players' athletic ability system [D]. Beijing Sport University, 2007. (in Chinese)
- [4] Wang Jiabin. A preliminary theoretical study on the training characteristics of young football players' technical application stage [D]. Wuhan Institute of Physical Education, 2013. (in Chinese)
- [5] Bai Yanyang. Investigation and Research on Psychological Skills of U-15 and U-17 Teenage Football Players in Some Areas of China [D]. Beijing Sport University, 2006. (in Chinese)
- [6] Huo Lei. The positive research of soccer training idea of teenagers [D]. Ningbo University, 2012. (in Chinese)
- [7] Luo Jiangang. Analysis of Chinese Football Players' Technical Ability and Its Enlightenment to Youth Football Technical Training [J]. Youth Sports, 2012(02). (in Chinese)
- [8] Liu Yan. The impact of agile coordination training on 6-8-year-old children's football skills acquisition [D]. Beijing Sport University, 2017. (in Chinese)
- [9] Hu Xuge. Study on the selection of elementary school football technical teaching content [D]. Shaanxi Normal University, 2016. (in Chinese)
- [10] Hu Wei. Study on the Teenagers Soccer Training System of the Netherlands and its Concept [J]. Journal of Nanjing Institute of Physical Education, 2004(05). (in Chinese)
- [11] Cai Xiangyang. Test Method Towards the 2002 National Football Summer Camp Youth Football Technique [J]. Football World, 1995(19). (in Chinese)