

Research on the Management and Teaching Method of Youth Soccer Training

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Abstract

The training effect of adolescent players determines their adult athletic ability. In order to improve the training level of adolescent players, we must perfect the concept of youth soccer training and the management idea of the players. This paper summarizes the core connotation of adolescent soccer training idea, evaluates the training management of adolescents and puts forward some suggestions on coaching for young coaches.

Keywords: management, teaching method, youth soccer, training

1 Introduction

In order to promote the development of football in China, the state invested a lot of manpower, material and financial resources in football. However, the facts prove that Chinese football investment has not been a huge return, the Chinese men's soccer team can not enter the World Cup, and even in Asia, Chinese football team are not really strong teams. This is the concept of football training management has a great association. Therefore, it is very important to strengthen the innovative research on youth soccer training management concept. The training concept determines the coaches' understanding and judgment of the essential law of the training practice, and determines the coaches' training behaviour, which determines the coaches' choice and application of the training contents, methods and means. Under the guidance of the advanced and backward training idea, the difference of the athletic ability is very big. At the same time, the young players who grow up under the guidance of backward training idea, the

concept of adult competition will also be a backward idea and these players retired after coaching, but also follow these backward training concepts to guide the next generation of young players.

2 The Importance of Training Management Idea in Youth Football Training

In the training process of football players, it is very important to strengthen the training of young athletes in the process of adolescent soccer training management to make a young soccer player become a qualified and mature football player.

All human activities are carried out under the guidance of the inner spirit of man. It is very important to strengthen the cultivation of youth soccer sports in the youth soccer training management. The correct concept of football is in the process of football training for adolescents, adolescents own football culture and the spirit embodied in football according to their needs continue to be internalized. According to the adolescent's understanding of football is different, will show a great difference, reflected in the actual training process, specifically for the treatment of the attitude of different training. Youth in the lack of support of the inner spirit, football training is difficult to carry out. If the football training only to meet their own material interests, then in the process of training prone to unstructured, non-disciplinary characteristics.

3 Problems of Youth Soccer Players in Training Management

3.1 The lack of long-term and systematic training

In the process of adolescent soccer training and management, we need to formulate training programs according to the different qualities of every young soccer player. However, in our youth football training process, there is the tendency of utilitarian. Any teenager coaches want to make great progress in the short term and see the results in the game. In Chinese football training process, the replacement of coach is a very common thing. The coach's replacement is nothing but the results achieved in the game are not good. However, the training needs to be targeted, so frequent replacement coach, eventually leading to no matter which coach can not be based on the specific circumstances of the players to develop targeted training program.

3.2 The training process does not consider the physical and mental characteristics of young people

In the course of training and management of young athletes, many coaches are aware, according to the characteristics of physical development of young people and psychological development stage to develop practical training content, but in

the actual training process, many coaches are not based on young people. The athlete's actual capacity to exercise, exercise intensity is generally larger. In the boring training process, many soccer-loving young people gradually become numb to football, lost the interest in football. In the game, the coach in order to reflect their teaching results will not consider the actual length of young athletes training time, as well as the physical characteristics of young football players, quick success and eager to see the results of their training. If the game did not achieve the expected results, then the next young football player is nothing more than to strengthen the intensity of exercise. In this vicious circle, many athletes lost their initial interest in football.

3.3 The lack of comprehensive capacity development

The ultimate aim of the youth soccer player training is to make the young soccer player become a qualified professional player. In the training of young players in the process, its training program should be multifaceted. On the one hand, it is necessary to cultivate the technical quality of every football professional players, on the other hand, we should strengthen the psychological quality of football players. However, in the process of training our young football players and blindly pursue the improvement of athletes technology, lack of understanding and concern for the players inner world.

3.4 The cultural level of young players is generally low

In the training of young players, is the cost of youth cultural studies at the cost of. At present, Chinese youth players have exposed the grim fact that the cultural quality is not high, the main reasons are twofold: First, the young players themselves are not interested in cultural education, do not attach importance to cultural courses, and the second is because in order to train the players superb technical level, Do not attach importance to the importance of cultural courses, and even take the cultural class hours to carry out training. Learning cultural knowledge is the basis for the further development of players in football, not only physical stress confrontation, as well as intellectual battle, the players often need to make specific judgments based on specific situations, not just simply perform a piece of a coach's tactical routine.

4 The core meaning of modern youth football training concept

4.1 Let young people enjoy the football in the training

Young players can experience and enjoy the fun of playing in the training of their growth and success is essential. When organizing youth training, from the outset, they should learn to think of football as a joy game to experience and enjoy, so that they can recognize the charm of football, but also lay the foundation for their love of football. Therefore, children's football training should focus on a variety

of small venues in the game may occur in the scene, the past, the need for street football in today's training in the club to give new meaning.

4.2 Guide the youth football training in accordance with the future development

For adolescents, the basic principle of training is to organize the training according to their interests and needs. Therefore, for any person facing the training of young people, the primary task is to use a small number of small venues in the form of competition to provide a simple, attractive experience to stimulate their initiative and love of football throughout the youth training should always be implemented a guiding principle - game soccer.

4.3 The future requirements for football players

Observe the ability of a young player to learn complex soccer skills and achieve a high degree of performance, first of all to see how the basic with the ability, only with this solid foundation to gradually learn more playing skills. The basic conditions of individual young players, no matter how good individual ability and then strong, if not applied to the collective collaboration, the last will not have good results. Therefore, the young players must learn how to integrate into a team (not only on the pitch), they must work with teammates, mutual aid and share the difficult task of the game. After all, football is always a movement against another team, the individual behaviour of the players in the game) actions and reactions must be adjusted according to each other's actions to adapt. This continuous intra-team cooperation, team-to-team confrontation has produced a complex tactical requirement for individual players, team players or the entire team. Soccer also need to play in accordance with established rules, young players should be informed of the meaning and purpose of these rules, and learn to observe in the game.

5 The requirements for young coaches

Each teenager player is an individual and enjoys all the relevant rights, qualifications and obligations, so athletes can not let others like robots decide their own ideas, in the excessive care or forced, threatened to chase the ball, performance and championship.

Coaches and players in a very important relationship, not only verbal commitments, do not do a lot of practical action. On the contrary, coaches in a variety of situations, as well as daily contact with the players in a clear awareness of each player's personal characteristics. Of course, the coach himself has the same right, but also from time to time to make others firmly aware of this.

Good interpersonal communication between coaches and young players is based on open communication. Such conversations should not be unilateral. The athlete must be able to express his thoughts, wishes, views and feelings in the

actual communication with the coaches. This conversation is not always possible, coaches and young players to learn a certain code of conduct and way of doing things, and secondly, the establishment and development of mutual trust is time-consuming, frank and very important, from the youngest group Cultivate, establish, practice this open attitude. Young coaches should always be aware of their training in the process and the role of interpersonal communication, coaches to model their role in shaping the ideal personality of the player's development: to show their passion for football; treat others polite; How to treat success and failure with a positive attitude; treat everything in good faith.

6 Conclusion

Training concept is a guide for young people to practice, if there is no correct, advanced training concept, its training practice is a low-level, backward repetitive activities. Therefore, eliminating the backward elements of Chinese youth soccer training concept, updating and improving the concept of Chinese youth soccer training is the prerequisite for the continuous innovation, development and improvement of competitive sports. It is also the only way to improve the level of Chinese football and fundamentally change the backwardness of Chinese football.

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