

## PROBLEMS AND SOLUTIONS IN CHILDREN'S FOOTBALL

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**Annotation:** The article describes the problems in selection, training in children's football. This article uses research conducted in football clubs in England and Denmark. And also describes the problems of training, football fields. Problems to teach children to understand football and stimulate them to do so. It also describes the training formats where all the children involved will be maximally involved in the game.

**Keywords:** children’s football, sport, win, competitive thinking, stimulus, experiment, workout, dribbling, technical skills, result.

## ПРОБЛЕМЫ И РЕШЕНИЯ В ДЕТСКОМ ФУТБОЛЕ

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**Аннотация:** В статье описаны проблемы отбора, подготовки в детском футболе. В данной статье использованы исследования, проведенные в футбольных клубах Англии и Дании. А также описывает проблемы тренировок,

футбольных полей. Задачи научить детей понимать футбол и стимулировать их к этому. Также описаны форматы обучения, где все задействованные дети будут максимально вовлечены в игру.

**Ключевые слова:** детский футбол, спорт, победа, соревновательное мышление, стимул, эксперимент, тренировка, дриблинг, техническое мастерство, результат.

## **BOLALAR FUTBOLIDAGI MUAMMOLAR VA YECHIMLARI**

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**Annotatsiya:** Maqolada bolalar futbolida seleksiya, tarbiyalash muammolari yoritilgan. Ushbu maqolada Angliya va Daniya futbol klublarida olib borilgan tadqiqotlardan foydalaniladi. Shuningdek, mashg‘ulotlar, futbol maydonlari muammolarini tasvirlaydi. Vazifalar bolalarni futbolni tushunishga o‘rgatish va ularni bunga undashdir. Shuningdek, unda barcha ishtirok etgan bolalar o‘yinda maksimal darajada ishtirok etadigan mashg‘ulotlar formatlari tasvirlangan.

**Kalit so‘zlar:** bolalar futboli, sport, g‘alaba, raqobatbardosh fikrlash, rag‘batlantirish, tajriba, trenirovka, dribling, texnik mahorat, natija.

1. Children should play for fun, not chase after the result.

The future of football will always be with children. They are one of the cornerstones of football and if Danish football wants to develop it must accept this fact. The needs of children are the needs of Danish football, not the other way around. Denmark has good opportunities for talent development, children have access to football clubs and can easily get into the academy. But we need structural changes. Namely, the

environment of training and matches, which determines whether children choose football as a specialized sport.

Why do children play sports? A large 1990 US study surveyed 10,000 children and young people between the ages of 10 and 18 and asked them why they play sports. The number one reason for boys and girls is fun. Number two for boys is advanced training, for girls - getting in shape. Number three is a competitive moment for boys and training for girls. And only in 8th place for boys and 12th for girls there was a reason for "the desire to win".

The desire to win is not the reason why children play sports. Therefore, focusing on victories and results is stupidity. This way we only push children away from this sport. Yes, kids go out on the pitch to win and score goals, but that's not why they play football. The main point for them is entertainment.

The child must be ripe for competitive thinking. Just as there is no point in teaching a child to ride a two-wheeled bicycle until the age of 4, there is no point in making him compete until the moment when he is not ready for it. The secret to a good training program and a good tournament structure is knowing what your child is ready for at a given age. If not, children experience frustration and pressure and eventually quit football. Children want to discover something new, so they need to be stimulated to play and experiment, and not be driven into the framework of instructions. Criticism should be kept to a minimum - it demotivates children. Children live in the present, the past and the future do not bother them, therefore it is necessary to focus on their play here and now, and not on achieving a result in the future. Children should understand, therefore, communication with children is more important for a children's coach, not football knowledge.

2. The size of the fields for children needs to be reduced, they are forced to play 11v11 too early. The dimensions of the training fields are not suitable for children. They start practicing too early on physically challenging 105 meters long courts. This game was created by adults for adults 150 years ago, and we are wrong if we think that a child should understand the principles of this game. In such

conditions, physically strong and developed children get a huge advantage. Others are little involved in the game, do not have fun and do not learn. They end up quitting football. Training and matches on large pitches with a lot of people are not suitable for children. They acquire skills only in an adapted environment.

In the 2002/03 season, Manchester United examined 15 U9 academy matches in 8v8 and 4v4 formats. As it turns out, 4v4 children do:

- 135% more gears
- 260% more hits
- 500% more goals are scored
- 225% more 1v1 situations
- 280% more strokes

Takeaway: In 4v4, players have more opportunities to pass, shoot, score, and practice 1v1 skills. Children need to be encouraged to develop their dribbling and technical skills. Yes, this will lead to mistakes and goals for the opponent, but this is a necessary skill that will definitely come in handy later. When the size of the playground is adjusted, the child learns much faster. The more touches of the ball, the more likely the child will grow into a cool football player. We need to move away from the early adoption of 11v11 if we want to keep kids in football.

3.Children's coaches do not have a clear development program; they must communicate with children, and not give instructions. Danish football does not have a modern consistent player development model. In our country, children are interested in football, but we do not have a clear learning model. We train children in the same way as 10-20 years ago. We should not require children's coaches to find and translate literature and materials on youth development, the Danish football association should provide them itself.

For children, priority should be given to technical and tactical training. We need to develop technical footballers who understand the game and can make the right decisions on the pitch. Ball losses are more often not due to technical defects, but due to a wrong decision. Therefore, we need to teach children to understand football and

encourage them to do so. First of all, through games, which again and again challenge children to make a particular decision. Over time, they will become aware of mistakes and will begin to act correctly, quickly and safely.

Teaching kids how to play football takes engagement. Beginners should start with 3v3 games, where they will hone their passing, hitting and receiving technique. Later - 5v5 (4 field and a goalkeeper), a more difficult game and an opportunity to feel the rhythm of the match. The diamond is ideal - striker, defender, two players on the wings, goalkeeper. This will create permanent 1v1 or 2v1 situations, which will force children to constantly seek solutions and hone technique. Plus, in this system, all children will be maximally involved in the game.

The work of children's coaches is different from that of coaches in adult football. We teach children too much and stimulate them too little. Children do not have to follow the instructions of the coach; they need to communicate with him and learn to rely on their intellect. It brings up smart players, not chiseled performers.

4. Parents should not interfere with games and training; children will do without their advice. Adults are interested in children's football - both coaches and parents. Our children's football requires results and professionalism from children, but we steal the game from them! A coach at each side, the goalkeeper's father outside the goal and a handful of wise and knowledgeable parents at the stands - we see this picture at every junior tournament. And this is fundamentally wrong. Constant prompts and pokes from the side do not allow children to understand the game and comprehend it on their own. They should learn their riddles by themselves. Imagine if the teacher didn't teach children to multiply on their own, but would only drive along the multiplication table, constantly shouting at them. This approach will fail. It's the same in football. Children, with constant prompts, learn to follow orders, but do not learn to find solutions on their own. Under the old training system, we have players who can play in an organized manner, but cannot be creative and play unpredictably. We need to change that.

You also need to abandon the fixation of results in children. Statistics help to minimize risks and eliminate mistakes, but in this way, we deprive children of the opportunity to develop. The result shouldn't come first. In Europe, the emphasis is already being removed from the results - in English academies, points are not awarded at all to teams where children under 13-14 years old play. Football players have to make many mistakes before they figure out how to act correctly.

It is also important to change the selection system. Two boys of the same age do not always have the same biological age. Children develop in great leaps and bounds, and you need to be able to distinguish who is at what stage. The difference between children of the same age in biological age sometimes differs by 5 years! We must take this into account, otherwise we will lose talented guys who physiologically develop a little slower than their less talented, but stronger peers.

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