

POLISH SYSTEM OF CHILDREN AND YOUNG PEOPLE'S FOOTBALL TRAINING IN THE OPINION OF THE COACHES

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Abstract

Strategic objective of young players' training should be supplying league teams with comprehensively trained and motivated 18-year-old athletes. The main aim of the training process is to get "a complete, comprehensive player" predisposed in "senior age", in order to achieve the masterly level. It is not obtaining current (ad hoc) results at any cost though. Without the connection of the theory with practice there are noreliable results in the longer term and, above all, the proper conduct of the player from the early period of being an abecedarian to an advanced senior level. The flywheel development of football is the training of children and young people according to the European and world standards.

Keywords: football, Polish training system

INTRODUCTION

Modern football requires the integration of technical, tactical, psychosocial and motor abilities. Comprehensively educated footballer should function in the team well, show high physical and technical efficiency and have a comprehensive tactics as well as mental strength. Such a range of skills of the footballer lets compensate for other player's weakness during the game. The entire process of training children and youth talented to play football focuses on achieving the highest level of mastery in sport of an individual. That is training of a comprehensive footballer, who is likely to meet the specific requirements of professional football (Stole and Firlus 2008).

The football game is evolving towards improvement of both, the game itself and training methods, permanently increasing the level of a play. Appropriate training of the youth is a fundamental task for each coach. The strategic objective of such training should be supplying the league teams with comprehensively trained and motivated 18-year-old players. The main aim is to train "a complete player", predisposed to achieve a high level of effectiveness in the future. Current (ad hoc) results obtained by the team are not as important.

The lack of an unvaried system of training in Poland and detailed program containing systematized exercises that Polish coaches could be inspired by causes that so called traditional

training is implemented by each coach in a different way. The training program prepared in the form of "Unified training process of children and youth" (Kapera and Śledziwski 1997) is a framework, not a detailed program, and every person leading the training sessions chooses exercises to suit the assumptions and tasks set in each stage of the training.

The research problem of the report is to diagnose the traditional Polish training system and obtain answers to the following questions:

1. Is in Poland an unvaried system of training children and youth in the model of long-term football training?
2. How is the training of football implemented in clubs and whether it meets the expectations of the trainers (the surveyed)?
3. Why are cup-ties as well as the results of the national team on a much higher level in other countries than in Poland?

METHODS

The research was conducted during two conferences for trainers, monitoring the children and youth's training. The first, entitled "Training of children and youth in the world", was held on 23-24 November 2011 in Warsaw, and the other "Technical preparation for the various stages of training: U-10, U-13, U-15, U-17" on 9 December 2011 in Poznań. The method of diagnostic survey was used among 168 respondents (126 trainers in Warsaw and 42 in Poznań) with the help of the questionnaire including 22 questions. The respondents were

assured full anonymity and freedom of expressing their opinions.

To develop the material two basic statistical indicators were used, namely, average values and percentages. The median age of the tested was 37.4, most of the surveyed, 161, have higher education and 7 others, secondary. Among the surveyed the degree of the II class coach had 119 people, 49 respondents are instructors and 7 the first class coaches. Among the respondents were the trainers, leading classes at various stages of the training, both children and adolescents. Most of the respondents have classes with children from 7 to 14 years of age, others are leading courses at the stage of masterly training that is from 15 to 18 years of age.

STATISTICAL ANALYSIS AND RESULTS

1. Optimum priority for the development of a young player:
 - individual development (technical preparation) – 122 (72,6%),
 - team development (tactical preparation) – 15 (8,9%),
 - mobility development (motor preparation) – 31 (18,5%).
2. The main objective of the children training in Polish clubs as well as in the group of the examined.
 - perfect mastery of the individual technique (ball mastery) by the player with the focus on the offensive game in order to defeat the opponent in a 1 x 1 game: in Polish clubs: 16 (9,5%) in the group of the questioned: 53 (31,5%),
 - comprehensive development of a young player, which takes into account the technical, tactical and motor development namely elements that allow to engage in teamwork with obeying the fundamental tactical principles in order to achieve the best possible result: in Polish sports clubs: 152 (90,5%) in the group of the questioned: 115 (68,5%).
3. The choice of the training model conducted in the work with children and young people.
 - training of a progressive type (accent on the individual football skills): in Polish clubs: 14 (8,3%), in the group of the questioned 61 (36,3%),
 - training of an intensive type (accent on the tactics of the game and motor ability), in order to achieve the best possible result: in Polish sports clubs: 154 (91,7%) in the group of the questioned: 107 (63,7%).
4. The most important determinant of the progress of a young footballer.
 - the result of the played match – 31 (18,5%),
 - the results of the overall efficiency tests – 57 (33,9%),
 - the results of the special efficiency test – 59 (35,1%),
 - others – 21 (12,5%).
5. The frequency of the classes a week
 - twice a week – 44 (26,2%), average time of an individual class – 96,4 minutes,
 - three times a week – 94 (55,9%), average time of an individual class – 91,2 minutes,
 - four times a week - 17 (10,1%), average time of an individual class – 105,5 minutes,
 - five times a week – 11 (6,6%), average time of an individual class – 97,3 minutes,
 - more than five times a week – 2 (1,2%), average time of an individual class – 114,5 minutes.
6. The knowledge of the Coerver Coaching of the questioned
 - have you ever heard about Coerver Coaching method?
 - yes: 92 (54,8%), no: 76 (45,2%),
 - do you know the aims of the Coerver Coaching method?
 - yes: 6 (3,6%), no: 162 (96,4%).
7. Curriculum accomplished by the interviewees.
 - so called *traditional* method (objectives according to Kapera and Śledziewski) – 142(85 %)
 - Coerver Coaching method – 5(3%),
 - different method or training curriculum – 21(12%).
8. The state of satisfaction with the functioning system of football training in Poland.
 - satisfied – 5 (3%),
 - dissatisfied – 163 (97%).

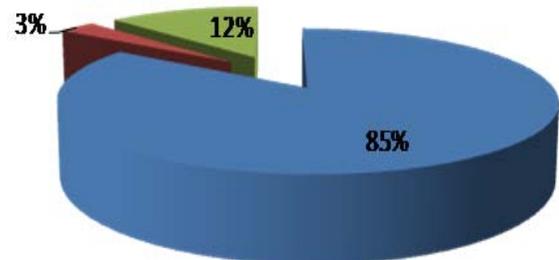


Figure 1. Curriculum accomplished by the interviewees.

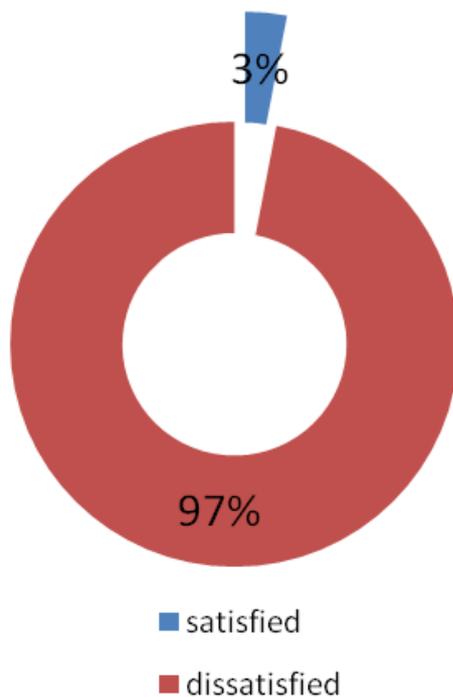


Figure 2. The state of satisfaction with the functioning system of football training in Poland.

DISCUSSION

Thanks to presented research results it can be claimed that Polish training system exists only in the theoretical assumption i.e. in curricular documents of the Polish Football Federation or textbooks written by many outstanding Polish authors. It is not visible however, in the everyday work with young football learners. There can be lots of reasons for this state. Undoubtedly, one of them is lack of systematized training for particular age categories. Though individual development of the players (technical preparation) appears to be significant for 122 questioned coaches.

Perfect mastery of the individual technique is preferred by only 31,5% of the asked coaches,

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the training of a progressive type by 36,3%. Special efficiency test results, as the most important determinant of a footballer's development, are significant for only 35,1% of the questioned coaches. Dissatisfaction with the functioning of the Polish football training system in Poland is declared by 97% of trainers-respondents who have not, however, sufficient motivation and determination to change the existing situation. And maybe the fear of change and work on fundamentals is winning?! Leading football federations excelling at football players training can pride themselves on the developed system of training children and youth. These are The English Premier League, the French Football Federation, which apply the method of Coerver Coaching as the best football skills training program. Knowledge of the assumptions of this method among respondents - Polish coaches declares only 6%. Unfortunately, in the currently functioning system of players training, the main criterion for the evaluation of the coaching job on a given level are the current sports results, not the number of properly trained, prospective players, which is not conducive to the rationality of the training process.

PRACTICAL ASPECT

Training of young football players is at low level, due to excessive ambition of parents, chairmen as well as leading training coaches, aspiring to achieve the best sports result. If we still consider the match result as the most important element of the training and evaluate the work of trainers on the basis of the position which they take in the juniors or young players 'chart of points, this level of the training will be decreasing. Dream result at any cost at the stage of the youngest generation of football players or teenagers causes unpleasant consequences for both, the young players and those, who manage Polish football in the form of wasting further talents.

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