

# Analysis on the Problems and Countermeasures in Teenager Football Training in China

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## Abstract

Football belongs to competitive sport, it has a certain degree of challenge and confrontation, it has high skill requirements for football players, and therefore, when training football players, we should focus on cultivating the comprehensive quality and competitive ability of athletes. As the future of our motherland, the training of teenager football players will directly affect the long-term development of China's football in the future. However, the competitive level of football in China is worrying, many experts and scholars believe that there are many reasons for the current situation of football sports in our country, and there are various problems, among them, there are big problems in teenager football training, which restricts the development of teenager football training. Therefore, it is urgent to strengthen the level of teenager football training and improve the overall quality and ability of teenager football players. This paper mainly takes Teenager football training as the research object, discusses the problems existing in teenager football training in our country, and studies countermeasures to the problems.

## Keywords

teenager; football training; problems and countermeasures.

## 1. Introduction

Although football has a long history of development in China, it has always been a weak program for teenagers in our country. Most teenagers are affected by exam-oriented education and pay too much attention to cultural education, they usually ignored physical exercise is, physical quality is relatively low. Football can exercise the physical capability of teenagers, enhance their physical quality, and delight the body and mind. We should attach great importance to teenager football training, use the experience of other countries for reference and research results, on the basis of the reality of teenagers, conduct targeted training according to the different qualities of teenagers, in this process, we should face up to the problems in teenager football training, for example, lack of attention to football training, weak foundation, disconnection between training and competition, etc., therefore, reasonable measures must be taken to solve the problem to improve the football skills of teenagers, so as to promote the development of football cause in our country.

## 2. The Role of Teenager Football Training

In our country, it is critical and necessary to strengthen teenager football training. First of all, we are in the information age, throughout the current growth situation of teenagers in our country, we can know that most teenagers are addicted to network world and are unwilling to actively participate in sports, the physical quality of teenagers is gradually decreasing, we should change this status quo. In addition, in some foreign developed countries, the teenager football training model has been relatively mature, but China's teenager football training is still lacking, if we copy the foreign football training system, it may not be in line with my country's national conditions. Therefore, the development of teenager football training should be based

on the actual situation in our country. Football training is conducive to cultivate teenagers' competition skills, enhance their competition awareness, and make teenagers better participate in sports competitions. The research and implementation of teenager football training has received extensive attention from all walks of life, although this kind of research started late, it has broad development prospect, it plays an indispensable role in improving the physical quality of teenagers. Therefore, we should take the development of football as the direction, actively respond to the national sports policy, use the experience of other countries for reference, and combine the basic situation of my country's current teenager football training, promote the development of the theory and practice of teenager football training in our country.

### **3. Basic Principles of Teenager Football Training**

#### **3.1. Combination of Single Method and Diversified Training Methods**

In teenager football training, we must not aimlessly and blindly train, but should make the training direction clear and conduct targeted training; otherwise it will be difficult to improve the level of teenager football training. The actions and methods of football training should be based on the characteristics of football, enhance the physical dimension in accordance with different exercises in order to highlight the training focus, improve the energy metabolism of teenagers with training purposes as the core. Adopting diversified training methods is to conduct physical training in a mess, but based on the physical characteristics of teenagers, taking into account the mental development of teenagers, and conduct targeted training according to different football competition rules.

#### **3.2. Combination of General Training and Individual Training**

Teenagers are at a critical stage of growth and development; football training during this period should be based on enhancing the speed training of teenagers. However, due to the different physical quality of different teenagers, the coach should fully grasp the football players' growth and development, psychological characteristics and personality differences, etc., conduct general training for normal projects, for some special training projects, targeted training should be carried out according to the actual situation of teenagers, in order to meet the training needs of different teenager.

#### **3.3. Combination of Universal Training Methods and Funny Training Methods**

Teenagers are young and full of curiosity for all new things. Teenager football training is different from professional football player training; it mainly stimulates teenager sports interest, gets rid of the boring training mode, and stimulates the teenagers' desire for sports. Therefore, in order to enhance the fun of football training, coach should adopt football training with appropriate load, and use funny training methods to strengthen students' football training, such as game training methods, competitive training methods, etc.

### **4. The Problems in Teenager Football Training**

#### **4.1. Talent Training Channels are too Single**

As a competitive event in China's sports industry, football has become an important part of China's sports industry since the professionalization. Football clubs also pay great attention to the training of teenager football players, but at present, there is a problem in the training of football talents in our country, namely the channels for talent training are too single, the training of talent teams is too focused on the first-line teams, and some talents with football gift are not accepted in time, which leads to the lack of football talents in China. The fundamental reason for this situation is that our current professional football clubs are not yet mature, the training system of teenager football talents is relatively imperfect, and as a result, the training

of teenager football talents is facing great difficulties, and due to this reason, many teenagers with football talents have not had the opportunity to receive systematic training, or because they do not conform to their own training mechanism, cause sports talent cannot to be paly, therefore, the training channels for teenager football talents are too single, which is an important problem teenager football training in our country.

#### **4.2. Do not Pay Attention to Teenager Football Training**

For teenager football training, participating in actual matches is more important for the development of skills, but at present, teenager football players in China rarely get the opportunity to participate in the game, which leads to their lack of actual combat experience and only focus on their training, the cause of this situation is that football clubs do not pay enough attention to teenager football players, only attach importance to football teams that can participate in the league, and teenager football players are also facing the problem of low training quality when conducting football training. Football clubs place too much emphasis on teams that can participate in the game and ignore the training of teenager football players, this situation will lead to the poor foundation and lack of talents of teenager football players in our country, moreover, it is easy to cause the talent gap in football industry in our country, which is not conducive to the development of football industry.

#### **4.3. Football Atmosphere is not Good**

A large number of sports talents have appeared in the process of developing sports cause in our country, but football talents have always been in a state of lack, the reason is that football is not popular enough, it is necessary to enhance the strength of our country's football cause. But at present, our country's football career is not favored by the people, which have caused our country to pay less attention to teenager football training, this situation not only restricts the training of teenager football players in our country, but many football fans in our country gradually do not like football because of the decline of football, our country lacks a football atmosphere. Fans do not have the opportunity to participate in football competitions, and football management department does not pay enough attention to football culture, this has caused many new types of sports gradually replace the status of football.

#### **4.4. Football Training Idea is Poor**

There is a big difference between our country's teenager football training idea and foreign countries; this has caused our country's football training to be less effective than foreign countries. For the training of teenager football players, the training idea produces their skills and beliefs, football leagues at home and abroad have fully shown the differences in football ideas. The correct football training idea should pay more attention to the comprehensive development of players rather than the winning or losing of the league. Especially for the training of teenager football players, more attention should be paid to the development of players' personal capabilities, emphasize the excavation and cultivation of their own talents, rather than systematic and mechanized training contents. The fundamental reason why countries with a high level of football development love football is because they like personal abilities of their favorite football players, not because which team has a higher probability of winning. For football enthusiasts, the football players' own abilities can explain everything. We can see which aspect of the football training idea should be paid more attention to, our country's football training idea is too result-based, which is an important reason for the decline in the performance of teenager football players. In the process of teenager football training, the coaches' anxiety for success is reason for this situation, of course, teenager football players are not interested in football during football training, which will also lead to poor training results.

#### **4.5. Training Mechanism is not Sound**

The training mechanism of teenager football players is not sound in our country, the specific manifestation is that the potential of teenager football players is not tapped, and the training is too systematic. For the training of teenager football players, because each player is good at different directions, fully excavating and guiding the direction they are good at can ensure their development, but our country does not pay attention to this aspect in the training process of teenager football players, this causes teenagers in our country cannot give full play to their talents and strengths during football training, this affects the performance level of the entire team and limits the development of football in our country. Because our country's training of skills during teenager football training is not enough, it cause teenager football player to lack relative football skills. This mechanized training method is not conducive to the development of team cooperation ability in comparison with the improvement of the entire team; the imperfection of the training mechanism has a great impact on the training of skills and comprehensive quality of teenagers.

#### **4.6. The Government does not Pay enough Attention**

The development of a sports project is inseparable from the support of the government, but as far as China's current football career is concerned, it is obvious that the government does not pay enough attention to the football career, this makes the training of teenager football talents face a lack of situation, and the current government's investment in football has been reduced, our country's football industry stay in the social level. This situation is obviously not good for the development of my country's football industry, it is not conducive to the training of teenager football players in our country, and it will also lead to prominent contradictions in football training and learning for teenager.

### **5. The Relevant Countermeasures of Problems in Teenager Football Training**

#### **5.1. Build Diversified Talent Training Channels**

The training of teenager football talents should be more diversified, so as to solve the problem of talent gaps in the process of teenager football development. The training of teenager football talents should not only rely on the excavation of football clubs, but also actively accept teenager who love football and have football talented, the selection of teenager football players should not only focus on top teams, but also focus on ordinary sports schools. Many teenager football players in ordinary sports schools miss the national unified training or cannot participation in the unified league due to the quota. Therefore, the selection of football players should also be relatively relaxed, so as to create a diversified talent training channel and add more teenager football talents to our country.

#### **5.2. Strengthen the Emphasis on Teenager Football Training**

For teenager football training, they more lack of actual combat experience. Lacking attention to teenager football training is the root cause of this situation. Football clubs should not only focus on the teams participating in the league, but also value teenager football training work, enhance teenager football experience. Basic training should be strengthened for teenager football training to explore the talent and potential of each teenager football player, guide and train them correctly, and let them participate in actual combat to accumulate experience, only in this way can we ensure that teenager football training can be effective and truly promote the development of our country's football cause.

### **5.3. Make the Football Atmosphere Better**

Although China's football cause has been declining, there are still many football fans in China. At present, the main reason for the lack of football atmosphere in our country is that our football strength is not strong enough. If we want to improve our football strength, we must strengthen our football development; we should not only strengthen football training for teenager, but also make football fans participate in the football cause. Football management departments should strengthen the exploration of football culture, create a good football atmosphere, make the football career become a sport for all people to participate in, especially cultivate teenagers' love for football culture, this can ensure the vigorous development of football.

### **5.4. Establish the Correct Football Training Idea**

For teenager football training, it is very important to establish the correct training idea. The correct training idea can promote the development of teenager football players. First of all, teenager football players must love football from the heart, understand football culture, and be able to accept training intensity. Teenager football coaches should pay more attention to the skill training of athletes, rather than using performance define teenager football players. For teenager football players have unlimited potential in the football training process, according to their different talents and characteristics, we can propose different training methods for them, which is more conducive to their personal development and can also promote the development of the entire football team.

### **5.5. Improve the Training Mechanism**

At present, our country has not established a sound training mechanism for teenager football training, many problems in the training process of young people have not been solved, the ability of coaches is also uneven, and the quality and treatment of coaches are not high. Teenagers will not only face physical injuries but also psychological problems during football training. Failure to solve these problems will have a great impact on the effectiveness of teenager football training. The establishment of a sound training mechanism is to take into account all aspects of the training process, a sound training mechanism can solve various problems when teenagers in the process of football training and improve the effect of teenager football training.

### **5.6. The Government Needs to Value Teenager Football Training**

The lack of football talents in our country is due to insufficient government attention. The existence of various football clubs makes teenager football training becomes a profitable project, it lacks the development of football culture. The government strengthens the training of teenager football, should not only support the training mechanism, but also support and reward football talents, so as to strengthen the training of teenager football talents. For the training of football talents, the government must establish the reward mechanism to make teenage have more motivation during football training, and the government should support teenager football training venues to ensure that young people can better participate in football training.

## **6. Conclusion**

The main reason for the continuous decline of football cause in our country is the lack of football talents, especially the lack of attention to the training of teenager football talents. In order to promote the development of our country's football development, we must strengthen the training of teenager football players and do a good job in the training of teenager football players, which can supplement our country's football talents and make our country's football cause develop better.

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