

## ORGANIZING A TRAINING PROCESS OF SCHOOL FOOTBALL CLASS FOR CHILDREN OF ELEMENTARY SCHOOL AGE

### *ORGANIZANDO UM PROCESSO DE TREINAMENTO DE AULA DE FUTEBOL ESCOLAR PARA CRIANÇAS DO ENSINO FUNDAMENTAL*

### *ORGANIZANDO UN PROCESO DE CAPACITACIÓN DE CLASE DE FÚTBOL ESCOLAR PARA NIÑOS EN EDAD DE ESCUELA PRIMARIA*

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**ABSTRACT:** The relevance of the problem researched is determined by the fact that the modern physical education of children of elementary school age requires an efficiency improvement. The schools' physical education curriculum is aimed at utilization of general forms of physical activity during the day (such as morning gymnastics, athletic pauses, therapeutic exercise, walks etc.) but the substantial content of these forms of physical activity does not allow for a full account of the abilities of children of this age group and does not facilitate the efficient development of most physical qualities. The purpose of this article is to elaborate a method to improve football techniques by developing the selected fundamental elements. This article presents a special set of exercises for young football players to help them master the techniques for faster and finer results in less time. The proposed exercises for training process were aimed at perfecting fundamental technical actions of football players: individual – shots on target, dribbling; and team actions – passing the ball on the run. The materials of this article may be useful by physical education students, physical education teachers of general

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schools, secondary and higher educational institutions, as well as by teacher of vocational education.

**KEYWORDS:** *Physical education. Motor activity. Physical quality. Elementary school age. Training process.*

**RESUMO:** *A relevância do problema em estudo é determinada pelo fato de que a educação física moderna de crianças em idade escolar exige uma melhoria de eficiência. O currículo de educação física das escolas visa a utilização de formas gerais de atividade física durante o dia (como ginástica matinal, pausas atléticas, exercícios terapêuticos, caminhadas etc.), mas o conteúdo substancial dessas formas de atividade física não permite a plena contabilização das habilidades das crianças dessa faixa etária e não facilita o desenvolvimento eficiente da maioria das qualidades físicas. O objetivo deste artigo é elaborar um método para aprimorar as técnicas do futebol, desenvolvendo os elementos fundamentais selecionados. Este artigo apresenta um conjunto especial de exercícios para jovens jogadores de futebol para ajudá-los a dominar as técnicas para obter resultados mais rápidos e precisos em menos tempo. Os exercícios propostos para o processo de treinamento visavam ao aperfeiçoamento das ações técnicas fundamentais dos jogadores de futebol: individual - chutes a gol, dribles; e ações da equipe - passar a bola na corrida. Os materiais deste artigo podem ser considerados úteis por alunos de educação física, professores de educação física de escolas gerais, instituições de ensino médio e superior, bem como por professores de educação profissional.*

**PALAVRAS-CHAVE:** *Educação física. Atividade motora. Qualidade física. Idade do ensino fundamental. Processo de treinamento.*

**RESUMEN:** *La relevancia del problema bajo investigación viene determinada por el hecho de que la educación física moderna de los niños en edad escolar primaria requiere una mejora de la eficiencia. El plan de estudios de educación física de las escuelas está dirigido a la utilización de formas generales de actividad física durante el día (como gimnasia matutina, pausas deportivas, ejercicio terapéutico, caminatas, etc.), pero el contenido sustancial de estas formas de actividad física no permite para la contabilidad completa de las habilidades de los niños de este grupo de edad y no facilita el desarrollo eficiente de la mayoría de las cualidades físicas. El propósito de este artículo es elaborar un método para mejorar las técnicas del fútbol desarrollando los elementos fundamentales seleccionados. Este artículo presenta un conjunto especial de ejercicios para jóvenes futbolistas que les ayudarán a dominar las técnicas para obtener resultados más rápidos y precisos en menos tiempo. Los ejercicios propuestos para el proceso de entrenamiento tenían como objetivo perfeccionar las acciones técnicas fundamentales de los futbolistas: individual - tiros a puerta, regate; y acciones del equipo: pasar el balón en la carrera. Los materiales de este artículo pueden resultar útiles para estudiantes de educación física, profesores de educación física de escuelas generales, instituciones de educación secundaria y superior, así como para profesores de educación profesional.*

**PALABRAS CLAVE:** *Educación física. Actividad motora. Calidad física. Edad escolar primaria. Proceso de entrenamiento.*

## **Introduction**

The significance of elementary school age for socialization, formation of foundation for harmonious development of personality and preparation for full-fledged life sustaining activity can hardly be overestimated. It is exactly at this period of time when a value system is formed, where one of the main places should be given to physical education and health (BEZRUKIKH; SONKIN, 2009; KOBZEVA; GONIYANTS, 2017).

In the first decade of life, comprehensive physical activity is the foundation of all-round development of a child. The basic foundation of health is established during the childhood years, along with important personality traits and character. Success in any type of activity is largely determined by physical health. However, during the recent years physical education has been noticeably lagging from other academic subjects. In the structure of students' performance level, scientific humanitarian knowledge and utilization of digital information technologies occupy a leading place, while insufficient attention is paid to physical development, although sedentary lifestyle poses a threat to the younger generation. These negative tendencies indicate an insufficient efficiency of schools' physical education system (KOLODNITSKIY; KUZNETSOV; MASLOV, 2011; YEZHOVA; KOZLOV; ANISKEVICH, 2017).

General educational institutions, main function of which is to give knowledge and develop versatile skills, are the perfect social institution for system and systematic study of the impact on health of children and teenagers (SEREBROVSKAYA; SUVOROVA; DUNAEVA, 2020). Successful resolution of this issue is only possible as long as the educational institution functions as a cell for establishing a healthy lifestyle – a school of health (KARIMOVA; ARIPOVA; AANOVA, 2016).

In the conditions of increased study loads and lack of motor activity of elementary school students, an efficient organization of health and fitness curriculum during and off school hours plays an essential role (ZOLOTUKHINA; DEDLOVSKAYA, 2017).

The modern physical education of elementary school age children is in need of efficiency improvement. The schools' physical education curriculum is aimed at utilization of general forms of physical activity during the day (such as morning gymnastics, athletic pauses, therapeutic exercise, walks, etc.) (KRUCHININA; FILONOV, 2020). On the other hand, the substantial content of these forms of physical activity does not allow for full accounting of the abilities of children of this age group and does not facilitate the efficient development of most physical qualities (GODIK; MOSYAGIN; SHVYKOV, 2012).

Now, psychological and pedagogical science has defined an approach to understanding the age-related developmental peculiarities of children of elementary school age and the requirements for the development of technical abilities of children of this age group in the context of a football class (AL ARJA, 2014). Based on the research and theories of leading domestic researchers, we concluded that it is necessary to establish psychological and pedagogical conditions for successful development of technical abilities of children aged 8 to 10 years in the process of organizing training of a football class (KOZLOV, 2012; KOZLOV, 2017).

Training of children of elementary school age attending football class is a single process aimed at promotion of health of the attendees and development of both physical and technical abilities during mastering main techniques of the play (BYLEYEVA; KOROTKOV, 2008).

## **Materials and Methods**

### **Terms and Definitions**

Physical education is a pedagogical process aimed at perfecting the shape and functions of a human body, developing motor skills, abilities, and knowledge related to that.

Motor activity is one of the essential conditions for maintaining healthy performance of the body, a natural biological human need.

Human motor activity is one of the essential conditions for maintaining healthy performance of the body, a natural biological human need. Proper vital functioning of almost all systems of the human body is possible only with a certain level of motor activity. Lack of muscle performance, just like oxygen or vitamin deficiency, has a disastrous influence on the growing body of a child.

Physical quality is a combination of biological and psychological attributes of a human's personality, which translate into physical fitness to perform active motor actions.

Elementary school age is a certain age period in a human life that that is usually devoted to learning and receiving school education at the minimum level required by the law. It includes a certain amount of age groups, which corresponds to the period established by the legislation of the minimum amount of compulsory education. Range of ages: 6-7 to 9-10 years, when a child attends elementary school. The experience gained by this moment in life is being retained, and voluntary regulation of psychological processes and internal action plan are being developed during this period.

Training process is the main form of training an athlete, which is a pedagogical process, aimed at building and improving certain abilities that shape fitness of athletes to achieve the highest results (GOLOMAZOV; CHIRVA, 2015).

### **Review of literature related to the problem of elaborating a method aimed at improvement of football techniques by means of developing certain selected fundamental elements**

Currently, the problem of upgrading the physical education system poses a special relevance. Pedagogical science must adapt to the modern tendencies and fulfill its functions, considering the specifics of psychological and physical needs of modern children and social environment that they live in (KOROTKOV, 2009).

It also includes physical education during football class. Training athletes according to the sport specialization and their age becomes more and more relevant, as it determines the improvement of sports achievements and reduction of athletes' training period (MALOV, 2005).

The level of mastering of a technique is understood as stability of performing of such technique in standard conditions (during class or training) and steadiness under complicated conditions (different weather conditions, diverse tools and equipment, competitions). The modern training and competing activity can be characterized by many distracting factors (LUKIYANENKO; GORDEYEV, 2017). Those factors are competitors' counteractions, progressive fatigue, unfamiliar manner of refereeing, unfamiliar venue, equipment, unfriendly behavior of fans, etc. Ability of an athlete to efficiently perform actions and techniques in complicated conditions is the main stability indicator and largely determines the general level of technical fitness (BELENKO; SASKEVICH; MASLOVSKY, 2015).

The methodological framework for this research includes scientific research projects of leading specialists in the field of theory and methods of teaching physical education to children of elementary school age and in the field of age psychology (MUCKIAN; DURST, 2008; ZHELEZNYAK; MINBULATOV, 2008).

The analysis of scientific and methodological literature included studying of specialized literature on organization of football training process and studying the requirements set forth to organization of training sessions aimed at mastering of football techniques by boys of elementary school age followed by defining the line of case studies.

Teaching and training of children of elementary school age attending football class is a single process aimed at promotion of health of the attendees and development of both physical and technical qualities during mastering of play techniques (GUREVICH, 2010).

Our work consisted of several stages:

1. Selection of control tests to study the technical fitness level of football players.
2. Assessment of technical fitness level of football players of elementary school age prior to conducting a pedagogical experiment.
3. Conduction of training sessions during a football class at a general school.
4. Assessing changes of the technical fitness level of football players of 8 to 10 years after the completion of the experiment.
5. Statistical processing and analysis of the acquired results.

In summary, the problem of the research is development of a special set of exercises aimed at better mastering of technical actions by young football players for faster and finer results in less time.

The object of the research is the training process of football players of elementary school age.

The subject of the research is development of basic technical elements of football play as part of a football class.

The goal of this research is to verify in an experiment the elaborated method aimed at improvement of football techniques of children of 8 to 10 years by means of improving selected fundamental technical elements during football classes in a general school.

The hypothesis of the research is the assumption that the elaborated method can improve football techniques of children of 8 to 10 years by means of improving selected fundamental technical elements.

## Results

*The problem of elaborating a method, aimed at improvement of football play technique by means of developing the selected fundamental elements.*

The work included the following stages:

1. Selection of control tests to study the technical fitness level of football players.

At the initial stage of our research, we selected tools and means to assess technical fitness of

young football players. We also selected control tests to assess technical fitness of young football players before and after pedagogical experiment:

- Goal attempts, number of goals;
- Dribbling, dribbling around 4 cones, goal attempts (goals/sec);
- Square ball passing (number of accurate shots/accurate returns) (GODIK, 2006).

2. Assessment of technical fitness level of football players of elementary school age prior to conducting a pedagogical experiment. At the second stage we performed initial assessment of technical fitness level of football players of elementary school age. We performed control tests to assess technical fitness level and the level of mastering individual technical actions of students.

**Table 1** – Level of mastering of individual technical actions of football players before the experiment

Tests description	Value, $x \pm m$
Goal attempts, number of goals	$4.5 \pm 0.5$
Dribbling, dribbling around 4 cones, goal attempts (goals/sec)	$8.8 \pm 0.4$
Square ball passing (number of accurate shots/accurate returns)	$49 \pm 0.3 / 40.2 \pm 0.3$

Source: Prepared by the authors

3. Conduction of training sessions during a football class at a general school. The third stage took place at Municipal Budgetary General Education Institution General School No 8 of Nizhniy Novgorod city from September 2019 until May 2020. Full sample (statistically correct) experimental and reference groups of children of elementary school age were formed by us at the specified school. The goal of the experiment was to define the most objective information about age peculiarities of developing technical qualities during football training process.

**Table 2** – Level of technical fitness of the experimental and reference groups at the beginning of the experiment

Indicator	Reference group n=10	Experimental group n=10	Significance of differences
Goal attempts, number of goals	4.5±0.5	4.6±0.9	No (p>0.05)
Dribbling, dribbling around 4 cones, goal attempts (goals/sec)	8.8±0.4	8.65±0.4	No (p>0.05)
Square ball passing (number of accurate shots/accurate returns)	49±0.3/40.3	51.0±0.9/42	No (p>0.05)

Note: reliably significant differences are highlighted in the table (p<0,05)

Source: Prepared by the authors

4. Assessing changes of the technical fitness level of football players of 8 to 10 years after the completion of the experiment. The main goal of this stage of the experiment was to statistically process the acquired results and assess changes of technical fitness of football players of 8 to 10 years. After the completion of the experiment we used the same set of control tests to assess the changes of technical fitness in both groups, as we used at the beginning of the experiment.

**Table 3** – Changes of techniques' mastering level of football players from the experimental group at the end of the experiment

Indicator	Before the experiment	After the experiment	p
Goal attempts, number of goals	4.5±0.5	9.1±0.9	<b>&lt;0.05</b>
Dribbling, dribbling around 4 cones, goal attempts (goals/sec)	8.8±0.4	7.8±0.4	<b>&lt;0.05</b>
Square ball passing (number of accurate shots/accurate returns)	49±0.3/40.2	51.0±0.9/42	>0.05

Note: reliably significant differences are highlighted in the table (p<0,05)

Source: Prepared by the authors

**Table 4** – Changes of techniques' mastering level of reference group football players at the end of the experiment

Indicator	Before the experiment	After the experiment	p
Goal attempts, number of goals	4.5±0.5	9.1±0.9	<b>&lt;0.05</b>
Dribbling, dribbling around 4 cones, goal attempts (goals/sec)	8.8±0.4	7.8±0.4	<b>&lt;0.05</b>
Square ball passing (number of accurate shots/accurate returns)	49±0.3/40.3	51.0±0.9/42	>0.05

Note: reliably significant differences are highlighted in the table (p<0,05)

Source: Prepared by the authors

5. Statistical processing and analysis of the acquired results. At this stage of the experiment, we calculated average results of the experimental and reference groups.



Conclusions were drawn up at the end of the teaching experiment in comparison with the results obtained at the second stage of our work.

**Table 5** – Level of technical fitness of the experimental and reference groups at the end of the experiment

Indicator	Reference group n=10	Experimental group n=10	Significance of differences
Goal attempts, number of goals	6.8±0.6	9.1±0.9	<b>p≤0.05</b>
Dribbling, dribbling around 4 cones, goal attempts (goals/sec)	8.02±0.3	7.8±0.4	No (p>0.05)
Square ball passing (number of accurate shots/accurate returns)	58±0.4/47	67.9±0.9/56.5	<b>p≤0.05</b>

*Note: reliably significant differences are highlighted in the table (p<0,05)*

Source: Prepared by the authors

Before conducting the experiment, when comparing the average values of the experimental and reference groups, no significant differences were found.

Comparing the values after the experiment, we saw a different picture. It is worth noting that comparing values of experimental and reference groups in regard to goal attempts and square ball passing, there are statistically significant differences between the two groups, which speaks in favor of the applied method aimed at improvement of technical qualities of the experimental group. Regarding dribbling, dribbling around 4 cones and goal attempts, there are no statistically significant differences between the groups. Dynamic of the latter is present in both groups, but without reliably significant differences. With this said, boys of the 3<sup>rd</sup> grade of the experimental group have significantly improved their results in comparison with the reference group.

During this experimental training of young football players we utilized the elaborated method. With a high degree of reliability, we can state that in general this experiment has had a positive impact on the level of technical abilities of boys from the experimental group.

In summary, it can be said that the developed training method allows for quick and efficient improvement of technical abilities of young football players.

## Discussions

*The problem related to elaboration of a method aimed at improvement of football play techniques by means of developing the selected fundamental elements.*

The level of technical fitness of children of elementary school age attending football class has been the subject of research of numerous specialists during the past years (MATVEYCHUK; KABIROV; TARASOV, 2008).

However, the constantly changing socio-economic conditions of living, various methodological approaches to solving this problem in each specific educational institution, the health status of specific population of children and other reasons can have a significant impact on the age dynamics of the development of both physical and technical qualities in children attending football class at school (VERSHININ; KORZUN; MOSKVICHEV, 2013).

In September 2019, before the start of training children, using the developed by us method, an assessment of level of mastering technical actions by young football players was carried out. Initially a group of 20 people was divided into 2 smaller groups – experimental and reference accordingly.

Technical level of young football players was assessed with control exercises, along with the technical and tactical level of each individual player. The following tests were used to assess technical fitness of each individual player:

Sequence 1: 6-meter goal attempts, 5 hits with each foot. Total goals were taken into account. Exactness of shots was assessed by the following exercise: one-timers on goal 95x70 – total number of goals was considered. Each player shall make 10 one-touch shots; each shot should hit the goal (VARYUSHIN, 2007).

Sequence 2: time assessment with the following exercise: dribbling in between cones. It was required as fast as possible to dribble between 10 cones that were 1 meter away from each other.

Sequence 3: standing ball pass into 2x2 square at 25 meters. 5 passes with each foot. In the following exercise: small sided game 2x3, the quality of passing and number of tackles were assessed. The number of passes and their quality were assessed in the given time (for front men) and number of successful tackles (for defense).

The experiment was held in the period from September 2019 to May 2020. 10 children of 8 to 10 years took part in the experiment. During training we used the method developed to improve technical abilities, that included exercises aimed at mastering of the main elements of the football technique. Average experience of the players was 1 – 1.5 years. The training lasted 1 – 1.5 hours and was held 3 times a week.

During the training we used the method of improving technical abilities that included special exercises aimed at improvement of individual and group technical actions.

## **Conclusion**

The experimental method of training young football players of 8 to 10 years attending football class at a general school is based on specially developed exercises. This special set of exercises for young football players is meant to help them master the techniques for faster and finer results in less time. The proposed exercises for training process were aimed at perfecting of fundamental technical actions of football players: individual – shots on target, dribbling; and team actions – passing the ball on the run.

To assess the efficiency of the developed method, at the end of the experiment we compared the results of testing the children before and after the experiment. We proposed practical recommendations on organizing the training process during a football class, that are aimed at development of technical abilities of children of elementary school age.

It was found that young football players became much more efficient in performing technical actions. By mathematical statistics methods we were able to reveal significant differences in the technical fitness level of young football players from the experimental group that trained according to the method developed by us, in comparison with the results and fewer significant values of the reference group. All of the above speaks in favor of the applied method, which allows to quickly and efficiently improve technical qualities of young football players during football classes.

## **Recommendations**

The initial development of technical qualities occurs at the age of 8 to 10 years. Research and improvement of technical elements is carried out by multiple repetition of gaming and specialized game exercises. At this stage, it is rational to implement exercises in which a football player is asked to carry out both: gaming tasks and a specific exercise, for example, dribble while attacking, etc. The materials of this article may be found useful by physical education students, physical education teachers at general schools, secondary and higher educational institutions, as well as by teacher of vocational education.

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## How to reference this article

SKITNEVSKIY, V. L.; BALASHOVA, V. F.; SEDOV, I. A.; KRASILNIKOVA, Y. S.; STEPANOV, R. A.; PROKHOROVA, O. V. Organizing a training process of school football class for children of elementary school age. **Revista on line de Política e Gestão Educacional**, Araraquara, v. 25, n. esp. 2, p. 1013-1026, May 2021. e-ISSN:1519-9029. DOI: <https://doi.org/10.22633/rpge.v25iesp.2.15283>

**Submitted:** 20/01/2021

**Required revisions:** 18/03/2021

**Approved:** 25/04/2021

**Published:** 01/05/2021