

Improving the Playing Ability of Chinese Youth Football Athletes: Psychological Nurturing Strategies

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Abstract—The game of football is not only about the skills of the players, a battle of tactics, it's also a battle of the players' psychological qualities, the players' psychological quality determines to a certain extent the victory or defeat of the game. a key period for youth players as they transition from teenager to young adult, it is also an important period of transition in human psychological development, this period is directly related to the direction and level of their psychological development, therefore, improving the level of athletic ability of individual player, enhancing mental training for football players, scientific development of the psychological qualities of football players is essential. This paper starts with the current situation of pre-match mental training of Chinese youth players, self-confidence, match tense intensity, pressure tolerance level, three areas for athletes competition mental development explored, a vague concept of training for the psychological needs of young athletes was found, for athletes training not mastered the right way to train .therefore, this paper proposes that by increasing the stock of self-confidence, match arrangements normalization, meditation and breathing control method release psychological stress, conducting pre-match psychological preparatory meeting and between team members mental Building counselling improving the playing ability of young football players.

Keywords— Youth,Athletes,Psychological Qualities,Football

I. INTRODUCTION

The level of football played in a country, influenced by many factors, youth football reserve talent development, it is the most basic, one of the most important factors, how well or poorly youth football is being played, directly affects the level of development of the entire national football game, focus on youth football, is to expand the football population, improving the standard of football, promoting the sustainability of football, stable, the basic laws of healthy development, the modern game of football has evolved to the present day, it's not just about skill in the football arena, tactics, a comprehensive representation of physical fitness, more importantly, it also depends on the athlete's ability to adapt to the game, Self-confidence of athletes in particular, ability to withstand pressure and psychological needs etc important mental qualities, these factors have an increasing impact on the proper performance of the skill level, the practice of major football matches at home and abroad has repeatedly shown that, even if the athlete is technically, tactical level and high level of physical fitness, however, if the psychological profile is poor, not being able to maintain the best mental attitude ,it

was also extremely difficult to win at key moments in the game, therefore, to improve the standard of our football game, the development and training of mental skills in football players cannot lag behind, scientific and systematic psychological training for young football players is particularly important.

football is confrontation projects, modern football requires very high comprehensive quality of athletes, firstly speed, strength, stamina, flexibility sensitivity is the basis of physical fitness, technical, tactical other abilities are central, therefore, researchers from common psychology of competition, athlete Psychology nurturing strategies both are closely integrated only then will it work as it should competition effect, therefore timely attention to athletes' psychological quality of play, strengthen competition quality training, Helps to help footballers perform well on the field of play.

II. LITERATURE REVIEW

The Chinese youth training system and coaches as a whole do not pay enough attention to psychological training. It is not possible to fully grasp the rules of mental training and the correct training methods for young football players. mental training has not yet formed a scientific system, the time spent on mental training is insufficient, the scientific level of training is low, the staffing structure of the coaching staff is single, and no team has a full-time mental training-related expert. mental training still relies heavily on the experience of the coaches, but due to a lack of knowledge of mental training theory, the most important confidence for young players when playing, blurred concepts of training in tension, stress tolerance and psychological demands. not having the right training methods.

A Blurred concept of training

Coaches do not have enough theoretical knowledge of mental training to fully grasp the rules of mental training and the correct training methods for young football players (Guldu, 2021). the theoretical knowledge of coaches is not systematic and cannot keep up with the rapid development of today's football teaching, training and scientific research levels, which makes the mental training of youth players repeated at a low-level level and the scientific training level is not high. This status quo restricts the improvement of the level

of mental training and becomes the biggest obstacle to improve the level of mental training (Samuel, 2019). the staffing structure of the U-17 age group coaching team in China's competitive series is homogeneous, and none of the teams are equipped with full-time psychological training coaches, which directly affects the overall development of the competitive ability of China's youth football players (Li, 2023).

B Not mastering the correct training method

Researchers have found that there are some problems in the training methods, for example, in the strength, speed, endurance, agility, flexibility and psychological training of sports, coaches tend to pay attention to the first four types of training only, but lack a systematic and professional training program for flexibility training and psychological training, and most of the coaches do not know enough about the role played by flexibility training and psychological training (Li, 2021).although the coaches of men's football in China's U-15 age group have a full understanding of the importance of mental quality training, the lack of systematic learning and correct understanding of the correct application of mental training methods is detrimental to the improvement of the mental training level of U-15 youth athletes due to insufficient knowledge of mental training theory (Özdemir, 2019).

III. RESEARCH METHODOLOGY AND DATA ANALYSIS

This paper uses a variety of secondary data including newspapers, articles, magazines, books and online sources to summaries the problems with the mental development of young football players before and during matches.

Footballers at the time of the competition influenced by the score of the game, coaches, teammates and spectators maintain a high state of internal tension, psychological activities conflict very intense, psychological qualities that affect the performance of athletes are the desire to win or lose, tension level, pressure tolerance level, importance of competition etc., but the most common is confidence tension level, pressure tolerance level and the psychological needs of athletes.

A. Lack of self-confidence before the race

The self-confidence of football players is directly related to the success or failure of a tournament, if an athlete does not have the self-confidence to win a race, athletes are less motivated when they are on the field, sluggishness and depression, kicking errors can increase significantly, and the athletes are confident about the game, the match will be easier to win (Maha, 2023).the same type of football player in basic body shape, quality, skill level etc., with essentially identical conditions, an important psychological factor that determines an athlete's performance during training or competition is the athlete's self-confidence (Turgut, 2020)

B. Tense muscle deformation before the race

Athletes' nerves before a race,an emotional reaction caused by an athlete's fear of not performing well before a race,tension level It's all about the athlete's performance on the

field,moderate tension helps to regulate an athlete's mind,helps players to play,and excessive mental tension affects the brain,the brain conveys the central nervous system,athletes' bodies not good,movement out of control,decline in grades,very unsatisfactory play on the field,muscle tightening and stress tolerance affect muscle flexibility in athletes,muscle mechanical outputs, such as force and power, are controlled by highly non-linear intrinsic muscle properties associated with different muscle fibre types,and is influenced by training and age (Hye, 2019), growing evidence highlights the emerging influence of CNS-associated genes in regulating brain activity, including mental performance and motor-related traits,thus potentially contributing to high levels of athletic performance (Brandt, 2021).

C. Stress affects attitudes

Athletes are under more pressure than anyone can imagine,they have many stress factors,society, the media, family and friends, and their own expectations can all put enormous pressure on athletes.Liu Xiang is an example of an athlete under great pressure. after Liu Xiang abandoned the london 2012 olympic games, he was subjected to extreme pressure from the whole country, with the news, newspapers and the internet being full of accusations. How to help athletes adjust their mindset and their ability to withstand pressure is an important part of their psychological development for competition.many youth sport participants have not learned adaptive coping skills to ameliorate the effects of inherently stressful environments. excessive stress usually leads to the development of a stress response, and prolonged stress can lead to an overproduction of hormones, which can have serious negative psychological and physiological effects(Tang, 2022).better performance was found to be associated with higher tolerance golfers, while poorer performance was associated with poorer tolerance players (Zhang, 2021).

D. The mental requirements of athletes in different positions

The different positions in football also require players with different personalities, and there are two methods of mental training for players in each position,a universal training method, applicable to the sport of football,one type of training is individual training, which can be applied to players of different positions (Lee, 2021) .the striker, the main attacking player in the game of football, requires an athlete with acumen and running ability, a backbone role, decisive football skills, as well as a sense of scoring goals stronger than others and a decisive role in the attack of the game.the midfielder, the player who carries the top and the bottom of the football game, is the bridge between the team and requires not only strong technical and tactical ability but also strong communication skills.The defender, the key to defending in football, is able to see the whole field and,be Psychological calm,giving the best defensive planning.,the goalkeeper, the initiator of the attack and the finisher of the defence, is required to have a cool head, versatile thinking, strong organisational skills and the ability to self-regulate.The technical and tactical levels of youth football are still unstable and mentally immature, requiring a more scientific selection of positions for players based on

responsive psychological characteristics (Click, 2019).

E. Psychological demands on the team

Football is a collective sport and it is important to build the team's determination to win, to develop the team's resilience and to develop the team's ability to self-regulate. The individual player's psychological fluctuations are not enough to affect the winning or losing of a match, but the individual player's psychological fluctuations may affect the psychology of the other players in the team (Weisheng, 2020). therefore, each player is required to firmly establish team spirit and enhance team cohesion, while having a core of players within the team that can do the job of regulating the ability to solidify the whole team in the event of mental instability in one player (Ahmad, 2020).

IV. DISCUSSION

A. Enhance self-confidence reserves

A player's self-confidence is built up time and time again through practical exercises. It is important to develop a state of confidence in the players through matches, an underlying sense of I am strong and I will be good. with a strong reserve of self-confidence, they are in high spirits and in the best possible condition for the real battle, continuing to store up their confidence for the real battle. junior players match play less and when they encounter very accomplished opponents (which can also be adult teams) they can manifest fear, timidity and lack of confidence. this time you can arrange for your opponent to train before the match, reflecting the performance of a small difference in football level, building up a state of confidence that I can do it, that I can beat those strong opponents and that I can win too.

B. Competition becomes a regular occurrence

Good players, able to regulate themselves emotionally and stay in good shape before a match through a good resource environment, strong footballing ability. however, most junior players do not have enough resources, are mentally immature and other factors, and are not able to adjust well to pre-match tensions, resulting in stiff and tense muscles that do not bring out their original state of strength. affects match play and loses many chances. pre-match nerves are a symptom of poor emotional regulation. Researchers have seen many people who train very well and are very capable, but when it comes to matches, they are like puppets caught in a noose, their bodies are out of control and their technical and tactical performance is extremely poor. therefore, it takes a lot of intense, high-level play to influence this type of player to think of the game as training, to think of the game as a daily routine, to keep the game in the player's head in a safe place, to imagine themselves in a safe, comfortable environment, to think of the game as a daily routine, to get away from the tension.

C. Meditation and breath control methods to release mental stress

Stress is a constant throughout a player's career, and every footballer experiences it. How to regulate the stress of

the game in an effective way is key to the mental development of football players. by releasing athletes from stress, it helps them get back into good shape and win the race. For example, the success method allows athletes to reflect on their previous successes before a match, allowing the past successes to suggest to players that "I did it before and I can do it now". alternatively, meditation can be used to achieve a relaxed state of mind and body before a match and to release mental stress. Another example is breathing control, which allows players to consciously take deep breaths and slow down their breathing to reduce the effects of stress on their physical and mental state.

D. Pre-competition psychological preparation sessions

Before the match, the players' psychological level needs to be monitored, in-depth and specific pre-match mobilization meetings and analysis meetings should be held, the opponents' psychological, physical, technical and tactical characteristics of each position player should be communicated to all players, the players' pre-match psychological level should be adjusted to an optimal state, a person should be responsible for the opponents' intelligence resources collection, communicating the opponents' overall technical and tactical playing style, individual technical and tactical characteristics, especially when the opponents The players will be informed of their opponent's overall technical and tactical style of play, their individual technical and tactical characteristics, especially their opponent's strengths and weaknesses, and will make adjustments according to their own technical and tactical characteristics, so that they will be able to know clearly the specific situation of their opponent before the match, and thus be fully prepared psychologically to meet the match better.

E. Counselling for psychological construction among team members

The team members got to know each other's strengths in depth, communicated fully and built trust through communication. Before the game starts, everyone is clear about the tasks of the game and the work is clearly assigned. When a mistake is made during the game, encourage and comfort each other, do not complain and create a sense of security in the psyche of your teammates. When you lose your position during the game, your teammates will immediately fill in for each other to minimize the damage and give them a sense of dependency. When there is good attack, cooperation, creative dribbling, goals and good defending in the game, there should be praising behavior in language and continue to cheer and encourage on good form. Summaries and analyses after the game, suggesting corrections and maintaining the good points.

V. CONCLUSION

For young players, it is important to strengthen their psychological training, develop their self-confidence and decision-making skills on the field, and develop the ability to adjust their mindset after mistakes in training and games. It is the wish of every player to win a match, but it is very common to lose a match due to the impact of the game, their own level

and other factors. Psychological training should be put on an important position, increase the investment in psychological training, use advanced instruments for monitoring, increase the number of psychological experts for guidance, take effective ways to alleviate the pressure of athletes, reduce the level of psychological tension of athletes, enhance the self-confidence of athletes, and have a positive role in promoting the cultivation of good psychological quality of athletes.

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