

# Analysis On The Basic Concept Of Football Training In China And Its Connection With Practice

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## Abstract

This study uses the methods of literature reading, logical derivation and expert investigation to explain and analyze the problem of the basic concept of football training in China from a broad overview of football concepts. It includes many concepts, classification methods and main features of the basic concept of football training, and elaborates the basic concepts in accordance with the three levels of macro-concept, core concept and operational concept, and analyzes the problems existing in the practice of football training in China according to the advanced concept. The study aims to help form a correct understanding of the basic concept of football training through the analysis of a series of problems.

**Keywords:** football training; basic concept; macro concept; core concept; operational concept

## Introduction

The concept of football is a very broad concept, from the football strategy of the whole country to a technical training control, which contains the problem of concept. The daily football concept usually refers to the concept of football training. After exploration and reflection, Chinese football experts acquired the following answers: "The main reason for the backwardness of Chinese football is its backward training concepts" [1]; "The training quality of youth football determines the competitive ability in the professional stage. The gap between

Chinese football and the world is the result of the impact of backward training concepts and advanced concepts" [2]. These two sentences denote that the root cause of China's football backwardness lies in the backward training concept. The significance of the training concept is summarized as follows: "The advanced or backward football training concept first reflects the extent of understanding on the nature and rules of training, yet determines the comprehensive ability of coaches and the rationality of the selection and application on training content and methods, and finally

determines the quality of training" [3]. China's football theory has formed a consensus that the development of football cannot be separated from the guidance of scientific theory, especially the exploration of the concept of football training. This paper comprehensively adopts literature reading, logical derivation and expert investigation through which the overall design, content structure, specific concepts and concepts of various aspects are obtained. Research on the basis of training practice and theory exploration, with the definition of football training concept and its interpretation as the logical starting point, analyzes football training concept and classification, which is divided into three levels of macro concept, core concept and operational concept, then indicates the training practice and concept docking error through the comparison between advanced training concept and our football training practice.

## **1. General Issues on the Basic Concepts of Football Training**

### **1.1 Analysis on the Problem of Football Training Concept**

#### **1.1.1 The Concept of Football Training Concept and its Interpretation**

In the mid to late 1990s, football training and theoretical works at home and abroad began to widely quote the term of the concept of football, which gradually became the basic concept with significance. With the help of text tools, the term of the concept can be summarized as follows: the concept must be rational, that is to say, it's the rational thinking mode or rational insight, the essential reflection of objective facts, the external representation of things, and can be simply summarized as

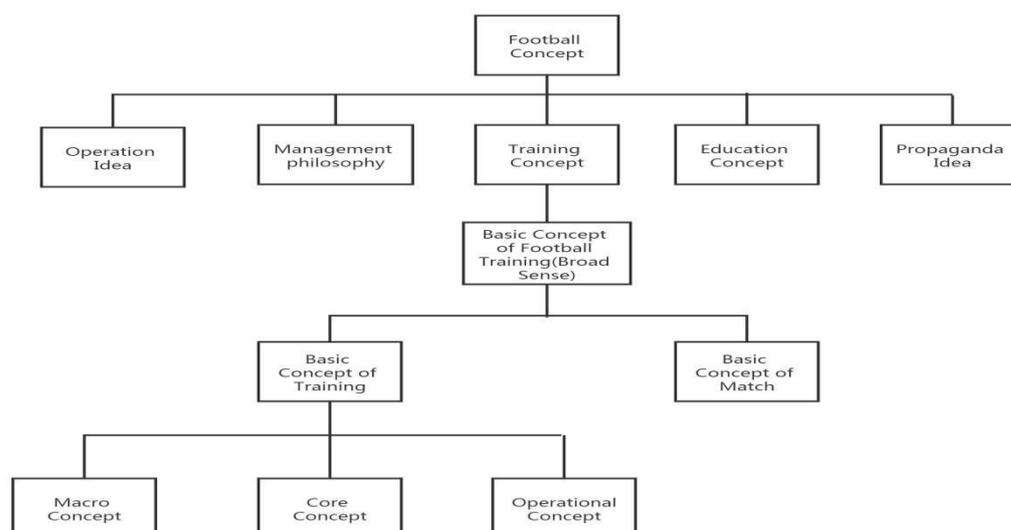
philosophy<sup>[4]</sup>. According to logic, the theory of football training philosophy is a scientific knowledge of a series of basic problems of football training, and a generalization of the problem according to its nature and rules<sup>[5]</sup>. If we compare the concept to philosophy, then football training concept can be regarded as football training philosophy. Expert research defines the concept as follows: The concept of football training refers to the relatively stable principles and guidelines of football training established by forming the correct understanding of the many essential attributes and laws of football training on the basis of the long-term training practice and rational thinking. From a country to an individual coach, the level of the training concept determines that the height of the training level. Therefore, football training must master the advanced training concept. At present, the international understanding to football training concept has tended to be synchronized. If we understand and grasp the advanced concept, we can ensure the synchronous development with the world; on the contrary, if the understanding of the training concept is biased, the training idea will result with half the result and double the efforts<sup>[6]</sup>.

#### **1.1.2 Classification of football training concepts**

The concept of football training is an all-inclusive concept. From the macro design of the training to the implementation of the specific methods, the problems about all aspects of the training can be attributed to the study of the training concept. In order to show the scope of football training concept in a panorama, according to the principle and method of logical classification, the football concept can be classified as in Figure 1. In the system of football concept,

we put the basic concept of football training in the core position. According to the advanced football concept, the systematic football training is a unified whole composed of two elements: training and competition. Competition is the continuation of training and the component of training, while training should take the game as the core and goal. It's the same in any situation that the basic concept of football training is also the dual composition of training and competition. This article discusses the basic concept of football training by citing the concept of broad and narrow sense. The basic concept including training and competition two aspects is called broad sense, while the basic

concept including only training is called the narrow sense, which is the core and main content of this study. This narrow basic concept is to discuss the understanding of football training from the perspective of training, and is the interpretation of the basic concept of the whole training process. The radiation scope includes the game process, and is to take the game process as part of the training. From the analogy of systematic training composed of training and competition, the basic concept of competition has independent significance, which is apart from the basic concept of football training in the narrow sense, and there are also some other problems that need to be specifically discussed.



**FIG. 1 Classification of football training concepts**

## 1.2 Analysis on the Problem of Basic Football Training Concept

### 1.2.1 The Basic Concept of Football Training

According to the concept of logical derivation method and expert investigation, the basic concept of football training is

defined as follows: the basic concept of football training refers to the football training subject choose and determine the guiding and decisive concept for the entire football training among many football training concepts, which is a relatively constant basic football training principle and guidelines. A football training subject to determine the basic concept of the training requires long-term practical experience and scientific exploration. Once the basic

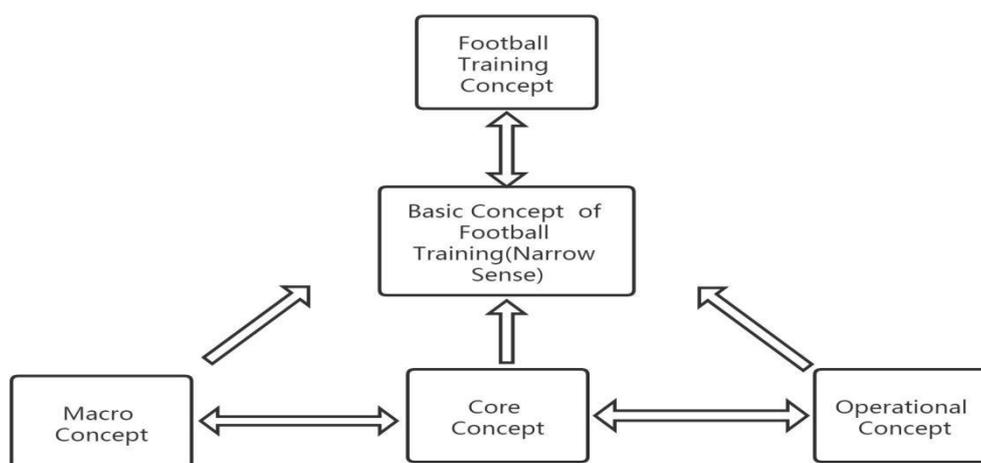
concept is established, it is stable and exclusive.

The basic concept is the criterion to grasp the direction of football training. If the training subject is supposed to achieve the effective control of football training, he must establish the basic concept of stability. The development of China's football has been lacking ideological construction and theoretical research, and has not formed a stable football concept suitable for China's national conditions. The development ideas have always fluctuated from side to side,

resulting in the real football training always at a low level state<sup>[7]</sup>.

### 1.2.2 Three Levels of the Basic Concept of Football Training

The basic concept of football is the basic and primary concept in the huge training concept system, and has its complex composition. The basic concept can be divided into three levels, namely the macro concept, core concept and operational concept of football training. See the interrelationship of three level concepts in Figure 2:



**FIG. 2 Internal relationship between basic concepts of football training in a narrow sense**

## 2. Three Levels of the Basic Concept of Football Training and Its Docking with Chinese Football Training Practice

### 2.1 Explanation and Analysis on the Macro Concept of Football Training

#### 2.1.1 The Concept and its Elaboration

The macro concept of football training refers to the basic concept of football

training with an overall and long-term nature. It is the beacon and basic criteria that must be followed to comprehensively promote football training with a long and large-scale practical research, scientific research and exploration. As a football training subject with a certain range of radiation, whether a country, a region or a system of football leadership institutions, all need to establish a macro concept of football training. The macro concept needs to follow many basic laws of football training, and explore the international advanced concepts and the essence of their ideas.

After expert investigation, the macro

concept of Chinese football training is elaborated as follows: football training which turns out to be a necessity during the growth and development process, should be regarded as a form of quality-oriented education, and unified with the all-round development of education and humanistic education; Football training should also cooperate and interact with school education, vocational education and family education, synchronizing with the moral education and intellectual education development of the team members; We should take advantage of the characteristics of football programs and their unique educational elements to promote the comprehensive and balanced development of the body and mind of each team member by building the health body and cultivating good quality; When advocating the popularization of the masses and encouraging more young people to receive training, we could discover and select members with football talent. In the training process, we should pay attention to promote the comprehensive development of talent cooperation consciousness, team spirit and football expertise in parallel. The implementation of macro concept needs publicity and follow-up of various training activities. Its influence and radiation scope should spread to all levels and corners of the society, especially all levels from children's enlightenment to vocational stage, among which the important thing is to implement the spirit of the concept to the training process and every training link. As we know, the social status of football determines the broad influence of football training. The football macro concept being the overall training concept determines the width and depth of its significance, so the written elaboration must inevitably consider the influencing factors of each aspect. Moreover,

the macro concept should not only clarify the essence of its concept, but also leave a variable and continuous optimization space for text adjustment and repair.

### **2.1.2 Analysis on the Connection between Macro Concept and Chinese Football Training Practice**

Although the term concept is very hot in China, the national understanding of the term concept is far less than the western developed countries, let alone the football industry. China's football training practice is in the predicament of lack of basic concept support. On the one hand, the Chinese Football Association and the football leading organizations at all levels have an insufficient understanding, nor the publicity of the football concept and promotion of the research. On the other hand, there are two wrong understandings for the grassroots football practitioners: first, the publicity is "lofty" but unrelated to practice; second, concept is simple preaching without serious attention. The lack of unified concept guidance of football training is the lack of understanding of concept problems and the disconnection between understanding and practice. The football training practitioners generally do not realize the importance of advanced concepts, and the training always lacks the guidance of the right direction and the control of the basic key points, which causes the disadvantage of our football talent training and team member education.

The deviation between football training and international advanced training concept will inevitably cause the overall football level of China. The lack of educational guidance and nourishment in the macro concept has also caused a lot of rebellious phenomena in our training and competition. There have been fight events in youth games

and campus football matches, disrespect to referees, opponents and teammates. Take the match etiquette as another example, the etiquette of the game ought to educate players etiquette, politeness as well as learn communication and respect, but it appears to be a formality, even a child's play. However, the coaches and physical education teachers turn a blind eye to the ethics. In reality, the "deviation" of the players and the "indifference" of the coaches are a unique Chinese phenomenon that deviates from the concept of football education. Just like education is a process of moistening things silently, the implementation of the macro concept must be the accumulation of countless details. Compared with the advanced concepts, we can see the loopholes and crises existing in our football training. Macro concept is easy to establish in terms of text form, but what is important is the change of the concept of the majority of grass-roots coaches and the implementation of the advanced concept in the specific training.

The design of the macro concept not only needs to learn from foreign advanced experience, but also to draw lessons from history. In the mid to late 20<sup>th</sup> century, the way to the football talents training with "three concentration" training system in early Chinese professional training school failed achieving the expected effect, also influenced the comprehensive quality of the later football practitioners and developing potential. At that time, the measures aimed to quickly cultivate talents, but there were mistakes in the long-term development strategy and framework, as well as in the design of China's macro concept. The development of football in China has always been a lack of deep thinking on basic concepts, such as the relationship between football training and the all-round

development of players, simple emphasis on the popularization of football and talent training, which are caused by the lack of cognitive height and narrow vision. Macro concept is the soul of football training, which needs to be widely publicized and deeply rooted in the hearts of the people. More importantly, every football training practitioner should be obliged to firmly implement and execute it. The established macro concept needs to have a high-profile positioning and feasibility. It can be a slogan and propaganda, but also a fixed principle, but the most difficult is to follow up the implementation steps. Successful football training must be highly related to the exploration of macro concept, and the implementation of macro concept needs a solid process rather than talk on paper.

## **2.2 Explanation and Analysis on the Core Concepts of Football Training**

### **2.2.1 The Concept and its Elaboration**

The core concept of football training refers to the concept of occupying the leading and core position in the whole process of football training. The essence is that the training must reflect the essence of football and the elements of football, and it is the primary and basic criterion that should always be followed in the training process. We should not only grasp the essence of football, training rules and a series of basic concepts, but also learn from the experience of developed football countries.

After expert investigation, the core concept of football training is elaborated as follows: any football subject training planning, publicity, organization and implementation of all activities, should meet the essence of football and fully reflect the football elements as the first priority, that is,

the training should take games and competitions as the core and main content. To summarize it from the sense of training, it is the concept of "football training centered on the match combat" advocated by European and American countries, that is to say, all the design and implementation of football training should take the actual combat and winning the game as the core and return point. Football training from children's enlightenment to the professional stage should follow this fundamental concept, which is the correct guarantee of the basic direction of football training.

The core concepts of football training have various different elaboration methods, such as "the actual combat as the core", "the competition as the training mentor", etc., but the spiritual essence and connotation are the same. Those generally recognized exposition must reflect the essence and basic laws of football. All training activities can not deviate from the essential attribute of match and game. The sports and educational attributes of football training are subordinate to the attribute of match and game, as well as its interestingness and many functions. Unlike other sports, the attribute of football is "a game or match in which two teams compete against each other on the same field with the ball dominated by their feet and the goal of scoring the ball into the other team's goal"<sup>[8]</sup>.

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### **2.2.3 Analysis of the Connection of Core Concept and the Practice of Chinese Football Training**

The elaboration of the core concept of football training is a comprehensive investigation of the ideological achievements of European and American countries. After the investigation and consultation with domestic experts, the elaboration has a scientific basis and has reached an agreement with the international advanced concept. Compared with the advanced football ideas and concepts, we do have understanding deviations in the field of theory and practice in the past, and there are the problems of outdated ideas and backward methods. First, technical practice requires to learn to go before learn to run, and to practice only makes perfect, which deviates from the essence of football. Moreover, there is too much emphasis on the basic technical practice and neglect the actual competition practice, separating them from each other. Last but not the least, campus football vigorously advocates football exercises, football dance and ball exercises, students holding the football to do exercises and dance around the football. These approaches depart from "matches and games" and are contrary to advanced ideas. Football training must open our eyes instead of divorcing ourselves from practice, and gain insight into the trend and the core concept of international cutting-edge football training in football powers.

The main reason for the overall road lost and many unreasonable practices in Chinese football training attributes to the deviation from the core concept of football training, and failure to reflect the nature and elements of football, which is also the fundamental problem that we need to deeply reflect on. From the general background, the start of

new Chinese football is in a state isolated from the world football family. The theory and methods of the former Soviet Union are not the result of advanced football thought, and there has been no independent innovation in our theoretical exploration and training practice, in a non-scientific state for a long time. Football having reformed for 20 years, we have not completed adjustment and error correction on the core concept of football training. Many professional teams and youth training in big city have changed to some extent, but our high-end theoretical thinking of football training is still behind, especially a larger range of basic training is still in a state of ignorance. Here to summarize some problems on the core concept of China's football training:

First, there are various obstacles to the integration of traditional Chinese culture and western culture. Chinese culture is extensive and profound and forms its own system, including language, way of thinking, sports mode, learning habits and so on, resulting the obstacles in understanding the advanced football concepts and the discount of information transformation. Second, the football leader's ideology is backward, the cognition level is not high and the management ability is insufficient. Generally speaking, the level and vision of leaders are the important determinants of the height of football training development; whereas China's successive football leaders do have the commonness of insufficient ability and high distractions, and cannot grasp the fundamental problems and basic points of football. Third, the rigidity of the system causes a waste of labor, material and financial resources. The phenomenon of the current system is those who can take up the training task have nothing to do, those who hold a post without qualification. What's worse, there is a huge waste of capital

utilization, typically the contrast between campus football investment and effect. Fourth, the quality of the practitioners is not high and lack of awe and dedication to football training. Under the same social and cultural environment, many sports in China failed to reach the peak of the world.

### **2.3 Explanation and Analysis of the Operational Concept of Football Training**

#### **2.3.1 The Concept and its Elaboration**

The operational concept of football training refers to the basic concept to be followed by the design of football training process and the control of the operation of various training parts. It is the programmatic points summarized and refined by the coaches from the long-term training practice experience, and the basic criteria that must be followed to achieve the ideal training effect. As a coach, whether in grassroots amateur team training or youth echelon training, or high-level professional or national team training, he should pay attention to strengthen the cognition and understanding of the operational concept of football training.

Through the expert survey, this article filters and merges many personalized operational concepts, then rise to rational understanding, finally form operational concept of football training as follows: The direction of the football training development needs to have comprehensive support of macro concept, with the guidance of the core concept to the effective goal, and follow the operational concept when the football coaches control the training process and deal with the training details. Besides, football coaches must follow certain rules and principles in the training scheme design and specific training practice under four important basic criteria, that is, to ensure

happiness as the premise, to the game method as the leading, to cultivate interest as the basis and the competition for the purpose<sup>[9]</sup>. The four exercise concepts are unified and parallel, which should be reflected in the training process and every training part. It is interconnected and interactive rather than isolated. It may differ slightly from each other in specific training due to the different environment, objects and conditions, but those four criteria must be taken into consideration in long-term training process. The principle and implication of the four operational concepts seem to be easy to understand, but it is often difficult to implement in training practice.

#### **2.3.2 Analysis on the Connection between Operational Concept and Chinese Football Training**

At present, the training construction of Chinese coaches and team are in the primary stage, and the number of qualified coaches is far from the needs of the development of football. Grassroots coaches generally lack of professional training and basic literacy, coupled with the influence of traditional training ideas and methods, thus the training has a universal deviation from advanced concepts. Here are some examples, one is the boredom of the training, which is against the concept of happiness first; another example is the coaches let the players practice technology according to certain rules or fixed routine, which is against the concept of game method; the third example is many players participate in training for many times, but they have no opportunity to experience competition and combat confrontation, which violates the principle of competition purpose, etc. There are also more incompatible with advanced concepts, such as excessive criticism, scolding and punishment in grassroots training. The

coaches seem to be very committed and responsible for the training, but in fact they violate the educational principles and the rules of football training. In this way, the training players may also make progress, and the team may make certain achievements. But in the long term, the players are bound by mental depression and behavior, unable to release nature and full potential, which will affect the comprehensive and healthy development of the players.

The low training level is the root cause of the overall backwardness of Chinese football. The important reason is that our coach training system is defective and the system is not perfect. The general lack of training and exchange platform for grassroots coaches results in the occlusion of professional information and knowledge exchange and the lack of cognition of advanced ideas. In fact, every operational concept has its profound meaning, such as cultivating interest as the basis. We all know the importance of interest for the growth of football players, but we generally believe that it is natural for children to love football, and often ignore the players' complex emotional process of football. Objectively, the players' interest in football is constantly fluctuating, so the coaches need to observe and interact more with the players. They must give care, guidance and encouragement when their emotions fluctuate, and give affirmation and help at the critical times. Coaches are supposed to make friends with their members, which is an important link for the players to have interest in football enduringly.

The operational concept as the basic criterion is suitable for training at all levels and all kinds of teams. Here we take children's training as an example. Now, children's training in developed countries such as Europe and the United States, as well

as our neighbors Japan and South Korea, the whole process of which must be full of happy atmosphere. The training is a variety of game methods from beginning to end, and full of confrontational combat practice. During the training process, the coach will celebrate high-fives with every child, and every child will be praised and encouraged by the coach. Each of them will have equal opportunities to play and experience happiness, etc. These behaviors and arrangements are essentially implementing the concept of football training. Youth training in Europe and American countries like efficient product production line, in the pursuit of the design of training scheme, continuous improvement, training operation specification and excellence for quality, to establish the correct concept and concept in coaches 'mind.

### 3. Summary

The study takes the concept establishment and interpretation of football training concept as the logical starting point, and confirms through the review that a country and a coach's football training must have an advanced football concept to reach a high level. The consensus reached by China's football theory is that football training cannot be separated from the guidance of scientific theory. Today, China should strengthen the exploration of the concept of football training and master the advanced training concept, in particular, under the synchronization of the development of international football.

Football training basic concept plays a guiding and decisive role in football training and is divided into broad and narrow definitions. It is clear that the research takes the basic concepts of football training in the narrow sense as the core and main content, and classifies the basic concepts in the narrow sense into three levels: macro, core and conduct, of which the basic spirit and

essence are elaborated and interpreted into words.

Comparing the basic concept of advanced football training with the specific training practice in China, we find that there are many problems and deviations in the aspects of the understanding of the essence of football and the elements of the control principles and the understanding and key points of advanced training methods. At the macro level, we need to broaden our vision and reflect on history, and integrate the comprehensive education of human beings into the training process. At the core level, we need to reflect deeply on the deviation of football essence and football training elements in the past, then make football training return to the core of actual combat. In the training process and every part of it, it is more necessary to learn and understand the control principle and key points of advanced training methods with an open mind.

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