

Innovative Fusion between Chinese Youth Football Training Concept and Campus Football Training

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Abstract: Football is a very popular sport among teenagers. It can not only enhance students' physical fitness, but also train their agile thinking ability, and cultivate their sports spirit of abiding by discipline, solidarity and cooperation, and daring to compete. However, at present, the development of Chinese football is still in a downturn, and there is still a big gap compared with other countries in the world. Based on this, this paper studies the concept of football training and the way of campus football training, and further studies the innovation and integration of the two, in order to provide a theoretical basis for football related research.

1. Research background

1.1 Literature review

With the rapid development of China's economic level, social progress and the improvement of people's quality of life, cultivating talents with all-round development of morality, intelligence and physique has become the focus of China's education (Zhong, 2013). With the popularity of campus football, football training concepts and methods gradually enter the campus (Wu, 2015). Although the current development of Chinese football is unsatisfactory, it also warns colleges and universities that if they want to change the status quo, they need to start from the source and train students' football skills from the youth stage. Relevant departments should learn from foreign experiences and lessons, do innovative work while learning from them, and gradually form a football training path with Chinese characteristics (Wang and Li, 2016). Physical education teachers in schools should strengthen the study of teaching ideas and training methods of campus football, improve students' professional awareness of football itself, and enhance the practice of football skills and basic skills (Pei, 2017). In addition, in the process of teaching, teachers should take students as the main body. Teachers' idea of serving students should guide students to understand the importance of the rise of Chinese football in the international arena and cultivate students' interest in football (Du, 2017). Only in this way can we combine the training concept with the innovation of training methods, accelerate the reform of football education and promote the long-term development of campus football.

1.2 Purpose of research

In recent years, with the continuous development of campus football, the public's mood for the revitalization of national sports continues to rise. More and more colleges and universities participate in the football talent training program (Yuan and Su, 2013). However, from the international perspective, the development of Chinese football is still in its infancy, and there are still many problems in the future development of Chinese football. It mainly includes the few competition venues, the lack of experienced personnel in organization and management, and the lack of long-term planning ideas. Based on this, this paper attempts to take the innovative combination of football training concepts and football training methods as research ideas. Efforts should be made to improve the professional awareness of Chinese football in the field of adolescents, promote the cultivation of Chinese football in the period of adolescent enlightenment, optimize football training methods and teaching structure, and train students' on-the-spot reaction ability.

2. Youth football training concept

Football is a kind of sport that can train teenagers' team cooperation ability and physical fitness. Football should be cultivated from an early age, relying on personal interests and hobbies, constantly attracting students to feel the joy of sports. Secondly, in the process of sports training, students' physical safety should be the first priority (Chen and Lin, 2018). Teachers must pay attention to the diversity of teaching methods when teaching physical education to students. Interest is the main way to guide students. Students in adolescent stage are curious and always want to contact new things. So boring sports training will only make students begin to hate sports (Li, 2018). It is the goal of teachers to make students exercise efficiently and easily. Moreover, for the adolescent stage, China's education has gradually implemented the policy through reform, so that adolescents can learn happily and experience happiness in learning.

Teenagers in sports training is not so much technical learning training as hobby training. Because, at this age is a more active age, if there is no hobby, will only continue to explore new things and experience the meaning of perseverance (Figure 1). However, cultivating a hobby can not only help him develop healthily, but also help him grow mentally. In addition, in the process of selecting young athletes, the relevant personnel should give priority to skill training, let athletes feel the charm and honor brought by the competition, excavate talented athletes, and actively give hope to their physical training.

The purpose of youth football training is not only to understand the rules of football, but also to teach the essential skills to the students in practical teaching. In addition, we should actively guide students to learn the Olympic spirit and football spirit, establish a deep sports friendship, and contribute to the cause of Chinese football. Therefore, in the course of football training in Colleges and universities, we should not only cultivate teenagers 'team cooperation ability, but also improve students' communication skills. In addition, coaches should always pay attention to the psychological changes of teenagers, according to the actual situation of students, formulate training objectives, and make long-term progress.



Figur 1. Examples of the application of campus football in youth activities

3. Youth Football Training Style

Football training should focus on basic skills, such as throwing, shooting, passing and so on. It needs long-term practice to accumulate certain sports experience, so it requires coaches or sports teachers to carry out relevant training on the basis of practice. In addition, coaches or teachers can adopt such teaching methods as index quantification and target decomposition to train students in different items. However, there are some drawbacks in this training mode, which are mainly reflected in the fact that the athletes are already familiar with the training field environment every day during hard training, and when the real competition comes, they find that the competition pressure brought by the new environment is unable to look at the training field, which is one of the reasons why many athletes play out of order in the competition. Therefore, this requires the school departments to organize regular football matches between schools, so that the training venues are more diverse, and constantly changing the new environment can make athletes grow physically and mentally.

From the perspective of training thinking, after having basic physical fitness and professional

skills, how to use tactics has become the most important problem that coaches or sports teachers need to face. Based on this, some sports practitioners pointed out that the main purpose of using sports thinking to train and guide football players is to teach thinking and tactics to win. However, football not only exercises teenagers' physical fitness, but also trains teenagers' agile thinking and judgment. If you don't have this kind of thinking in the competition, you will be particularly flustered and lack the ability to play on the spot. Therefore, the coach or teacher should guide the students to deal with every change calmly, accumulate competition experience, and constantly exercise the psychological endurance of young athletes.

Football is a competitive sport. It is particularly important for football training to formulate corresponding training programs. Firstly, the basic physical training and skill training must be integrated into the scheme. In addition, friendship matches with colleges and universities will help athletes accumulate experience and enhance their coping ability. Only through different types and different types of training, can a qualified sports reserve personnel be trained. Teenagers' psychology is in a period of immaturity, and the way of dealing with things is also not considered, but these can be solved as long as they are honed through practical experience. It is very normal for athletes to make mistakes in competition, to play out abnormally, to fail directly or to care too much about the results are all factors that affect the athletes' mind. Therefore, it is very important for coaches to conduct psychological counseling in time and set up correct training methods.

4. Innovative integration of training ideas and training methods

4.1 Creating the subject position of students

Football is very popular among students on campus, which requires physical education teachers to constantly update teaching concepts and training methods in football training, so that young athletes can receive advanced sports training abroad. Teachers are only organizers of campus football, students play the role of main participants, and teachers' teaching work is centered on students' training. In daily training, teachers should adopt the way of combining the training idea with the innovation of training method to train students. While imparting relevant knowledge, we should also pay attention to psychological counseling and pressure release, and constantly cultivate the spirit of young people's tenacious struggle, perseverance, solidarity and cooperation. According to students' actual teaching needs, we should arrange corresponding courses, innovate teaching contents and improve teaching methods, cultivate students' love for football, and guide students to actively and independently devote themselves to football training.

4.2 Developing students' interest in football

In the course of football training, teachers should pay attention to guiding the direction of students' interest and not blindly impart a single teaching content. For example: the rules of the game, the game process, these cumbersome procedures, should first train students dribble skills so that he is attracted by the sport, follow the good temptation to gradually fall in love with football. The most important thing is to cultivate students' football consciousness on the one hand, that is to let students experience the spirit of unity, cooperation and perseverance in creating the future; on the other hand, physical education teachers should actively mobilize students' enthusiasm for sports, football training is not a short-term training will get results, it needs long-term training and experience, through the scientific and systematic guidance of teachers, accumulate rich and solid. Only through experience can students improve their football level.

4.3 Establish a good relationship between teachers and students

Teachers are the leaders of imparting students' knowledge, and students are the subjects of receiving knowledge. They influence each other and make progress. Therefore, the relationship between physical education teachers and students in football curriculum directly affects the quality of teaching curriculum. In addition, there is a certain common growth relationship between teachers and students. Only when students become excellent teachers can they be valuable. In the teaching

work, we should pay attention to the changes of students and encourage students by closing the distance between them. In the process of football teaching, we should build a cooperative system between teachers and students to experience the joy of sports together with students. While creating a good teaching atmosphere, we should communicate with students to understand students' hobbies, interests and personalities besides football. In this way, we can avoid the pressure brought by some psychological problems to the students, and guide the students to carry out football training.

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