

THE ROLE OF COACHES AND PARENTS IN YOUTH FOOTBALL TRAINING

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ABSTRACT. Our topic is the investigation of the influence of parents and coaches of youth soccer children on the children's sports performance, what is the role of coaches in teams of different youth age groups (according to the physiological effects of children), the relationship between coaches and parents, the relationship between coaches and players, the control and development of the most talented players. With our chosen topic, we set myself the goal of examining whether the support and help of parents or coaches has a greater effect on the child's sports performance. We chose this topic because we would like to help during the coaching career in the future, and we also consider it important to develop the skills of young Hungarian football talents, in which parents and coaches have an important and outstanding role. In our article, we would like to reveal what are the outstanding factors that most influence a player's performance on the field, and to what extent coaches and parents contribute to this. We think that it is important for both sides to see their role in the development of football talent. We would also like to examine to what extent parents contribute to the advancement of their child's soccer career, whether they recognize the factors in which they should help their child progress in soccer. After all, in our opinion, without parental support, it will be more difficult for the player to progress, who will also be more balanced emotionally, which also has a significant impact on his sports performance, if the parent monitors and encourages him during his football career. Do soccer coaches consider their relationship with their students important? What is the role of football coaches in the different youth age groups, what is the focus? To what extent does the role and education of parents influence their children's performance, football coaches, how can they cooperate with parents and players? How can football coaches keep under control and develop the most talented child?

Keywords: *upbringing, education, talent.*

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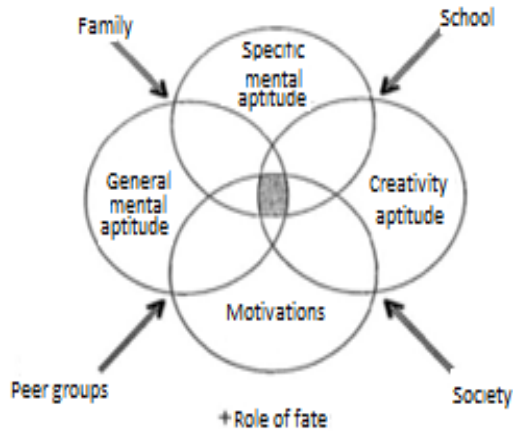
INTRODUCTION

“The teacher’s belief in the power of education often helps him through the deadlock in the practice of his profession. The coach’s educational work is directly affected by how he thinks about the issues of educational opportunities” (Gombocz, 2008).

It is well known that all sports are based on training young people to the right level (Németh, 2011). According to our experience, the coach can be considered a key figure in the triad of cooperation between coach, student and parent. The person of the coach can be a milestone in the child’s personality development. He proved that the behavior of the coach and his relationship with the athlete are of paramount importance in terms of the development of talent. Today’s young children are different, their expectations are different. The players expect good preparation, it is important for them that their training sessions are planned and varied, the coach must pay attention to every little part so that the children develop at a suitable pace according to their physiological abilities (Power, 2020). Only 30% of coaches mentioned physical abilities as a condition for talent development and success (Orosz & Bíró, 2009).

Talent: we do not consider it a permanent personality trait, but rather a phenomenon determined by several external and internal factors. A person is talented who has the physical and psychological characteristics and conditions appropriate to the given age stage, these factors can make a high level of performance in the chosen sport more likely (Orosz & Bíró, 2009). According to Endre Czeizel’s 2X4+1 factor talent model, inherited and environmental components play a role in the emergence of talent. The model attributes a key role in the realization of talent to four individual and social-environmental factors. Among the factors within the individual, he considers general mental aptitude, specific mental aptitude, creativity and motivation to be important. In the case of social environmental factors, he highlights the role of family, peer, and school influences (coaches in sports), as well as the role of fate.

From the point of view of conscious career building, the sense of responsibility among footballers is important. Szabó and Kékesi (2016) mentions three different levels in their concentric model of responsibility: the micro-level refers to the individual’s sense of responsibility with himself, the meso-level with his immediate social environment, and the macro-level with his wider environment. Sportsmanship is manifested in many behaviors, both on and off the sports field. A young player or child goes to training regularly, follows the coach’s instructions and makes efforts for his development (Szántai & Szabó, 2021).



Graph 1. Hungarian talent management company, 2015

The coach can continuously help and shape the relationship between parent and athlete. The development of a child's talents is significantly influenced by his upbringing and education, which begins in the first educational arena, the family, in the period before school age. Children's mental health is extremely important, as it affects children's performance on and off the field (Simpson, 2020). Soccer as a team sport for the greater development of cognitive abilities and reactive behavior (Szántai et al., 2022). According to Van Rossum, the responsibilities of the family are: financial support, adapting the organization of the household to the athlete's schedule, moral support and general commitment, organizing travel to training sessions and matches, help with problems (for example in case of injuries), support for matches (Orosz & Bíró, 2009).

Family influences in the development of sports talent

The family is the primary and most important scene of socialization, from where our basic values, beliefs, communication and behavior patterns come. The family not only provides the individual with information about getting to know the outside world, but also has a significant impact on his set of concepts related to himself (self-concept). In the sensitive period of concept acquisition (in the first years of childhood), feedback from the immediate environment can very intensively shape a person's knowledge about himself. The family thus plays a primary role in the formation of self-image and identity. Success in sports can have an important impact on the extent to which someone is able to believe in

their success, in winning, in being able to achieve their goals. Baumann's (2002) idea is also related to deep-seated family experiences, according to which the Eriksonian trust in parental influences that develops in infancy can be a precursor to self-confidence in sports. The quality of family socialization (for example, the acquisition of appropriate communication and conflict management patterns) can determine later social relationships, such as integration into the community or communication with an authority figure, which can also be an important factor in career building in team sports. According to Budavári (2007), parental ambitions can affect the child's motivation. Frustrated in their desire to excel, parents expect their children to fulfill their own dreams. If the parent's desire to achieve is stronger than the child's, it usually results in the interruption of the sports career. At the same time, parental sacrifice and support can be a central factor in the fulfillment of talent. According to Van Rossum (1995), parental support plays a very significant role not only in the first two phases of an athlete's career, but also in the third phase. He singled out six important factors in which family support appears even in the perfection phase:

- moral support and general commitment
- adapting the organization of the household to the athlete's schedule
- financial support
- organizing travel to training sessions and matches
- help with problems (for example, in case of injuries)
- visiting the match (Orosz & Bíró, 2009)

The importance of the role of coaches in the development of sports talent

According to Budavári (2007), the coach can be considered the key figure in the triad of cooperation between the coach, student and parent, according to him, athletes listen to their coaches more than their parents, they expect recognition from them, furthermore, the coaches' behavior and reactions greatly influence the students' commitment. It is necessary to interpret the coach's work not exclusively in terms of sporting goals, but in a broader sense: the complex goal system of education. Childhood is indisputably the period of establishing the necessary competencies for life (Varga et al., 2018): The person of the coach can be a milestone in the child's personality development. It has been proven that the coach's behavior and relationship with the athlete is often more important than the child's basic abilities in terms of talent development. It is important that the coach knows when to encourage and when to take back the pace and expectations. If there is no harmony between the coach and the

player, the player's efforts can easily decrease and the risk of leaving the sport can increase. In such cases, it is worth making an effort to prevent the loss of talent. However, it is important to distinguish between the fact that the coach-student relationship plays a role in the loss of motivation, or that the player's motivation has been lost due to other reasons. This requires adequate self-reflection and self-knowledge on the part of the professional, as well as being well aware of the player's circumstances.

Encouragement and external reinforcements can mean a lot even to players with strong internal motivation. Professional players look up to their coaches from a young age. Talented young people see the coach as the person who leads them to the gate of success. According to Bloom's career phase model, coaches play different roles at different stages of an athlete's career. They approach athletes with different attitudes and expectations, emphasize different aspects of sports activities, and set different expectations for students in the stages of introduction, development and improvement. A completely different empathic skill, communication style, goal setting, training method, development strategy, etc. It may be necessary in the case of athletes in professional status, as in the case of preschoolers who are just starting. However, regardless of the career phases, certain factors may be important in general in terms of promoting talent development. The most important factors may be the coach's expertise, personality, motivation, and commitment. Expertise, on the one hand, from a sports-professional point of view, and on the other hand, from a pedagogical-psychological point of view, may be necessary for effective talent management. Professional sports expertise (knowledge of training theory, professional methodology, sport requirements, etc.) can help, for example, the coach to be able to:

- take into account age characteristics in development
- recognize the optimal physical load level
- set realistic development goals
- to be aware of what factors need to be developed and how
- to be aware of what technical and tactical elements need to be mastered and how

Coaches often instinctively feel the right behavior leading to the right solutions. Thus, coaching effectiveness is not merely the result of what has been learned, but can also arise from the characteristics of the coaches' personalities (Csáki & Takács, 2020).

Gombocz (2008) classifies sports professional requirements among the requirements imposed on coaches, which include knowledge related to age characteristics, the load on the body, the development of conditioning abilities, and the development of technical and tactical knowledge in sports. During the

talent management of young footballers, the selection and application of educational methods suitable for age and ability are of great importance, since the decisions made in educational situations influence the development of athletes (Kiss & Bognár, 2018).

RESEARCH HYPOTHESES

We assume that the most important feature and ability in the development of talent, according to the coaches, are the emotional, volitional, and motivational factors. After all, if a player is emotionally balanced and has sufficient motivation, there is a greater chance that he will perform better on the field.

We expect that the most important educational influence is setting an example according to the coaches. After all, especially in the case of the younger age group, it is the teacher, the coach in football training, who they look up to and look up to as a role model.

We assume that parental sacrifice and support can be an important factor in children's sports performance. After all, in the case of the younger age group, it is the parents who contribute a lot to the child's success in the given sport. They take the child to training. They provide him with the right equipment.

METHOD

We conducted indirect and direct research to prove our hypothesis. With our indirect research, we reviewed and processed the relevant literature. The method of our direct research is questioning, as a tool we used a questionnaire compiled for coaches and parents. We illustrate the questions related to the research topic by processing the results of questionnaires among coaches and parents. In the first part of our topic, we describe our indirect research and the processing of the relevant literature. Talent as a concept, as well as how family influences influence the development of talent, children's sports performance, the importance of the role of coaches in the development of sports talent, for which we used several specialist literature. We specifically highlighted what these activities develop and what the youth coaches should pay attention to when using them. In the second part of our article, presenting our research methods. We are presenting the results of our direct questionnaire research. We analyzed the answers to the questions, illustrate the data in tables and diagrams. Drawn conclusions in the final chapter of our article, evaluated and summarized the answers to our questions.

RESULTS

1. Question:

The most important feature and ability in the development of talent

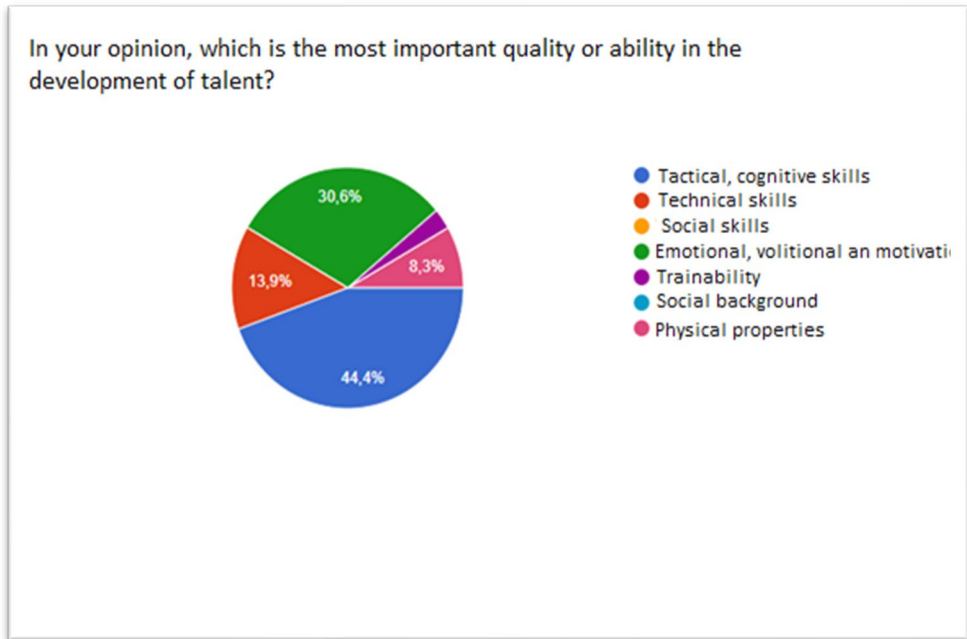


Figure 1. *Ratio of skills and factors involved in the development of talent*

The youth coaches participating in the study could choose from 7 statements and options:

Among the statements, the responding coaches included tactical and cognitive skills in 44.4%, technical skills in 13.9%, emotional, volitional and motivational factors in 30.6%, and physical abilities in 8.3%. in, and trainability was considered the most important factor in the development of talent in 2.8%. From the proportions, it can be seen that the most common answer was tactical and cognitive skills (44.4%), however, in our opinion, the most important factor is the emotional, volitional and motivational factor, since if there is not enough motivation and will, then the children do not strive for improvement and development, they don't have the certain hunger for success that would improve their own abilities and skills, as well as contribute to the success of the team with their abilities and talents. We would also declare emotional factors

to play a key role, because if there is not enough self-confidence, problems arise at home, which means that the child cannot focus on football and performance to the maximum extent. Coaches play an outstanding role in improving children's emotional world (one-on-one conversations).

2. Question:
The most important educational effects

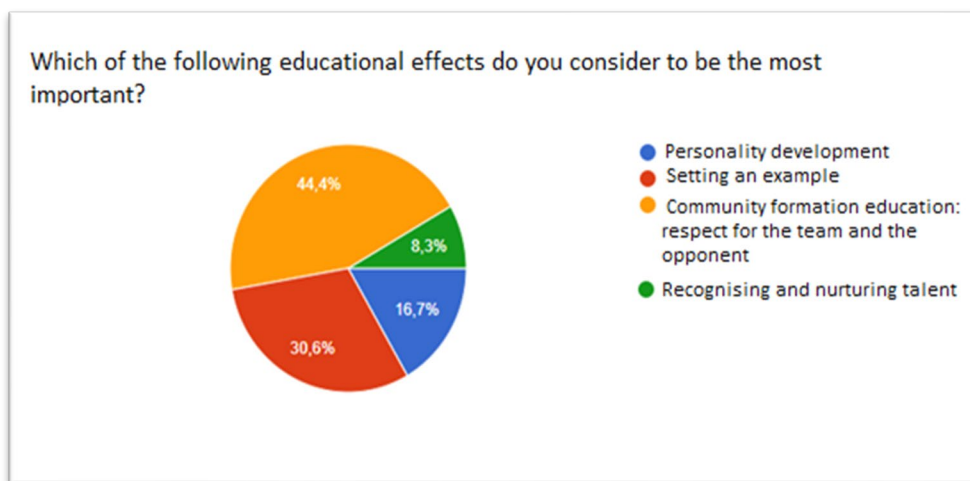


Figure 2. *The ratio of the most important educational influences according to the coaches*

The answering coaches could choose from 4 statements, it can be seen and read from the proportions that the most common answer is community building education: respect for the team and the opponent (44.4%). The second most common answer was setting an example (30.6%), the third was personality development (16.7%), and the fourth was recognizing and nurturing talent (8.3%). In our opinion, it is important that we can be role models for children, that they can look up to us, that we can motivate them sufficiently, and that we not only teach and develop football-related things, training and education, but also that they become good people, respect each other, their parents and their coaches. Of course, it is important that they use their skills and talents and become successful adult footballers, but the most important thing for me is that they become great people.

3. Question:
The most important learning methods for learning the characteristics of football

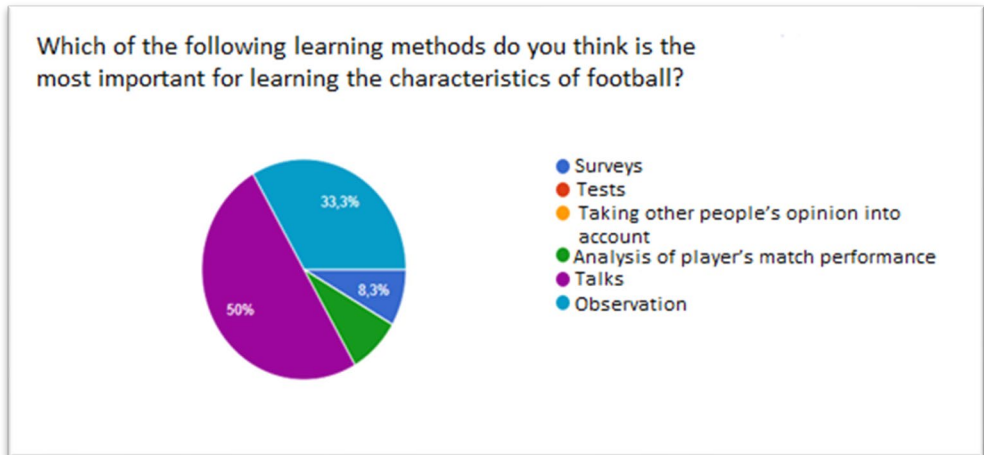


Figure 3. *Proportion of cognitive methods*

Most of the coaches selected conversation (50%), conversation turned out to be the most important method of getting to know the characteristics of soccer players. Personally, we also consider conversation to be the most important method of getting to know a child, because during a conversation with a child, we can learn a lot about the child's spiritual world, his qualities, and his intelligence. Observation as the second most common answer is also important, by observation we mean the child's body language, non-verbal communication, from which we can learn a lot of information about the child and treat them based on this, we can pay attention to children, every child has a different attitude, some are more withdrawn, some are more lively, sociable people.

4. Question:
Discussing the mistakes seen in the match



Figure 4. *After the match, the parents discuss with their children the performance in the match, the mistakes that need to be corrected*

There were 2 possible answers to the question posed to the parents. Among the parents, the most common answer was yes (60%), while no (40%) was less common among the answering parents. Based on our own experience, it is important that the child not only discuss the performance with the coach, but also with those loved ones (father, mother, brother), who can always honestly express their opinion to their children and sufficiently motivate them in what needs to be improved. It is also important to praise the child and to confirm in him that he can always count on his parents, luckily we was able to experience it in our childhood, parents have a big role in the child's development and sports performance.

5. Question:
Children's nutrition



Figure 5. *Parents pay attention to their children's nutrition commensurate with sports, and prepare their diets accordingly*

Based on the answers submitted, 65% of parents answered yes, two-thirds of parents pay attention to their children's nutrition. A significant number of parents of younger children do not pay attention, they largely answered no, while the majority of parents of older, adolescent and youth age groups answered yes. Proper nutrition is important for achieving good sports performance, it reduces the possibility of obesity. It is also important for the muscles to take in the right nutrients, vitamins, and fibers, thereby reducing the number of possible injuries. Proper nutrition is the key to many things, and the role of parents is important, since after a long day at work, a mother or father takes the trouble to prepare food for their child that is suitable for sports.

6. Question:
Providing the necessary equipment for football



Figure 6. *Providing children with the necessary equipment for soccer*

A significant number of parents answered yes (95%) to the given question. It is a fact that it does not depend on who is good or what kind of shoes they have on their feet, but it is more difficult to perform well in a broken, worn-out shoe with cleats, as the foot will also hurt more, and the focus is not on performance, but on pain, which is an obstacle to successful development and performance. It is important that children are able to train in appropriate equipment depending on the weather conditions.

First hypothesis: not confirmed

(We assumed that, according to the coaches, the most important feature and ability in the development of talent are emotional, volitional, and motivational factors.)

Based on the answers received, the most common answer was tactical and cognitive skills.

Second hypothesis: not confirmed

(We expected that the most important educational influence is setting an example according to the coaches.)

The most common answers given by the responding coaches were community education, respect for the team and the opponent.

Third hypothesis: confirmed

(We assume that parental sacrifice and support can be an important factor in children's sports performance.) The responding parents answered the three questions we asked positively, they help and contribute to their children's development and good sports performance.

CONCLUSION

As our topic, we chose football youth training, an important part of which is the task and role of coaches and parents in the development of children's performance and talent. From this, we mainly highlighted the characteristics of the children's talent, the reason for its fulfillment, the professional and pedagogical influence of the coaches, as well as the sufficient support and forms of behavior of the parents, as areas to be investigated. In our chosen topic, we are looking for the answer to whether parental support and sacrifice are an important factor in children's sports performance, in the fulfillment of their talents, and in terms of pedagogy, education, and sports performance, what and which abilities do the coaches consider most important for the child in the development of talent. The results of our research partially confirmed our assumption that parental support is an important factor in your child's development path and sports performance, and most parents take their role in this, as can be seen from the answers. At the same time, there were some of our hypotheses that were not confirmed. It can be read from the answers of the interviewed coaches that they did not consider setting an example to be the most important educational and pedagogical influence for children, but rather community formation - respect for the team, the coach and the opponent - they thought and believed to be the most important. Our third hypothesis was not confirmed, since the most common answer given by the coaches to the question answered by the coaches, which is the most important ability or skill in the development of the child, in the development of his talent, was tactical and cognitive skills on the part of the coaches, which we considered to be the emotional and motivational factors.

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