

# Analysis of Psychological Intervention and Skill Improvement Paths in Youth Football Technical Training

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**Abstract:** This paper focuses on the field of youth football technical training, and deeply discusses the psychological intervention strategy and skill improvement path. Based on the analysis of the psychological characteristics of young football players, the aim, principle, method and implementation process of psychological intervention are elaborated, and combining with the systematic and scientific requirements of football technical training, the key points of basic technical movement training, advanced technical improvement strategies, cycle arrangement and intensity control methods are put forward. At the same time, through the introduction of auxiliary means such as video analysis, group cooperative learning and cross-discipline training, a scientific skill evaluation index system and monitoring feedback mechanism have been established, aiming at providing comprehensive and systematic theoretical guidance and practical methods for youth football technical training, helping young football players achieve coordinated development at the technical and psychological levels, and improving their comprehensive competitiveness in the field of football.

**Keyword:** Youth Football; Psychological Intervention; Skills Improvement; Training Method

## 1. Introduction

With the continuous development of football, the youth football technical training has been widely concerned. In this process, not only need to pay attention to the technical level of training, psychological factors also play a crucial role. Good psychological quality can help young football players to maintain a positive attitude and stable performance when facing the competition pressure, technical

challenges and team cooperation. At the same time, a scientific and reasonable skill improvement path can provide clear direction and effective training methods for the technical development of young football players. Therefore, it is of great practical significance to study the psychological intervention strategy and skill improvement path in youth football technical training for promoting the healthy development of youth football.

## 2. The Youth Football Technical Training of Psychological Intervention Strategies

### 2.1 Psychological Assessment and Preparation in the Early Stage of Football Technical Training

Psychological assessment and preparation is an important part of psychological intervention before the youth football technical training. In terms of psychological assessment, coaches can use questionnaires, interviews and other ways to fully understand the psychological status of athletes, including personality characteristics, emotional stability, confidence level, team cooperation ability and other aspects. For example, design targeted questions such as "Do you ever feel very nervous before a race?" "How confident are you in your skills in football?" And the athletes' psychological characteristics and needs are preliminarily judged by their answers. At the same time, the behavior of athletes in daily life and simple technical exercises can be observed to further collect relevant information and provide a basis for follow-up psychological intervention. In terms of psychological preparation, coaches need to introduce the purpose, significance and specific methods of psychological intervention to athletes in detail, so that they have a clear and correct understanding of psychological training, eliminate their possible doubts and misunderstandings, so as to actively participate

in the psychological intervention process. For example, explain the role and implementation steps of relaxation training, imagery training and other methods to athletes, so that they are mentally prepared to meet the upcoming psychological intervention training with a more open and cooperative attitude.

## **2.2 Timing and Method Selection of Psychological Intervention in the Training Process**

In the process of football technical training, the coach needs to grasp the timing of psychological intervention and flexibly choose the right method to intervene according to the actual situation. When athletes make mistakes in technical movements, mood fluctuations or lack of concentration, it is often the best time to carry out psychological intervention. For example, if the athlete fails to hit the target several times in the shooting practice and shows obvious anxiety and tension, the coach can use the relaxation training method in time to guide them to take deep breathing and muscle relaxation exercises to help them relieve their tension and adjust their mentality in order to better complete the subsequent shooting practice. For another example, when the self-confidence of athletes is frustrated because of mistakes in the game, the coach can give them encouragement and support in time through self-confidence training and psychological suggestion skills, emphasize their previous progress and successful experience, help them rebuild self-confidence and encourage them to continue to work hard. In the selection of methods, coaches should comprehensively consider the psychological characteristics of athletes, the content of technical training and the environment of the scene, flexibly use different psychological intervention methods, and sometimes it may be necessary to combine a variety of methods to achieve the best intervention effect.

## **3. Skills Improvement Path Of Youth Football Technical Training**

### **3.1 Systematic and Scientific Construction of Football Technical Training**

#### **3.1.1. Main points and methods of basic technical movement training**

In the training process, we should pay attention to the standardization and accuracy of the

movements, and require the coach to demonstrate and explain the technical movements in detail, so that the athletes can clarify the key nodes and essentials of each movement. For different technical movements, the use of a variety of training methods, such as one-on-one coaching, group exercises, situational simulation, etc., to stimulate the interest and participation of athletes. At the same time, the frequency and duration of training should be reasonably arranged to ensure that athletes have enough time to repeatedly practice and consolidate basic technical movements, so that they can gradually form muscle memory and lay a solid foundation for subsequent advanced training.

#### **3.1.2. Strategies and plans for advanced technology improvement**

When young football players have mastered certain basic skills, the advancement of advanced skills becomes the key task. This stage requires the development of targeted and challenging training strategies and plans. The coaching team should tailor special training programs for athletes according to their individual differences and technical shortcomings, such as strengthening exercises to increase dribbling and passing accuracy for athletes with poor skills. At the same time, the advanced technical training is divided into step-by-step stages, each stage sets clear goals and assessment standards, and encourages athletes to gradually break through themselves and achieve comprehensive technical improvement. In addition, the introduction of scientific and technological means to assist training, such as the use of sports tracking system to monitor the technical movement details of athletes, to provide data support for training adjustment.

#### **3.1.3. Periodic arrangement and intensity control of technical training**

Scientific and reasonable cycle arrangement and intensity control are important links to optimize football technical training. According to the law of physical development and training ability of teenagers, the technical training is divided into different cycles, such as preparation period, strengthening period, competition period and recovery period. In the preparation period, the review and simple combination of technical movements are mainly, the intensity is relatively low, and the quality and correctness of movements are paid

attention to; The strengthening period increases the difficulty and complexity of training, improves the intensity of training, and increases the antagonism and actual combat of technical movements.

### **3.2 Auxiliary Means and Innovative Methods for Skill Improvement**

#### **3.2.1. Role of video analysis and feedback in technical improvement**

Video analysis and feedback is an effective tool to help young football players improve their technique. After training and competition, the coach collects relevant video data in time to conduct detailed replay analysis of the athletes' technical movements. Through video slow play, pause, comparison and other technical means, so that athletes can clearly see the advantages and disadvantages of their technical actions, so that they have a more intuitive and profound understanding of the problem. On this basis, the coach gives targeted feedback and suggestions to guide the athletes how to adjust and optimize the technical movements. At the same time, the establishment of video archives, regular comparison of different stages of the video, so that athletes intuitively feel their technical progress, enhance self-confidence, so as to more targeted follow-up training.

#### **3.2.2. The application of group cooperative learning and competition mechanism**

Group cooperative learning and competition mechanism can stimulate the training motivation and teamwork ability of young football players. The athletes are divided into several groups, and the technical characteristics of each group are complementary. The key points and improvement methods of technical movements are discussed together within the group, and mutual learning and supervision are formed to form a good learning atmosphere. Organize regular inter-group competition or technical challenge, set up a clear reward mechanism, and stimulate the enthusiasm and competitive consciousness of team members. Through the competition, not only allow the athletes to test and improve their skills in actual combat, but also cultivate their team spirit and tactical awareness, so that they can find the most suitable for their technical positioning in team cooperation, and realize the organic combination of technology and team tactics.

### **3.3 Evaluation and Monitoring of the Effect of Skill Improvement**

#### **3.3.1. Establish a scientific skill evaluation index system**

A set of scientific and reasonable skill evaluation index system is the key to measure the effect of youth football players' skill improvement. The system should cover the standardization, precision, flexibility, antagonism and other dimensions of technical actions, and set specific evaluation indicators and weights for different technical actions. For example, when evaluating dribbling technique, factors such as dribbling speed, success rate of passing, ball stability are considered, and corresponding weight is assigned to them. At the same time, ensure that the evaluation indicators are operable and quantifiable, which is convenient for the coach to observe and record in the actual training. Through such index system, the technical level and progress degree of athletes can be comprehensively and objectively reflected, which provides a strong basis for the adjustment of training plan.

#### **3.3.2. Construction of regular monitoring and feedback mechanism**

Regular monitoring and feedback is an important guarantee to ensure the effectiveness of youth football technical training. Establish a fixed monitoring cycle, such as weekly, monthly or quarterly technical assessment, to keep abreast of the athlete's technical development. In the monitoring process, a variety of evaluation methods are adopted, in addition to the on-site observation and scoring of the coach, objective data can also be collected with the help of scientific and technological equipment, such as motion sensors to record the technical movement parameters of the athletes. At the end of the evaluation, feedback is provided to the athletes in a timely manner, affirming their progress, pointing out existing problems, and providing specific suggestions for improvement. At the same time, the monitoring data will be sorted and archived to form the athletes' technical growth curve, and provide data support for the formulation and optimization of long-term training plans.

### **4. Conclusion**

To sum up, this paper provides useful reference and guidance for the all-round

development of young football players through the in-depth study of psychological intervention strategies and skill improvement paths in youth football technical training. In the actual football training process, the coach should pay full attention to the important role of psychological intervention, according to the psychological characteristics and needs of young people, flexible use of various psychological intervention methods to help them overcome psychological obstacles, enhance self-confidence and psychological toughness. At the same time, following the systematic and scientific principles of football technical training, reasonable arrangement of training content, cycle and intensity, and combined with video analysis, group cooperative learning, cross-training and other auxiliary means, constantly optimize the training methods and means to improve the training effect. Through the organic combination of psychological intervention and skill improvement, we can promote the collaborative development of young football players at the technical and psychological levels, lay a solid foundation for their future growth in the field of football, and promote youth football to a higher level.

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