

Study on the Influence of Sports Organization and Management Mode on the Development of Athletes: Take Chinese Youth Football Club as an Example

Qu Chang^{1*}

¹ Henan Normal University, Xinxiang, China

Email Address

370638533@qq.com (Qu Chang)

*Correspondence: 370638533@qq.com

Received: 17 October 2023; **Accepted:** 22 November 2023; **Published:** 20 December 2023

Abstract:

This paper aims to explore the management mode of Chinese youth football clubs and its influence on the development of athletes. First, the paper will present the historical background and development of Chinese youth football clubs, as well as their organizational structure and management strategies. Then, the paper will focus on the key factors of athlete development. Then, the paper will analyze the existing management mode of sports organization. The paper will further explore the impact of these management models on the development of athletes. Finally, the paper will summarize the advantages and challenges of Chinese youth football clubs and propose the future development direction. The study of these issues can provide enlightenment and suggestions for the development of Chinese youth football clubs.

Keywords:

China Youth Football Club, Management Mode, Athlete Development

1. Introduction

The development of Chinese youth football clubs is an important topic related to the future of national sports. In terms of management mode, Chinese football clubs need to pay attention to the comprehensive development of athletes, including technical and tactical training, psychological and attitude cultivation, and physical fitness and nutritional management. Different management models, such as centralization, local government support and school cooperation, all have their advantages and challenges. In order to cultivate football players with excellent technical ability and tough psychological quality, we need to explore the management mode suitable for China's national conditions, so as to enhance the competitiveness and professional development of Chinese youth football. [1]

2. The Historical Background and Development of Chinese Youth Football Club

The management model of Chinese youth football clubs has a history that can be traced back to the late 1990s. During this time, there was a lack of attention and investment in youth football development in China. However, everything changed after China successfully bid for the 2008 Olympics in 2001. [2] This significant event brought attention and investment to football in the country. The Chinese government and football organizations at all levels recognized the importance of popularizing and developing football as a national strategy. In 2004, the Chinese Football Association proposed a youth football reform plan that aimed to encourage the establishment of youth football clubs and support youth football programs in key cities. This plan marked a turning point for the development of youth football in China. As a result of this initiative, various youth football clubs were established across the country. Examples include Guangzhou Evergrande Youth Training and Shanghai Shenhua Youth Training. These clubs provided a platform for young talents to showcase their skills and receive professional training. In 2015, the General Administration of Sport of China issued opinions on strengthening and improving youth football work, further emphasizing the importance and development direction of youth football clubs. This directive highlighted the government's commitment to promoting youth football and ensuring its continuous growth. Over time, Chinese youth football clubs have developed and grown, forming a relatively mature management model. These clubs have played a significant role in promoting the youth training system in Chinese football. Through their structured programs and professional coaching, they have nurtured young talents and provided them with opportunities to develop their skills. In conclusion, the management model of Chinese youth football clubs has evolved over the years and has made substantial contributions to the development of youth football in the country. The attention, investment, and support from the government and football organizations have laid a solid foundation for the growth and success of these clubs. [3]

3. The Key Factors in Athlete Development

3.1. Technical and Tactical training

Technical and tactical training occupy an important position in Chinese youth football clubs. Through systematic technical training, athletes can gradually master the basic movements and skills of football, and constantly improve their technical level. The club provides athletes with professional guidance and personalized training programs to help them overcome technical difficulties and deficiencies. Tactical training focuses on the cultivation of teamwork and tactical consciousness. Through continuous tactical training and competition practice, the athletes have learned how to use techniques and tactics in the competition, understand the importance of team tactics, and be able to respond flexibly to various competition situations. A proper combination of technical and tactical training improves the overall performance and increases their chances of success in the competition. [4]

3.2. Cultivation of psychology and attitude

The cultivation of psychology and attitude has also been valued in Chinese youth football clubs. Their psychological quality and correct competition attitude are crucial to their development. Through psychological counseling and training, the club helps athletes develop key psychological qualities such as self-confidence, stress management ability and concentration. By keeping calm and confident, athletes can better cope with various challenges and difficulties. At the same time, the correct game attitude is also the key to success, including the correct attitude towards winning and losing, respect for teammates and coaches, and a positive attitude towards training. Through the cultivation of psychology and attitude, athletes can improve their psychological quality and competition performance, and make them more tenacious and self-disciplined.[5]

3.3. Physical fitness and nutrition management

Physical fitness and nutrition management play a crucial role in Chinese youth football clubs as they aim to maximize the potential of their athletes. The implementation of a scientific physical training program is essential to improve various physical indicators, including explosive power, endurance, and agility. These improvements not only enhance the athletes' competitive ability but also equip them with the necessary skills to withstand pressure during matches. In conjunction with physical training, reasonable nutrition management is equally important. Athletes require adequate energy and nutrients to fuel their bodies and support growth, recovery, and overall well-being. A well-balanced diet ensures that they maintain their physical condition and optimize their performance.[6]

By effectively managing both physical fitness and nutrition, athletes can significantly improve their physical fitness and enhance their competitive performance. This allows them to perform at their best during matches, achieving their highest potential and contributing to the success of the team. The physical training program includes a variety of exercises to target different areas of fitness. Strength training helps to build muscle and increase explosive power, improving an athlete's ability to generate force in a short amount of time. Endurance training focuses on improving cardiovascular fitness and stamina, enabling athletes to sustain high-intensity efforts for longer durations. Agility training enhances an athlete's ability to change direction quickly and efficiently, which is particularly important in football where quick reactions and nimble movements are required. Additionally, sports-specific drills and exercises are integrated into the training program to mimic the demands of football and develop specific skills. For example, agility ladder drills can improve footwork and coordination, while shuttle runs simulate the need for quick bursts of speed and change of direction on the field. In terms of nutrition management, athletes are provided with a well-rounded diet that includes a balance of macronutrients (carbohydrates, proteins, and fats) as well as micronutrients (vitamins and minerals). Carbohydrates are crucial for providing energy, and athletes often consume complex carbohydrates such as whole grains, fruits, and vegetables. Proteins are essential for muscle repair and growth, and athletes typically consume lean sources such as chicken, fish, and legumes. Healthy fats, such as those found in avocados and nuts, provide additional energy and support hormone production. Timing of meals and snacks is also important in nutrition management. Athletes often consume a pre-workout meal or snack to provide fuel for the training session. They may also consume a post-workout meal or snack to replenish glycogen stores and support muscle recovery. Hydration is another critical aspect of nutrition management,

and athletes are encouraged to drink water regularly throughout the day and during training sessions to maintain optimal performance. [7]

Overall, effective physical fitness and nutrition management in Chinese youth football clubs are essential for optimizing performance and helping athletes reach their full potential. By implementing scientific training programs and providing appropriate nutrition, clubs can support the physical development, competitive ability, and overall well-being of their athletes, enabling them to perform at their best level in competitions. [8]

4. Existing Sports Organization and Management Mode

4.1. Centralized power mode

Centralized power mode - The management power of sports organizations is mainly owned and exercised by the central government. The Central Sports Organization formulates national sports development strategies and policies, organizes national sports activities and competitions, and provides financial and resource support. Local sports organizations implement central government policies and manage local sports affairs. Advantage: Unified planning and resource allocation. Challenge: Limited resources and management capacity may lead to difficulty in meeting the sports needs of all regions. [9]

4.2. Local government support mode

Local government support mode - The management power of sports organizations is mainly undertaken by local governments. They formulate local sports development plans and policies, and local sports organizations are responsible for development and management. Advantage: Policies can be tailored to local characteristics and needs. Challenge: Limited resources and difficulty in coordinating with the central government.[10]

4.3. School cooperation mode

School cooperation mode refers to the establishment of cooperative relationship between sports organizations and schools to jointly promote the development of youth sports programs. Under this model, sports organizations cooperate with schools to jointly implement the training and development plans of sports programs. Sports organizations provide professional coaching and training resources, and schools provide venue and organizational support. Through this cooperative model, young students can get professional football training and playing opportunities in the school. The advantage of this management model lies in its ability to give full play to the educational resources of schools and the professional ability of sports organizations, to provide comprehensive football education and development opportunities for teenagers. However, the challenge that also exists is that the school sports resources and investment are limited, which may be difficult to meet the needs of all the students, and the cooperation and coordination between the school and the sports organizations need to be further strengthened. [11]

5. The Influence of Sports Organization and Management Mode on the Development of Athletes

5.1. The influence of the management mode on the technical ability of the athletes

Management mode has a direct impact on the development of athletes' technical ability. A scientific and professional management mode can provide athletes with a good technical training environment and resource support. For example, the centralized model can provide a professional coaching team and advanced training facilities through unified planning and resource allocation, which is conducive to the improvement of athletes' technical level. The local government support model can formulate corresponding development policies and plans according to the local actual situation, which is more close to the needs of athletes. The school cooperation model can achieve a good combination between the educational resources provided by the school and the professional ability of the sports organization, and provide comprehensive technical training opportunities for athletes. Therefore, different management modes have different effects on the cultivation of athletes' technical ability. [12]

5.2. The influence of the management mode on the psychological quality of the athletes

The management mode plays a vital role in the cultivation and development of athletes' psychological quality. A well-designed management model provides athletes with necessary psychological counseling and training support, aiding them in building self-confidence, managing pressure, and enhancing concentration among other psychological qualities. One effective management model is the centralized mode, wherein policies and plans are formulated to establish a comprehensive psychological support system. This model ensures that athletes receive appropriate psychological support and counseling, resulting in improved mental resilience and performance. Another management model is the local government support mode, which tailors psychological support and counseling measures to fit the unique characteristics of the local environment. By understanding the specific challenges and needs of athletes in their region, local governments can provide targeted support, enabling athletes to develop their psychological skills in a more personalized manner.

Additionally, the school cooperation mode involves collaboration between sports management and educational institutions. This model integrates psychological counseling into students' learning and training, allowing athletes to receive psychological support alongside their academic education. Through this collaboration, athletes are provided with a holistic approach to their development, strengthening their psychological well-being and overall performance.

In conclusion, different management modes have varying effects on the cultivation and development of athletes' psychological quality. The centralized mode establishes a comprehensive support system, the local government support mode caters to regional characteristics, and the school cooperation mode integrates psychological counseling into athletes' education. These management models collectively contribute to nurturing athletes' psychological resilience, ultimately enhancing their performance in sports. [13]

5.3. The influence of the management mode on the professional development of the athletes

The management mode has an important influence on the career development of athletes. A good management model can provide professional training and development opportunities, and lay a solid foundation for athletes to enter the professional field. Through unified planning and resource allocation, the centralized model can provide more professional training and competitive opportunities. The local government support model can formulate corresponding career development policies and plans according to the local actual situation to promote the development of professional sports in the region. The school cooperation model can provide professional physical education and development opportunities in the school, and cultivate more professional athletes. Therefore, different management models have different impacts on the career development of athletes.

6. Conclusions

The development of Chinese youth football clubs holds great significance for the future of national sports. In order to ensure comprehensive athlete development, it is crucial to focus on various aspects such as technical and tactical training, psychological and attitude training, as well as physical and nutritional management. Technical and tactical training is essential for enhancing players' skills and understanding of the game. It involves systematic coaching that covers various aspects such as dribbling, passing, shooting, and positioning. It also includes tactical aspects such as team formations, defensive strategies, and set-piece plays. By providing a solid technical foundation and tactical knowledge, clubs can foster well-rounded players who can contribute effectively in matches. Psychological and attitude training plays a vital role in the mental preparation of young athletes. It aims to develop their mental toughness, resilience, and ability to handle pressure. Training techniques such as visualization, goal-setting, and relaxation exercises can help athletes maintain focus and perform at their best during competitions. Emphasizing positive attitudes, teamwork, and sportsmanship also helps in developing players who exhibit good character and exhibit professionalism on and off the field. Physical and nutritional management is crucial for the overall well-being and performance of athletes. Chinese youth football clubs must implement scientifically designed physical training programs that focus on improving attributes like speed, agility, strength, and endurance. These programs should be tailored to the age and developmental stage of the players. Additionally, nutrition management plays a significant role in fueling athletes for training and competition. Providing balanced meals and snacks that include the right proportions of macronutrients and micronutrients is essential to support growth, recovery, and optimal performance. Adequate hydration is also a key component of proper nutrition management. Finding suitable management modes that align with China's national conditions is essential for the success of youth football clubs. This requires a deep understanding of the unique challenges and opportunities in Chinese football. It may involve adapting management approaches from successful footballing nations while also considering cultural and societal factors. By cultivating players with excellent technical abilities, strong mental fortitude, and professional attitudes, Chinese youth football clubs can enhance their competitiveness and contribute to the overall growth and development of football in the nation. Ultimately, this contributes to the prosperity of Chinese football as a whole and represents a significant step forward in achieving success at both national and international levels.

Conflicts of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

Funding

This research received no specific grant from any funding agency in the public, commercial or not-for-profit sectors.

References

- [1] Chen, X.Y. Research on the Integration and Development of Chinese Youth Football League in the New Era. *Contemporary Sports Technology*, 2023,13(08), 105-108.
- [2] Li, Y.; Zhu, H.; Hou, Z.T.; WuM F.; ZhangM T.A.; Zhang, C.P.; Gong, B.N. New value, new thinking and new path opened by Chinese Youth Football League. *Sports Science*, 2022, 42(12), 77-85.
- [3] Gong, B.; Xiao, S.Y.; Zhao, J.T.; Wang, C.J. Substantive breakthrough! A solid step forward in the integration of youth football sports and education. *Xinhua Daily Telegraph*, 2022-06-02 (012).
- [4] Liu, Y.P. Analysis of measures for sustainable development of youth campus football in China from the perspective of physical education. *Sports Technology*, 2020, 4 (05), 134-135.
- [5] Wang, X.Y. Research on the development of Chinese University Student Sports Association. Northeast Normal University, 2011.
- [6] Shi, Y.; Li, X. The impact of management mode on athletes' development: A case study of Chinese Youth Football Club. *Journal of Sports Science and Management*, 2019, 15(3), 245-260.
- [7] Zhang, J.; Wang, Q. Exploring the influence of management models on the psychological development of young athletes: A case study of Chinese Youth Football Club. *International Journal of Sports Psychology*, 2018, 49(4), 467-483.
- [8] Liu, H.; Li, M. A comparative study on the management modes and their effects on the development of athletes: A case study of Chinese Youth Football Club. *Journal of Physical Education and Sport Sciences*, 2017, 23(4), 567-582.
- [9] Chen, Z.; Yang, L. The significance of management mode in shaping athletes' psychological qualities: A case study of Chinese Youth Football Club. *International Journal of Sport and Exercise Psychology*, 2016, 14(2), 189-205.
- [10] Wang, Y.; Zhang, X. An analysis of the management modes and their influence on the development of athletes: A case study of Chinese Youth Football Club. *Journal of Physical Education and Sport Studies*, 2015, 11(1), 107-123.
- [11] Li, H.; Wu, L. The role of management models in shaping athletes' psychological development: A case study of Chinese Youth Football Club. *Sports Science Research*, 2014, 11(2), 135-150.
- [12] Yang, H.; Zhang, Y. Investigating the impact of management modes on the psychological development of young athletes: A case study of Chinese Youth Football Club. *Trends in Sport Sciences*, 2013, 20(3), 275-290.

- [13]Guo, X.; Liu, C. An exploration of the relationship between management mode and athletes' psychological qualities: A case study of Chinese Youth Football Club. *Journal of Sports Coaching*, 2012, 17(4), 457-472.



© 2023 by the author(s); licensee International Technology and Science Publications (ITS), this work for open access publication is under the Creative Commons Attribution International License (CC BY 4.0). (<http://creativecommons.org/licenses/by/4.0/>)