



## RESEARCH ARTICLE

## Research on the Influencing Factors of the Training Quality of Football Coaches in China

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**ABSTRACT**

As an important part of football, football coaches have received more and more attention. The role of a football coach is the manager and decision-maker of a team, and at a macro level, a football coach's understanding of the game can lead to a new trend of football thinking or the promotion of a certain football philosophy. Therefore, having a team of high-quality and high-level football coaches undoubtedly plays a decisive role in the level of football in a country.

To have a high-level coach, it is necessary to have a reasonable and sound coach training system to ensure the quality of coach training.

The study used questionnaire survey method, interview method and other research methods to conduct survey interviews with relevant lecturers, experts and coaches of students who participated in the training courses for different levels of coaches organized by the Chinese Football Association in 2020. Through the study of the differences between the motivation of coaches in China's coach training system and the practical assessment and the influencing factors that cause the difference in training quality, the factors affecting the quality of coach training in China are discussed from four aspects. Provide feasible suggestions for improving the training quality of coaches in China. The following conclusions were drawn:

China's coach training system is not rigorous enough to review the qualifications of trainees at all levels, and only the corresponding number of years of holding the certificate is used as a means of consideration for the training course. As a result, there are obvious differences in the level of participants. It affects the quality of training in the training system.

The motivation of Chinese coaches to participate in training is mainly to obtain rich training methods and meet the coaching needs of the club, which will have an impact on the attitude of coaches to participate in training.

The understanding of the content of the theoretical course and the level of the practical team affect the coach's application of the knowledge and skills learned, resulting in a disconnect between theory and practice.

The lack of coaches' methodological and pedagogical knowledge has an impact on the quality of coaches' training, and it is difficult to process the learned knowledge without certain pedagogical and methodological knowledge.

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The quality and quantity of grassroots training lecturers affect the training quality of coaches in China.

The influence of the actual working environment and work requirements has become the main factor causing quality differences.

In addition, the coaches do not study the knowledge they have learned enough, and there are problems in the coaches' understanding of the training course, and they cannot effectively summarize and integrate the knowledge they have learned.

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## INTRODUCTION

As an indispensable and vital part of football, football coaches have received more and more attention from all walks of life.

The level of coaches is directly related to the cultivation of sports talents and the improvement of the level of competitive sports. A good coach can produce a group of high-level athletes, and a group of high-level coaches can ensure the sustainable development of the sport[1]. All the world's football powers attach great importance to the training of coaches.

A team of high-level football coaches plays a decisive role in the development of the level of football in a country or region. Under this premise, having a systematic, complete and efficient coach training system has become the first step to successfully train excellent coaches. In addition, whether the factors that affect the quality of football coach training can be found in the training process is a strong guarantee to ensure the healthy, reasonable and efficient development and progress of the coach training system[2-4].

"Coaches are the direct organizers and managers of sports training, and they undertake the main task of training athletes, and play a leading role in promoting the all-round development of athletes, improving the level of athletes' sports skills, and achieving the goals of training and competition." How many world champions a country can produce first depends on how many excellent coaches they have at the world level, "so building a team of coaches with a high level, high quality and high moral level has become a vital part of sports training management"[5-7].

Therefore, the research on the training of coaches in China is carried out, and the factors affecting the quality of coach training in China are found, and feasible suggestions are put forward for further improving the training system and training quality of coaches in China[8].

Since 2009, the Chinese Football Association has been fully integrated with the AFC coach training system, and has gradually or is moving towards a more standardized and standardized process from the training system to the training requirements[9]. This shows that our country's football industry pays more attention to the training of coaches. It has been recognised that coaches play a very important role in the improvement and development of football, and it can be said that they are at the heart of it. On this basis, the quantity and quality of coach training in China have been initially expanded and improved, but a high-quality and large-scale coach training model has not been formed in terms of training quality and scale. Therefore, the quality of coach training needs to be further studied and discussed[10-11].

Whether it is a youth coach at the grassroots level, a front-line coach who serves as a coach of various professional league teams, and a coach of a national team who guides and leads the national team in training and competitions, the level and quality of coaches at different levels form an interconnected cycle[12]. Youth coaches at the grassroots level shoulder the responsibility of educating people, selecting materials and transporting materials; The coaches of professional clubs carry the honor and development of the club; The coaches of the national team can have a wide selection of materials on

the basis of the efforts of the coaches at the first two levels, which in turn affects the arrangement of their own tactics and the implementation of tactical concepts[12-14].

Therefore, improving the level and quality of coaches at different levels has undoubtedly become a systematic project, and any link in the middle cannot be ignored, which is directly related to the beginning and final quality of the next link.

This paper is based on the analysis and investigation of the current implementation status of the coach training system, and at the same time grasps the model and context of the international advanced coach training system, and is committed to discovering the problems existing in China's coach training system or process through my personal participation in the field and the communication and verification with the majority of training and training personnel. Find out the influencing factors of the quality of coach training in China. In order to provide reference and basis for the improvement and continued better development of China's coach training system[15-17].

Football is a sport that is aroused by passion, and it requires high-level and passionate training to keep it alive. Therefore, football training needs high-level and passionate coaches to lead, supervise and promote the development of football.

Looking at the world, Europe has created a precedent for the job training of football coaches, which has played a very important role in promoting the improvement of European football training and competition level. Since the 70s of the 20th century, in order to better develop football in the world, FIFA has gradually focused on the development of football in third world countries, and began to implement the "World Football Development Plan"[18-20]. And gradually implement the coach post training system in all continents, making it an important part of the development of football. In 1994, the AFC began to implement the football coach training program in Asia, and drew on the advanced content and experience of European football coach training to publish three books, "Asian Football Coach (C-level, B-level, A-level) Training Course", so that the training of Asian football coaches has entered a systematic, standardized and institutionalized track. This fully shows that the entire football community has a deepening understanding of the importance of the coach training system, and the coach training work is placed in an important position in the development of football[21-24].

The sustainable development of coach job training is affected by many factors, from a macro point of view, these factors mainly include people's recognition of job training, training system and regulations, training quality, training management system and its guarantee system. It can be seen that the quality of coach training will affect the sustainable development of coach training[25].

In China, in order to promote the continuous development and improvement of the coaching level of football coaches in China, in accordance with the deployment of the General Administration of Sports of the People's Republic of China, the Chinese Football Association began to formally hold senior coach training courses in 1989, and in 1996, the training of coaches at the high, middle and junior high levels was fully launched. In 1998, the training of senior football coaches in China was in line with the training of coaches at the AFC level[26]; In 1999, the Chinese Football Association officially promulgated the "Chinese Football Association Football Training System for All Kinds of Personnel"; In 2008, the Chinese Football Association basically improved the training system for professional, A-level, B-level and C-level coaches, and will hold D-level coach classes nationwide in 2009. Although China's coach training system and form are in line with the international coach training system, from a practical point of view, we have not yet reached the high-quality and high-quantity training of high-level coaches or corresponding coaches of different levels. There is no doubt that these issues deserve attention, pondering, and studying. It is very necessary to find specific methods that meet the situation of our country while being in line with the integration, so as to continuously improve and improve the training system of our coaches[27].

The quality of coach training has a far-reaching impact on the entire football industry, and the general trend of standardized management of coach training in all countries in the world today, so the selection of this topic for research and analysis will undoubtedly have certain value and positive significance for recognizing the problems and deficiencies in the current coach training model in China. In order to find problems, explore the starting causes of problems and provide feasible suggestions, so as to provide reference for improving the quality of coach training and improving the training system in China as soon as possible.

## METHODOLOGY

### Documentary method

Consult research monographs, relevant papers and other relevant materials related to football coach training in the library of Beijing Sport University and relevant paper data websites, so as to understand the previous research results and the knowledge and understanding of the topics related to this study. In this way, while referring to previous studies, this paper will provide sufficient theoretical reserves for the research on factors affecting the training quality of current football coaches. So as to provide theoretical basis for writing this paper and strive to have new discoveries and new understanding.

### Questionnaire survey method

On the basis of consulting relevant literature and materials, I designed this questionnaire in strict accordance with the principles and standards of sports scientific research methods, and according to the comparison between the training system model of coaches of Chinese Football Association and the training system model of coaches of relevant European countries. Questionnaire: Questionnaire on influencing factors of training quality of Chinese coaches. The aim is to reflect the factors that affect the training quality of Chinese coaches through the views and feelings of the coaches who participate in the training, and to provide feasible suggestions.

Make relevant questions according to the approval of experts engaged in the training of coaches. In addition, the validity test table of the questionnaire (Table 1 and Table 2) was carried out by relevant practitioners to develop the questionnaire for this study.

**Table 1: Structure of relevant practitioners**

	Professional-level	A-level	C-level	D-level	Total
lecturer Number	1	2	3	3	9

The questionnaire is mainly distributed to students who participated in the coach training course held by the Chinese Football Association in 2020. Since the Chinese Football Association did not hold a B-level coach training course in 2020, it did not issue a questionnaire to the B-level coach training course.

**Table 2: Statistics on the distribution of questionnaires**

	Professional-level	A-level	C-level	D-level	Total
Number of periods	1	2	2	4	9
Number of people distributed	10	40	34	80	164

### Reliability test of the questionnaire

The reliability of the questionnaire was randomly distributed according to the number of participants in the training course held by the Chinese Football Association in 2020 by using the retest method. The trainees filled in the questionnaire, and one month after the questionnaire was collected, the questionnaire was issued again for the participants to fill in, and the results of the two

questionnaires were analyzed, and the correlation coefficient was above 0.9, and the data obtained from the two times were reviewed and compared. There were no discrepancies between the results of the two surveys. Due to the large content of the questionnaire, the form of setting questions is mainly matrix, such as the answer to the question is very large, large, relatively large, and not large. There is no discrepancy between the results of the two surveys, and the results can more truly reflect the actual situation of the respondents.

**Table 3: Statistics of questionnaire distribution and collection**

	Number of questionnaires distributed	Number of valid questionnaires
Round 1	164	164
Round 2	62	62
Total	226	226

### Questionnaire survey implementation

According to the research needs of this paper, the questionnaire was distributed, because the Chinese Football Association did not hold the AFC/Chinese Football Association B-level coach post training course in 2020, so only the professional, A-level, C-level and D-level training courses in the coach post training courses held were issued, and some training courses were selected from the four coaching courses to distribute the questionnaires. Since the questionnaire was distributed to cover four of the five levels of the coach training system, the content and results were representative. In addition, only 10 questionnaires were distributed in the AFC U13 Football Festival C-level coach training course, as only 10 coaches were from China, and the rest were from other countries in the East Asian region. (See Table 4)

**Table 4: Composition of Questionnaire Respondents**

Course level	Pick up the shift	Number issued	recovery	Efficient
Career level	2020 AFC/Chinese Football Association Professional-level Coach Certificate Intensive Training Course	10	10	10
A-level	2020 AFC/Chinese Football Association Phase I A	20	20	20
	2020 AFC/Chinese Football Association Phase II A	20	20	20
C-level	2020 AFC/Chinese Football Association D/C joint class	24	24	24
	2020 AFC U13 Football Festival Level C	10	10	10
D-level	D-level Coach Training Course (Jiangsu) D-level Coach Training Course (Kunming) D-level Coach Training Course (Shanxi) D-level Coach Training Course (Chongqing)	20	20	20

## RESULTS AND DISCUSSION

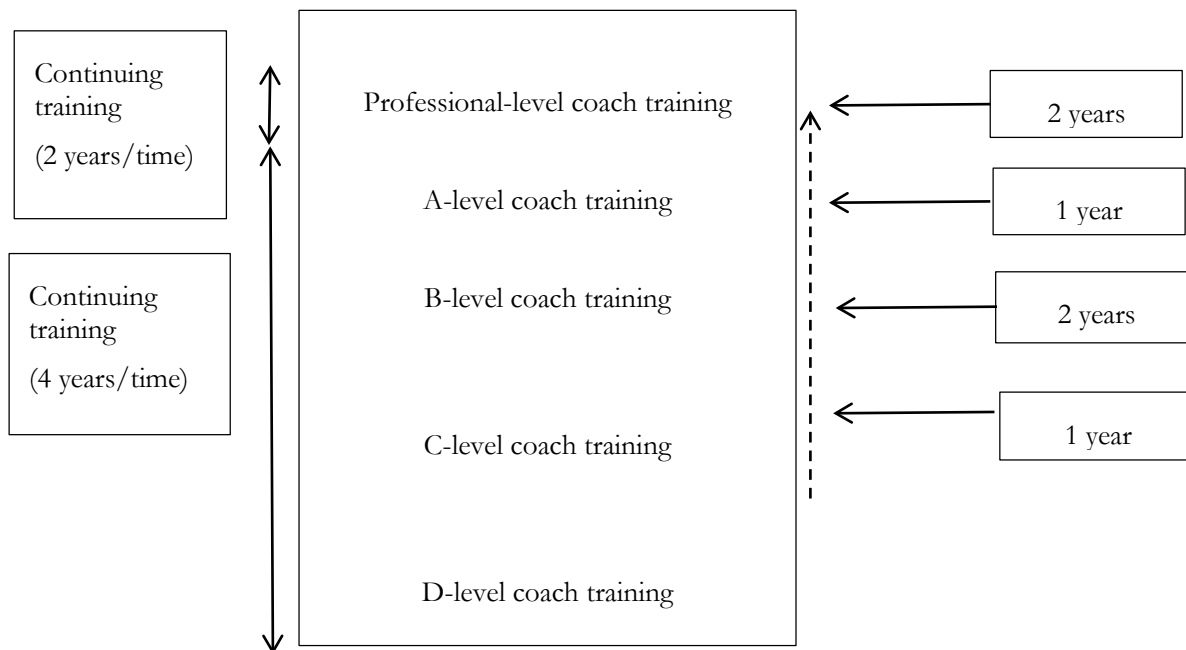
### The current system and implementation of coach training in China

#### The current coach training system in China

The establishment and continuous improvement of the coach system is directly related to the quality of coach training in a country. As a training mechanism and model, the coach training system has its special meaning for the training quality of coaches, which directly affects the development and improvement of the majority of people who are enthusiastic about the cause of football coaches. Therefore, this paper is of great significance for the attention and research of China's coach training system.

In addition, the predecessors have made an analysis of China's coach training system, and there are many problems to be solved in order for China's football to steadily gain a place in world football. However, the professional level of coaches is one of the important factors affecting the achievements of Chinese football reform and the improvement of Chinese football. As the controller, organizer and leader of the football game, the dominant position of the football coach in the training process is unshakable and cannot be ignored. China's existing coach job training system is divided into: C level (primary), B level (intermediate), A level (senior). According to the Chinese Football Association's document "2017-2020 Development Plan for Chinese Football", the Chinese Football Association should improve the coach level training system according to the needs of China's football development at this stage, establish a four-level coach training system of C level (primary), B level (intermediate), A level (advanced) and professional level, and gradually integrate with FIFA training, and strictly implement the regulations on holding certificates.

Since 2009, China's coach training system has increased the D-level coach training level, which is intended to make more people who love the work of football coaches have the opportunity to be included in the coach training system. In this regard, we have improved the five-level coach training system of China's football coach training system, from D-level training to professional-level training.



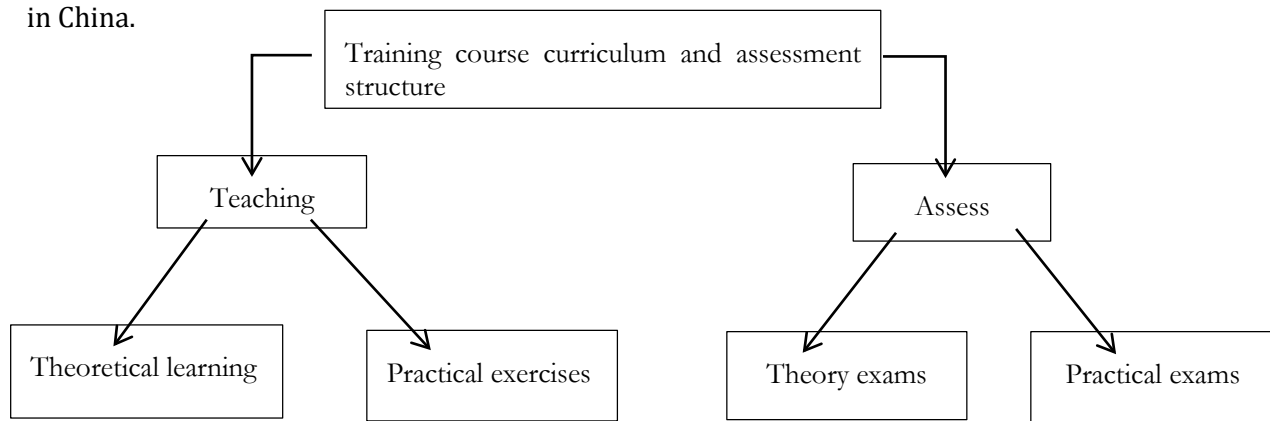
**Figure 1: Model of China's current coach training system**

Figure 1 presents the current training system of football coaches in China, it should be noted that the last level, that is, the training of school football instructors, although it belongs to the organization

and management of coach training in China, but it is not related to other training levels, this level does not involve the linear relationship of the training system of the higher level, and is only used as an auxiliary program for basic training and campus football promotion work. In addition, from the beginning of D-level coach level training to the vocational level training, each level has a corresponding certificate holding period regulations, from D level to C level, you need to hold a D level certificate for one year; From level C to level B, you need to hold a certificate of level C for two years; From B to A, you need to hold a B certificate for one year, while from A to career, you need to hold an A certificate for two years. The above record of holding the certificate is calculated from the date of registration of the AFC.

### Organization and implementation of current coach training in China

As for the implementation of China's current coach training system, it is mainly organized and implemented in accordance with the model of China's coach training system. It is organized in order from basic to advanced, and a corresponding number of coaches at all levels of training courses are organized. In the course of the training course (including D, C, B, A and vocational), the curriculum is divided into two parts: the theoretical part and the practical part, and the course assessment is also divided into two parts: the theoretical knowledge test and the practical ability test (see Figure 2). Among them, the theoretical assessment is divided into four forms: written test, oral test, group discussion and group work. These assessments are conducted by lecturers to evaluate and assess the performance and ability of the students in accordance with the relevant requirements and evaluation regulations. However, at present, there is no designated and unified D-level coach training materials in China.

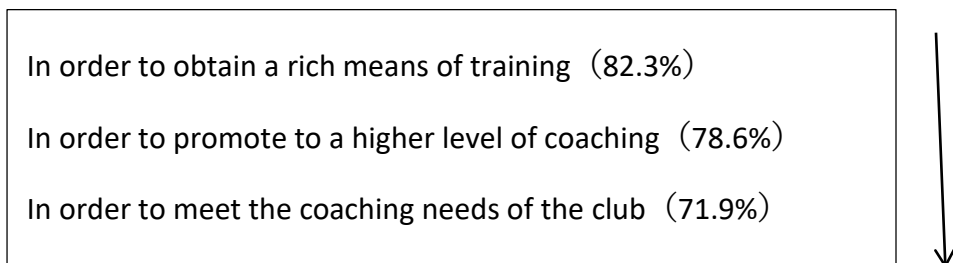


**Figure 2: The curriculum and assessment structure of China's coach training courses**

### Comparison of the difference between the training system of Chinese coaches and that of European coaches

Through the above analysis and description of China's coach training system and the two European countries of Germany and the Netherlands, we can conclude that China's coach system is basically the same in terms of general structure (that is, hierarchical level), which is divided into six levels.

However, there are differences in the specific requirements and organizational details in the operation process of the training system. After the communication, analysis and verification with expert lecturers on the differences between the training system of our country and the training system of some European countries, it is concluded that the following four details have become the differences between the training system of our coach and the training system of two European countries (Germany and the Netherlands). And it will have an impact on the training quality of Chinese coaches. (See Figure 3)



**Figure 3: There are four main motivations for Chinese coaches to participate in training courses**

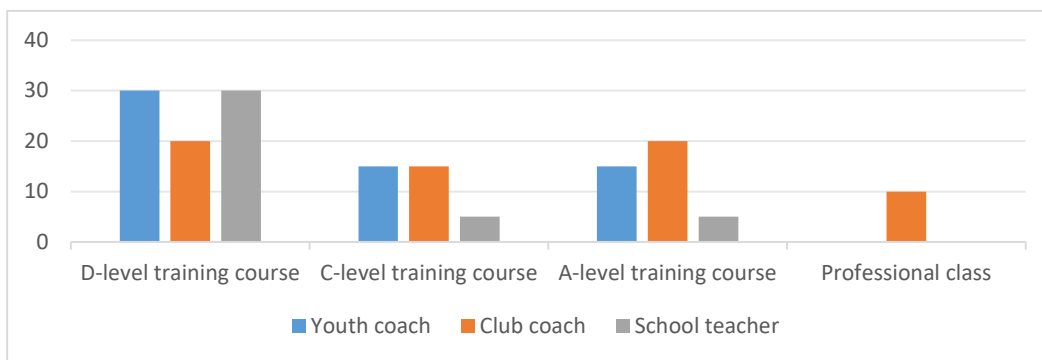
The above four differences may have an impact on the training quality of Chinese coaches, such as: In terms of the target of training courses at all levels, the division between the Netherlands and the German Football Association is more clear, which is conducive to a reasonable training choice for coaching professionals, and also convenient for the organizer of the training course to carry out overall management. The qualification of training personnel at all levels is very strict, and coaches who participate in training at all levels must have a practical environment. This is a strong guarantee for "learning to use".

**The motivation of Chinese coaches to participate in the training system of coaches**

The so-called motivation is the internal power that guides and maintains individual activities and directs them toward a certain goal. The concept of motivation contains the following contents: (1) Motivation is an internal stimulus, which is the direct cause of individual behavior; (2) Motivation sets goals for an individual's behavior; (3) Motivation provides power for individual behavior to achieve homeostasis; (4) Motivation enables individuals to define the meaning of their actions.

The purpose of studying and analyzing the motivation of Chinese coaches to participate in the coach grade training class is to further clarify the purpose of Chinese coaches to participate in the coach class. After studying the training system of Chinese football coaches, it is found that the result of the research only explains the factors that affect the training quality of Chinese football coaches from one aspect. However, through the investigation and analysis of the motivation of coaches to participate in training courses, it is found that there are some relevant problems in the motivation of Chinese coaches to participate in training courses, and these problems directly affect the quality of training of Chinese coaches.

Since the research objects involve personnel at different levels of training courses in China, the contents of the questionnaire basically involve different motivations and driving forces of coaches at different levels to participate in training courses for coaches. The source of the research object is presented below in Figure 4.



**Figure 4: Composition of training personnel at all levels**



Figure 4 illustrates the personnel composition of training courses at all levels. Youth coaches include youth sports school coaches and amateur youth club coaches. Club coaches include the head coach, assistant coach and echelon coach of the Chinese Super League. School teachers include primary school teachers, middle school teachers and university teachers. Although the proportion of the number of people in each category is affected by the level of coaching of coaches who participate in different levels of coaching training. For example, the number of participants from the two categories of youth coaches and school teachers in the D coaching training class is higher than that of the club coaches, while the number of participants in the professional training class is all from the professional club. However, this does not affect the response and investigation of the 6 motivation tendencies set in the questionnaire questions. Because the above six motivations are involved in the training courses of coaches at different levels. In the process of answering the questionnaire, multiple options can be selected according to the main and secondary (for example, the main motivation is to meet the coaching needs of the club, and the secondary motivation is to obtain rich training means). And so on).

## CONCLUSION

China's coach training system is not rigorous enough to review the qualifications of participants at all levels, only the corresponding certificate years, as a means of consideration for applying for training courses. There are obvious differences in the level of personnel participating in training. It affects the training quality of the training system.

The motivation of Chinese coaches to participate in training is mainly to obtain rich training means and meet the coaching needs of the club, which will affect the attitude of coaches to participate in training.

The understanding of the theoretical content and the level of practice of the team affect the coach's application of the acquired knowledge and skills. Resulting in a disconnect between theory and practice.

The lack of knowledge of pedagogy and pedagogy affects the training quality of coaches. Without certain knowledge of pedagogy and pedagogy, it is difficult to process what you have learned.

The coach's study of the knowledge is not enough, and there are problems in the coach's understanding of the training course, which can not effectively summarize and integrate the knowledge.

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