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THE EFFECTIVENESS OF THE COACH'S ACTIVITY OF WOMEN'S MINI-FOOTBALL TEAM

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Abstracts

Relevance of the Theme. Physical culture and sport on the modern stage are the mighty means of forming a personality. Besides, it is one of the ways of the development of the intensive trainers' creativity. As the rule women master such kinds of sports, which are traditionally considered to be «masculine» activities. One of them is mini-football. **The main objective** of the article is to show the demands to a personality of a professional trainer, describe the qualities, he or she needs to obtain in order to do training more effective. **Methods** – analysis of scientific literature. **Results.** The authors of this article emphasize that trainer should be a highly qualified personality, able to give his students deep knowledge and develop the necessary students' skills make it possible to achieve great results in sports they go in for, and finally to succeed in sport. Trainers must always be in search of new ways, methods of teaching, in the process of creation of new technique, tactics, methodology of training, taking into account physical ability of a woman. The aim of a professional trainer is to he develop students' creative thinking, fantasy, intuition and other characteristics of the creative person by means of sport. **Conclusions.** The creative trainer must be in search of decisions based on his ability to transform knowledge and methodical receptions, ability to apply the reliable criteria of estimation of sportswomen in concrete time.

Key words: mini-football, women, stages of preparation, activity of a trainer, decision, qualities, authority.

Олег Мазурчук, Олександр Панасюк, Петро Герасимюк, Андрій Гаврилюк. Ефективність діяльності тренера жіночої команди з міні-футболу. Актуальність теми. Фізична культура й спорт на сучасному етапі є могутнім засобом формування особистості, галуззю інтенсивної творчості тренерів. Жінки активно освоюють ті види спорту, які традиційно вважаються «чоловічими». До них належить і міні-футбол. Його доступність, простота інвентарю й обладнання, величезна емоційність гри завоювали велику кількість прихильників й уболівальників. **Мета роботи** – визначення основних вимог до діяльності тренера з метою досягнення спортсменами високих спортивних результатів. **Методи** – аналіз наукових джерел. **Результати.** Автори наголошують на тому, що тренер із міні-футболу повинен вести пошук нових шляхів, способів, прийомів і показу навчального матеріалу. Основа цього процесу – створення нової техніки, тактики, методики тренування, прийняття правильних рішень під час гри. У своїй діяльності тренер повинен намагатися використовувати всі закономірності пізнавальних процесів спортсменок для глибокого засвоєння ними системи знань, вироблення творчих навичок та вмінь. У процесі спортивної підготовки жіночої команди з міні-футболу тренер повинен урахувати ті особливості, які характерні лише для жінок, тобто відмінності протікання адаптаційних процесів в організмі. Велике значення в тренувальному процесі має індивідуальний підхід тренера до розв'язання поставлених завдань, формування взаємин у колективі. **Висновки.** Творчий підхід тренера з міні-футболу ґрунтується на його здібності формулювати основні гіпотези для розв'язання проблемної ситуації в процесі тренування, умінні трансформувати знання й методичні прийоми в грі, майстерності застосовувати в конкретний час надійні критерії оцінки спортсменок. Загалом тренер має бути і психологом, і педагогом, і адміністратором, і господарником, і дипломатом.

Ключові слова: міні-футбол, жінки, етапи підготовки, діяльність тренера, якості, авторитет.

Олег Мазурчук, Александр Панасюк, Петр Герасимюк, Андрей Гаврилюк. Эффективность деятельности тренера женской команды по мини-футболу. Актуальность темы. Физическая культура и спорт на современном этапе является мощным средством формирования личности, отраслью интенсивной творчества тренеров. Женщины активно осваивают виды спорта, которые традиционно считаются «мужскими». К таким относится и мини-футбол. Доступность мини-футбола, простота инвентаря и оборудования, огромная эмоциональность игры завоевали большое количество поклонников и болельщиков. **Целью данной работы** является определение основных требований к деятельности тренера для достижения спортсменами высоких спортивных результатов. **Методы** – анализ научных источников. **Результаты.** Авторы подчеркивают, что тренер по мини-футболу должен вести поиск новых путей, способов, приемов и показа учебного материала. Основой этого процесса является создание новой техники, тактики, методики тренировки, принятия правильных решений во время игры. В своей деятельности тренер должен пытаться использовать все закономерности познавательных процессов спортсменок для глубокого усвоения ими системы знаний, выработки творческих навыков и умений. В процессе спортивной подготовки женской команды по мини-футболу тренер должен учитывать те особенности, которые характерны только для женщин, то есть различия протекания адаптационных процессов в организме. Большое значение в тренировочном процессе имеет индивидуальный подход тренера к решению поставленных задач, формирования взаимоотношений в коллективе. **Выводы.** Творческий подход тренера по мини-футболу базируется на его способности формулировать основные гипотезы для решения проблемной ситуации в процессе тренировки, умении трансформировать знания и методические приемы в игре, мастерства применять в конкретное время надежные критерии оценки спортсменок. В общем тренер должен быть и психологом, и педагогом, и администратором, и хозяйственником, и дипломатом.

Ключевые слова: мини-футбол, женщины, этапы подготовки, деятельность тренера, качества, авторитет.

Introduction. The development and improvement of women's mini-football requires a constant increase of the physical fitness of athletes, the level of their technical and tactical skills, moral and volitional qualities. Coaches are encouraged to search for the most appropriate approaches to the training process of football players due to variety of game situations, high demands on the physical qualities, particularly speed, endurance, strength and agility of the athletes, along with the insufficiently studied influence of sports training of women's body [2].

Furthermore, not only football qualities of the players are evaluated, but also their psychological stability, discipline, ability to resist the aggression of the opponent in the modern mini-football. The success of a team largely depends on how disciplined its players are. The discipline on the pitch promotes the clear performance of duties of each athlete. The discipline out of the game is the key to friendly relations in the team and a positive mood. However, not every coach is able to lead a team in a proper way. Fortunately, there are several quite universal techniques that create a «healthy» microclimate in the team, in particular:

- the coach should let the players know that he is well-versed in a mini-football, knows the basic techniques;
- avoid conflicts within the team;
- showing firmness of decisions;
- be an example for his athletes [5].

The purpose of the study - is to study and analyze the issue of the effectiveness of the coach's activity of women's mini-football team.

The statement of basic material. The team is able to achieve a great sport result only when it consists of players who use a masterful technique, tactical actions during the game.

The best football coaches argue that there is no significant difference in the physical fitness of female and male footballers, however, there are certain features that must be taken into account in the development of training programs of sportswoman. The psychology is an important difference between men's and women's football. It should be borne in mind that men in physical terms are significantly stronger. At the same time, women are more flexible, they perceive the new information more quickly, but they are slow in making a decision [4].

The coach should pay considerable attention to the physiological characteristics of the female body, because the activity of the main body systems of female footballers changes cyclically under the influence of female sex hormones [2]. At the same time, it is necessary to take into account features and conditions of the training process of the players, regularities of improving physical qualities, the direction of the training

process, the volume and intensity of loads, the use of adequate means of recovery (psychological, pedagogical and medical-biological).

The coach must take into consideration the identified functionality of the players when he determines the volume and intensity of the load. There are several stages of preparation of athletes in the theory and practice of mini-football, including: general preparatory, special preparatory, precompetitive. The main tasks of the general preparatory stage are to increase the level of general physical fitness of players, increase the potential and reserve capabilities of their body, the formation of the necessary technical and tactical skills and the development of psychological qualities, increase the ability to overcome significant loads. The training sessions at this stage are aimed at comprehensive training. The coach should pay a lot of attention to the development of endurance, speed and strength, flexibility, coordination of movements [5].

The training at a special preparatory stage is aimed at ensuring a high level of competitive activity in the control games. A lot of attention is paid to the development of speed and strength, improvement of technical and tactical skills.

The main objectives of this stage are further increase of the level of body functionality, the improvement of the acquired technique of possession of the ball and mastering of new tactical options for interaction between players. The loads should be aimed primarily at improving the speed-strength qualities and speed endurance.

Precompetition stage of preparation is based on the specific of the upcoming competition. The main goals of this stage are to improve the special physical fitness and technical and tactical skills in the conditions that are similar to the game). In general, technical and tactical exercises with well-defined tasks (a limited number of touches during the pass of the ball, necessarily control the ball by feet, the use of elements of personal, zone and combined defense of opponents and etc.) are used.

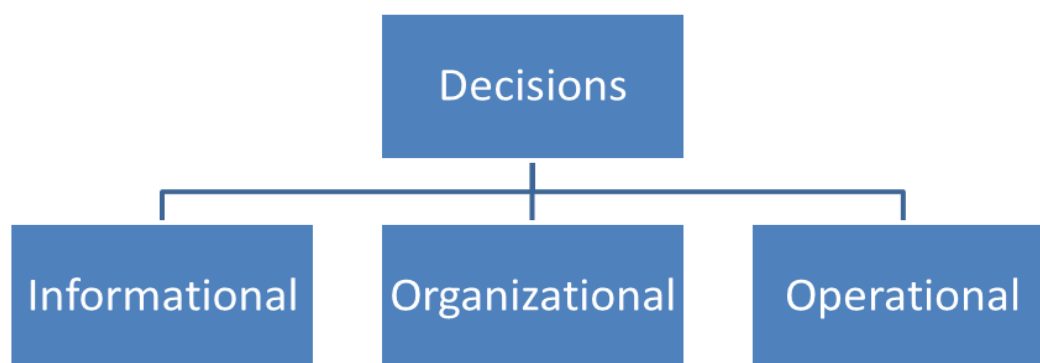
In general, training sessions of the players are held by taking into account the tasks of each stage. At the general preparatory stage, the part of non-specific means of training increases, the coordination complexity of exercises is high, the intensity of loads is moderate. At the special preparatory stage, the part of technical, tactical and specific means increases, while the duration of classes decreases. At the precompetitive stage, the use of specific, technical and tactical means of training significantly increase as well as the number of theoretical studies with elements of ideomotor training while the intensity of loads decreases. Thus, the coach must carefully make plans of training of athletes, in other words, do not focus on time-consuming exercises, in particular push-ups, pull-ups, jogging, etc., but use new and interesting exercises and vary every training session with the ball in order to skillfully conduct training sessions at each of these stages.

The coach should use a number of means and methods in order to ensure the optimal level of development of physical qualities of athletes. When the coach chooses exercises in order to improve the level of physical training, the intensity of loads has to be monitored using the data of heart rate, as it is the most objective indicator of the body's response to the loads that are performed. It is necessary, to teach athletes to count the heart rate after the exercises on the coach's command for 10, 12, 15 seconds on the first training session. When coach chooses games and exercises, their focus (on the development of speed, strength etc.) and intensity of load should be taken into account [4].

The effectiveness of coach's activity depends on the combination in his person of the innate abilities and the professional and life experience, which generally consist of his emotional balance, stability and consistency of behavior, an objective assessment of the players' activities, which form a sense of confidence and security in women. It is essential to make a right decision during the training sessions and competition for the effectiveness of coach's activity and success of the team. The right one is that decision that in the best way provides performance of the pedagogical tasks within the shortest possible time. The successful solution of pedagogical tasks depends on certain coach's experience, skills, abilities to use the whole number of methods (including logical) and means. The coach evaluates each element of the sports environment, in particular the opponent's environment, his team, pitch, time, etc. - and then determines their interaction, creates a dynamic model of the following sports actions, which connects these elements into one and identifies to what changes can lead a particular decision.

We classified the coach' decision into informational, organizational and operational according to the researchers conducted by A. A. Derkach, A. A. Isaev [3] (Pic. 1).

The informational decision-is an evaluation of the situation, exposing the intention of the behavior of athletes, in other words, the synthesis and transformation of information into the most appropriate form of the specific task of managing a sports team. The informational decision is a source for making operational and organizational decisions. Consequently, the coach is considered as a specialist with the necessary knowledge in the field of sport and related disciplines: the theory and methodology of sports training, pedagogy, psychology, physiology and etc. It is essential for the coach to constantly monitor the latest achievements in the development of modern sports science.



Pic. 1. *The classification of decisions of pedagogical tasks in coach's activity*

The organizational decisions are related to the team members, its structure, time of action. Furthermore, the approval of training programs, the determination of the structure of the training process are included in the organizational decision. The peculiarity of these decisions is their focus on a relatively wide range of situations. The coach considers a number of aspects related to the process of creation and further functioning of the team when he makes an organizational decision.

The operational decisions are the culmination of the coach's activity, in other words, they contain all kinds of decisions related to the sport actions of the team, in particular: the definition of the purpose of sports actions, the establishment of the level of physical fitness, the determination of the team's tasks, the order of interaction and etc. Overall, operational decisions determine action, while organizational decisions are related to specific actions, their content and forms.

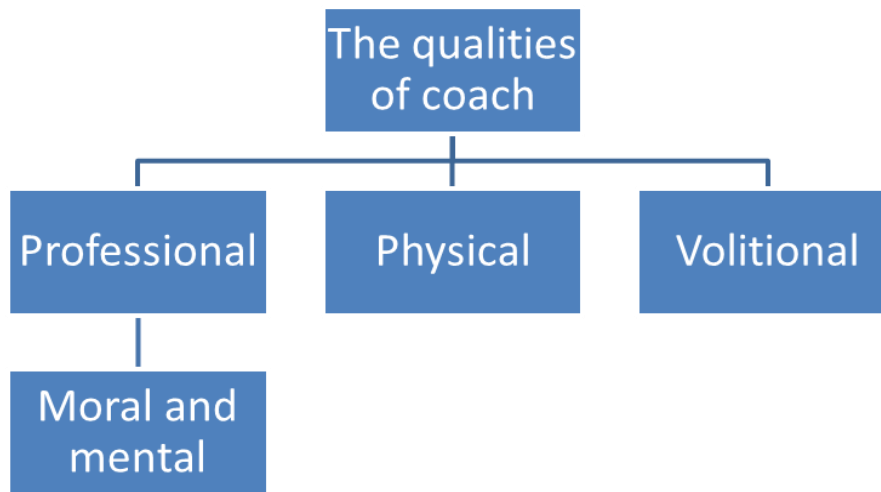
The coach of any sport, including the coach of the women's mini-football team, must possess a wide range of qualities, in particular: professional, physical, volitional, moral and mental (Pic. 2). The professional qualities of the coach are the ability to carry out activities at all stages of training process of athletes; the desire for self-improvement; the ability to generalize new achievements and the development of new means and methods of training.

The physical qualities are good health; endurance of neuro-mental sphere; sonorous voice. The volitional one are sense of purpose; ability to achieve goals; self-control; sober perception of criticism; observancy; willingness to bear the responsibility. The moral and mental qualities of coach are honesty; integrity; tact; poise, memory (accuracy and memory speed, preservation and recovery); thinking; imagination (the ability to quickly and accurately represent a particular object).

First of all, the coach must manage the team in such a way that the athletes feel themselves responsible for the implementation of their tasks, show independence and initiative to achieve a certain goal.

The necessary condition for the successful management of the team is the authority of the coach, which creates favorable conditions for fruitful cooperation «athlete-coach». It is largely based on the level of his professional skill, which should grow steadily, and on technical fitness, which mainly depends on the previous activity of the coach as an athlete. The famous football goalkeeper Lev Yashin said the following about the role of professional skills of the coach to maintain his authority: «Today's athletes study in different educational institutions, but most, of course, go to the institutes of physical education or the school of coaches». Therefore, some of them can argue with the coach on certain issues, referring to a specific page of the manual or objecting to him something like: «in lectures on

physiology said otherwise». The coach has to find another approach, new methods of education for such athletes [1].



Pic. 2. *The classification of qualities of coach of mini-football*

The authority of the coach is caused by his high morality and, first of all, is gained by the objective attitude to the athletes, conscientious performance of the duties. In addition, the appearance of the coach, his politeness and tolerance are important for sportswomen. It is essential for the coach to have authority not only in his team, but also in his colleagues, executive staff and etc. Naturally, not every coach can immediately gain authority, but we must not forget that the authority of a specialist, even a young one, largely depends on how he behaves. The authority of the coach relates to his intellectual level, it should be higher than in his athletes. The coach should strive to gain the upper hand in any discussions with the athletes, but do not do it obsessively, without emphasizing his superiority [6].

Discussion. We fully agree with the views of the authors that the mini-football coach should pay great attention to improvement of the physical fitness and technical skills of his footballers, to have influence on the formation of the personality of each athlete. Additionally, the coach should develop a system of sports training of women's team and take into account the biological peculiarities of the female body, the most important of which is hormonal changes.

Conclusions and perspectives for further research. The modern stage of development of physical culture and sport requires an intensive creativity of trainers and athletes. The basis of this creativity is the creation of new techniques, tactics and methods of training. The educational, disciplinary and recreational activities of the sports game will be effective only when the game is conducted by a coach who is professionally ready to realize its potential. The inexhaustible source of his creativity allows to develop the original technique of sports training. The possession of professional, physical, volitional, mental and moral qualities will enable the coach to successfully manage the sports team, make the right decisions in a case of conflict situations during and after the game.

The further research will be aimed at search of ways of optimization of training process of women's mini-football team.

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