



## Teaching A Child To Play Football From A Youth

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### ABSTRACT

This article discusses how to teach a child to play football at what age, what is necessary and important for this. It also discusses the benefits of football for a child's growth and development, and who should not be allowed to play football.

### KEYWORDS

Soccer ball, child ability, exercise, growth process, field, striker, defender, goalkeeper, fine, referee, sports shirt, boots.

### INTRODUCTION

Football is one of the most popular sports, with the help of which it is possible to develop agility, physical strength, flexibility, logical thinking and coordination of actions. Such

team-based team play helps children uncover their hidden potential, find common ground with their peers, unite children, and teach them to work together in a team. The fact that

football has so many advantages makes many parents want to teach this sport to their children - a boy or a girl. To make the most of football, it is important to plan the learning process properly.

### **It is important to start studying at a certain age.**

Regardless of age restrictions, you can learn to play football at home independently from the start. To do this quickly and well, you can teach from an early age of the baby - as soon as he starts to walk. This contributes to the early development of the child. Initially, parents simply kick the ball in their feet without going into the details and features of the game.

This is the easiest exercise for young children and is the first lesson. You can start to introduce the child to the simple rules by the age of 3-4. In addition, parents should not only use theoretical lessons, but also keep in mind the practice. To get your child genuinely interested, it is recommended that you first watch a few educational videos with him or her on TV or on the Internet.

Parents who want to send their child to school with a professional tutor should wait a while until the baby grows up - 5-7 years old. Boys and girls are involved in the football department. The only condition is that the child's body should be strong enough, vocabulary should increase significantly. This helps the student to understand the other players on the team and listen carefully to what the coach is saying. If the parents don't find the time and miss the most appropriate age to play 6-7 year old football, you can send the child to the 9-10 year old football department. This period is not an important period when you can easily fill all the gaps in the study, acquire the necessary skills and correct the situation with the physical training of the young player. However, by international standards, the right time to play football is before school age.

### **What football classes need**

Every parent cares about how to teach their child to play football when giving their child to the football department or doing homework. First of all, you need to buy a special soccer ball and find the ideal training ground. These conditions are for study at home. Therefore, football is one of the most budget-friendly sports in terms of training. As clothing, they use a comfortable sports suit that does not impede the child's movement.

To train in the sports department, you will need to allocate additional funds for the purchase of equipment:

- Shoes with a specially designed sole for running in the meadow;
- Changeable sports shoes when training in an indoor gym;
- T-shirt;
- sports pants or shorts;
- Sports jacket when it is cool outside.
- In addition, a young player may need a ball, protection and gloves (if the child is standing in front of the goal).
- Even during the summer holidays, coaches organize football lessons in special summer camps, which allows the child not to relax and always keep his position.

### **Football rules**

Every sports game has a certain set of rules, without which any competition is considered meaningless. It is important to tell the child the basic rules of football in the early stages of getting acquainted with this game:

1. It is important to explain to the young player that the main goal of football is to score as many goals as possible for your opponent.
2. Two teams participate in a match that takes place at the same time.
3. You can score on different parts of the body, except just the hands. It can be legs, body, and head.
4. Only a player standing in the goal can touch the ball with his hands.

- The goalkeeper.

1. The game is divided into two parts, each lasting 45 minutes. There is a 15-minute break between the first and second episodes.
2. The referee must observe how the players follow all the above rules, as well as calculate the goals scored.

There are some rules that penalize a player for a violation:

- Deliberately hitting your opponent is prohibited. Intentional pushing, kicking with the help of the body, legs or arms is considered physical contact. To prevent the opponent from getting the ball, the player can protect the ball from him only with his body, without using his hands.
- Do not go directly under your opponent's feet. The ball is only allowed to be knocked out without touching the other player's feet.

Violation of the rules on the list can result in penalties for both the player and his entire team. In the first case - the player receives a red or yellow card, which can be removed from the playing field. If the referee punishes the whole team, then the opponents have the right to strike from the penalty area towards their own goal.

Even at the beginning of a game, it is important to explain to the child that it is forbidden for a player to quarrel with the referee or start an argument on the field with other players.

### **Football exercises to play with parents**

Before starting the exercise, the child should be able to easily develop all the movements aimed at controlling the ball. To do this, it is recommended to use special exercises for football:

- First, the child should be given the opportunity to hit the ball with their left and right feet - first, the parents help the

child to perform blows with the outside and inside of the foot. Then, allow the child to try to enter the gate at close range.

They run and throw the ball. The ball is placed in the center of the field and the child must move 10 steps away from it. You can hit the ball alternately with your left and right foot, trying to find the most optimal impact force.

- Hitting a moving ball. The parent should move 5 m away from the child and pass the ball to him or her. The child, in turn, should try to return the ball, but without running.

The main purpose of such exercises is to teach a young player to perform high-quality attacks on the ball from different angles, as well as to develop a quick reaction. When working with the ball, the child learns to feel his weight, becomes accustomed to its shape, which helps to confidently calculate the force required to strike.

### **Who is not allowed to play football?**

While this sport has many advantages, it is important to remember that not all children can play it. For example, before enrolling your child in the football department, it is recommended that you have a medical examination to make sure your child is healthy.

It is not recommended to play football for children with the following diseases:

- Asthma;
- Diseases associated with poor functioning of the musculoskeletal system;
- Myopia;
- Diseases of the cardiovascular system;
- Mental illness.

It is also important to remember that when enrolling a child in a professional football department, each coach has certain criteria in selecting future players. Football departments offer specific programs that parents can get acquainted with.

Nevertheless, the main criterion remains unchanged - coordination of actions.

### Advantages of playing football

Football is a popular sport that helps children develop in all areas. That's why parents try to introduce their child to this game right away - as soon as the baby is on its feet confidently.

Regular exercise in this sport is beneficial for several important reasons:

- While running, the child engages all muscle groups, which helps them to train actively;
- Increases the child's endurance due to regular and long-term training;
- The child discovers team qualities, he learns to work in a team;
- Football improves balance, has a positive effect on coordination;
- improves blood flow in the body, the blood is saturated with the required amount of oxygen;
- Football is a game where it is important to develop different strategies and apply different tactics (analytical thinking develops).
- As a result, playing football regularly not only promotes physical development, but also has a positive effect on a young athlete's mental ability. This is important for active children who can release all their energy in the classroom, allowing them to focus more on their daily lives.

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