



Exploring the Cultivation of Football Awareness among Contemporary College Students

Zhan Xu^{1,a}, Lei Wang^{2,b}

¹Ministry of Sports, Shandong Technology and Business University, Yantai, Shandong, China

²Yantai Shooting Archery Movement Center, Yantai, Shandong, China

^a503607282@qq.com, ^b708865540@qq.com

Abstract. Guided by Xi Jinping's thought of socialism with Chinese characteristics in the new era, we comprehensively implement the Party's education policy, adhere to the goal of establishing moral education, deepen education reform, comprehensively cultivate talents, promote the healthy growth of youth, vigorously advocate football, comprehensively improve the level of football sports, and give full play to the function of football education, especially in physical education training to train students' comprehensive ability in all aspects is particularly important. Students can not only enhance their physical fitness and mental level through football, but also improve their teamwork ability, and they can establish a correct outlook on life and values in football training, which will play a decisive role in their future development. Therefore, it is necessary for teachers to cultivate students' football awareness in college football to ensure that students can develop in all aspects. In this paper, by reviewing the relevant literature and summarizing, the meaning of football awareness is explained, the current situation of college students' football awareness is analyzed, the causes of the problems are analyzed, the future development direction is clarified, and reference and basis are provided for the overall improvement of college students' comprehensive ability.

Keywords: college students, football awareness, cultivation.

1 Introduction

Football has an irreplaceable charm and attraction, and is one of the most important sports in college sports training, which is loved by the majority of students.[1] Many domestic colleges and universities enhance the development of campus sports culture construction by carrying out football league.[2] With the advancement and development of football in China, colleges and universities pay more and more attention to the cultivation of students' football awareness in the process of life, training and competition, and strengthen their ability to analyze and adapt and promote the formation of their football awareness through the improvement of special technical and skill training, special physical training, mental ability training and communication

ability training, so that the students' comprehensive ability quality can be The most important part of the process is the training of the students.

2 Preface

The most important part of the process is the cultivation of "football awareness".[3] It has been said that "the wise man who meets the strongest wins", and the development of modern football nowadays, the ability to read the game, physical ability, spatial perception, psychological adjustment ability, quick response ability, frustration resistance and other comprehensive factors directly determine the victory or defeat of a game.[4] How to train students well, first of all, let students realize the meaning of the existence of football awareness, through special theoretical knowledge to make them understand the meaning of football awareness. [5]On the basis of theory, practical training is provided to make players form the mastery of football technology and tactics in their consciousness, and be able to make reasonable analysis and judgment on the status quo correctly on the field. Through continuous practice, automatic consciousness is eventually formed.[6]

3 Research Objectives and Methods

3.1 Research objectives

This paper conducted a comprehensive search through China Knowledge Network database to review important references related to the direction of football awareness cultivation in colleges and universities, and analyzed, sorted and summarized the important ideas in the relevant literature. The content of football training and football awareness cultivation in colleges and universities has been studied and analyzed in detail. Through in-depth communication and discussion with senior experts, professional coaches and athletes in colleges and universities, more professional suggestions and help were obtained, which effectively enhanced the professionalism and timeliness of this paper.

3.2 Research Methods

3.2.1 Documentation method.

In this paper, we searched the full-text database of China Knowledge Network for the keyword "football awareness", and reviewed and organized the content of related studies in the literature as the basis of this study.

3.2.2 Logic analysis method.

In the research process of this paper, the basic structure of the theoretical system is firstly sorted out and classified. Secondly, the logical thinking of induction, analogy and deduction is used to argue the basic concept of football consciousness, the current

situation, and the systematic research and analysis of future development ideas, so as to provide effective theoretical support for the future development of the level of college football training.

4 Analysis of the current situation of football awareness among students in colleges and universities

4.1 The study of the concept of football awareness

4.1.1 Definition of awareness.

It is the ability to perceive one's surroundings and is the mental activity of a person as a result of changes in the surrounding environment. Guided by self-awareness, a person will behave in a certain way in response to his or her surroundings, which is characteristic of personal awareness.

4.1.2 Definition of football awareness.

It is the thought process and mental activity of football players that is expressed through their behavior in life, training and competition. The level of football awareness has a direct impact on the team's competitive level. Therefore, it is necessary to focus on the development of football awareness during life, training and matches.

4.1.3 Classification of football awareness.

According to Professor Chen Xiaoke, football awareness is a psychological factor that refers to a player's comprehensive awareness and cognition of perception, thought and memory during the stressful process of physical and mental states and game situations during a football match.(figure1)



Fig. 1. The Composition of Football awareness

Football awareness needs to be developed in ordinary life and needs to be built up in every training session and every game, integrating all the experience, prompting

the player's self-awareness and ability to improve through time and forming effective psychological cues. This will enable the player to penetrate every aspect of the game on the football field.

4.2 Analysis of the current state of football awareness in colleges and universities

4.2.1 Analysis of the strengths of college football.

4.2.1.1 Policy advantage analysis.

In 2016, the Medium and Long-term Development Plan for Chinese Football (2016-2050) was jointly prepared by the National Development and Reform Commission, the Office of the Inter-Ministerial Joint Conference on Football Reform and Development of the Central State Council (China Football Association), the State General Administration of Sports and the State Ministry of Education. The main points of the document are: the reform of football teaching must be deepened, and a teaching system for youth school football must be formed that is rich in content, diverse in form and tailored to the material. Include school football backbone teachers in national training programs and other training programs, and provide systematic training for 50,000 full-time and part-time football teachers nationwide. Establish and improve the national school football competition system and league system. Improve examination and admission policies to effectively motivate students to participate in football training on a long-term and active basis. Support the construction of schools with special characteristics in school football and expand the pool of football coaches and referees. Improve the level of football-specific teaching and training of physical education teachers, build a team of football-specific teachers, train high-level football coaches and referees in schools, and continuously improve the training system for coaches and referees.

4.2.1.2 Analysis of students' strengths.

Students gain an academic life in academic activities and a football life in football activities. With the implementation of national policies, participation in school football training is increasing, and the expansion of the individual student and the enhancement of the meaning of life affects the expression of self-worth. For today's college students, they have internalized football as an important part of their lifestyle, and more graduates of football-loving program have expressed a desire to pursue a career as a football teacher or coach in the future. However, football awareness among university students is still at a subconscious stage and has not developed at a high level, pending further improvement in all aspects from life, training and competition during their university studies to truly achieve a change from quantity to quality.

4.2.2 Analysis of the disadvantages of football awareness in colleges and universities.

4.2.2.1 Analysis of external factors.

At present, university students are heavily influenced by external factors, leading them to focus only on their cultural studies. On the one hand, teachers and parents only care about students' studies and do not give priority to their physical and mental health development. On the other hand, schools are not aware of the national sports development strategy system and have weak implementation, for example, the publicity of football activities in schools is not strong, the amount of groups participating in activities is small, and the events held are not professional enough. As a result, students are unable to develop football activities in an orderly manner, have few opportunities to participate in football tournaments, and are not given attention and support by their schools after participation, reducing their initiative and enthusiasm for participation.

4.2.2.2 Analysis of internal factors.

The first is the low number of football specialist teachers equipped in colleges and universities, often the smallest group of teachers specialising in football programmes among the three major sports, and the number of teachers teaching has a direct impact on the number of people involved in football programmes. Secondly, the theoretical knowledge, training ability, management and organisation of football teachers have a direct impact on the effective promotion of football awareness among students. As the saying goes, "there is no such thing as a bad student, only a teacher who can't teach". The ability of football teachers to grasp advanced theories, combine them with the practical aspects, tailor them to the students' needs and ultimately increase their interest in football. Finally, there is a misunderstanding of football among the students themselves, who participate only to distinguish themselves in the game, not realising that football not only enhances physical fitness, but also improves mental and character skills and develops good habits, resistance to frustration, analytical skills and a sense of responsibility.

5 Suggestions for the development of football awareness and development among university students

5.1 Raising the level of awareness of football at school level

Schools should have a clear understanding of the policies and guidelines introduced by the state regarding the development of school football. Promote the orderly development of school football in accordance with the content of the document and ensure the standardised development of football awareness among university students. When General Secretary Xi Jinping met with FIFA President Giancarlo Infantino on 14 June 2017, he proposed that football should be used to "cultivate patriotism, collectivism and the quality of will to fight hard". The real source of football's charm lies in its

sense of teamwork, competition and rules, and the beauty of drama, tragedy, power, technique, tactics and heart. Football not only brings health to students, but also helps them to develop the basic qualities needed to be good pillars of the nation.

5.2 Upgrading the number and capacity of university football teachers

The expansion of the teaching staff of football teachers is the primary issue. While expanding the base it is even more important to improve all the professional competencies of the teachers. Teachers have the longest contact with students and their teaching methods and personal qualities are key to developing students' awareness of football. Awareness needs to be developed over time, and teachers need to guide students to give targeted knowledge learning and professional training in their normal life, training and matches. Modern football is a science and teachers need to make every student deeply aware that every technical move they make and every tactical match they play will affect the final result of the game. Not only are trainees instructed to use football awareness to control their actions on the pitch, but also to develop good habits in their normal lives to aid the development of football awareness. Only in this way can a team's continuous development and progress be enhanced.

5.3 Promoting students' interest in football and building their football beliefs

College students have varying athletic abilities, and their understanding of football awareness varies significantly. To enhance students' football awareness, they need to be taught according to their abilities and give full play to the personality of each student. For students with a certain level of footballing ability, more opportunities should be created to stimulate their sense of competition, enhance their sense of teamwork through matches, and deepen their understanding and ability to use football awareness. Students with low football playing ability should first develop their interest in football and increase their motivation to participate. Through continuous practice, the students' confidence in participating in football will slowly increase. Theoretical learning can also be used to expand students' understanding of the history of football, the formation of international football competitions, the experiences of outstanding athletes, and the appreciation of high-level football matches to enhance their sense of identity and create a desire for the game from within. Young people are the successors of the country's development and every young person should take up the responsibility of the times and truly strive for the realization of the Chinese dream of the great rejuvenation of the Chinese nation for the rest of their lives.

6 Conclusions

Schools should have a clear understanding of the policies and guidelines introduced by the state regarding the development of school football. Promote the orderly development of school football in accordance with the content of the document and ensure the standardised development of football awareness among university students. The

expansion of the teaching staff of football teachers is the primary issue. While expanding the base it is even more important to improve all the professional competencies of the teachers. College students have varying athletic abilities, and their understanding of football awareness varies significantly. To enhance students' football awareness, they need to be taught according to their abilities and give full play to the personality of each student. To enhance students' football awareness, they need to be taught according to their abilities and give full play to the personality of each student.

References

1. Lian Dandong. Exploration of football awareness cultivation in campus football training in colleges and universities [J]. *Martial Arts Research*, 2022, 7(05):125-130.
2. Zhou Fei. Exploring the cultivation of students' football awareness in football teaching in colleges and universities [J]. *Sports Training*, 2020,8(10):44-45.
3. Dang Yang. Research on the cultivation of students' football consciousness in football teaching in colleges and universities [J]. *Sports Science and Technology*, 2017, 25(08): 64-65.
4. Mao Min. Brief analysis of the cultivation of football awareness in the training of college football teams [J]. *Sports*,2017(12):80+75.
5. HOWIE L, ALLISON W. The English Football Association Charter for Quality: the development of junior and youth grassroots football in England [J]. *Soccer & Society*, 2015(7):2-9.
6. KERRIGAN C. *Teachers and football: school boy association football in England, 1885-1915*[M]. New York: Routledge Falmer,2005.

Open Access This chapter is licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits any noncommercial use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license and indicate if changes were made.

The images or other third party material in this chapter are included in the chapter's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the chapter's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.

