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## Review for Ethiopian sports management environment football projects in Ethiopia

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### Abstract

Several Youth Football Projects are institutionalized in various countries with the support of Federation of International Football Association for the development of football sport across the globe. In African countries, the implementation of Youth Football Projects are often ignored by the participative agencies and led to lack of very low attention, overall support and follow-up. The active participation of community, coach, administrative body, and trainees determines the development of football sport. In many countries, collaborative working and active participation of all stakeholders made the football as successful sport. It is witnessed in Ethiopia that very less initiation is given to improve the efficiency of youth football projects, particularly in the case of Amhara Region. This study sheds the light on significant major challenges of youth football projects implementing in volatile sports environment. Researchers have followed a survey research method with both qualitative and quantitative research approach. It is found in the study that the coaching manuals are not updated with the modern coaching methods; the number of competitions that were organized are much below the recommended number of games; the number of training days per a week and length of training session lacks uniformity and inconsistent for the same age groups; the factors like lack of overall support, lack of communication among stakeholders, low attention given, and knowledge of the coaches and scarcity of training materials are the major hindering aspects for the success of these youth football projects.

**Keywords:** Youth football projects, football coaching methods, football sport management

### Introduction

Football is one of the most popular sports in the world with exponential increase in number of players and sponsors. It is a world's favourite game and has a lot of spectators, supporters and fun all over the world. The sport of football is associated with passion, emotion, excitement and dedication. Youngsters of different age categories are taking part in youth football training to become either amateur or professional players. The complex social changes that accompanied the industrial revolution in Great Britain in the eighteen and nineteenth century were since 1999 with the creation of the 'Goal programme', FIFA has organized more than 1,000 football projects across the world including 'Ambo Goal project'. Similarly, the Ethiopia Football Federation, along with regional federations, striving to play its part for the development and expansions of football including in Benishangul-Gumuz Region (BGRS). In this regional state there are 35 youth football projects which are founded by Benishangul-Gumuz Football Federation, Youth and Sport Bureau and Federal Youth and Sport Ministry. Though the number of youth football projects is increasing, very low attention is given to overall support and follow-up.

The development of football is determined by the active participation of an administrative body, community, coach, and trainees. Football has become the successful sport in many countries only with the collaborative working and active participation of all stakeholders. But in Ethiopia as general, in Amhara region, oromia SNNP, Diredawa and Addis Abeba city Administration city football Game Benishangul-Gumuz Region in specific, the initiation to improve the efficiency of youth football projects were low. The low attention given to improve the quality of training, competence of coach, inadequate provision of financial and material support, lack of motivating the youth players and coaches, lack of periodical follow up and knowledge of talent scouting were some of the problems widely observed. The role of competition in the player development is indisputable and appropriate number of matches that are organized as per the age of the players is crucial for the player development. Competition is a central element in a player's development.

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According to Bernie Dekoven (2002) <sup>[5]</sup> Players improve their ability to play soccer through proper coaching, training on their own, and appropriate competition. In Ethiopia the youth has to get appropriate number of matches to determine their level of performance. The level of the performance of youth football projects of Amhara region was negatively affected with those aforementioned drawbacks and problems. The researcher has conducted this study to assess major Challenges of youth football projects in Amhara region zonal with specific reference.

### Review of the related literature

This review is concerned with the football performance, talent identification and development; this chapter. Wondimu and Damene (2004) <sup>[29]</sup> state that, football performance is a function of physical and mental characteristic of the individual. In addition, peak performance is the product of a careful preparation where the competitive as peak is the result of a well-planned training program. Kachany (cited in Wondimu and Damene, 2004) <sup>[29]</sup> football Performance is regardless as an actual manifestation of the efficiency of the player, it is a purposeful activity directed to the solution of a task determined by the principle of 27 training and estimable achievement is a complex mixture of environmental influences and training.

**Physical factors:** Physical fitness has many advantages, player's vision, awareness, instinctive reaction, adaptability, inventiveness, composure, skill, confidence, decision making, and hardiness all benefit. Rees (cited in Wondimu and Damene, 2004) <sup>[29]</sup> state that, if a football player is not physically fit, his technique will suffer, especially late in the match. In addition, a fit player is much less likely to be injured. All athletes, particularly football players, must develop physical fitness before anything factor. On the work of Kacany (cited in Wondimu and Damene, 2004) <sup>[29]</sup> put, in the course of one game defensive player covers 4000-5000 meters, midfielders 6500-7000 meters, and attackers 5000-5500 meters.

**Technical and tactical factors:** Technique is evidently of fundamental importance. It forms the basis for possession of the ball, for keeping it under control in difficult match situations and for using it to good advantage. Good technical skill adapted to any particular situation, which enable a player to avoid losing the ball too frequently and then having to expended more energy in trying to recapture it. Unless a player has perfect ball control, he/she will never be able to control a game. Tactics teach players how to be organized, how they should be positioned, how the skill can best be implemented in competition and how all players have different roles to play on the playground. The aim of good tactic is to put emphasis on the position. Moreover, a good choice of tactics helps to build up confidence within the team itself. As Wondimu and Damene (2004) <sup>[29]</sup> state that, it is impossible to treat tactical aspect separate from technique. Players learn to make a rapid and creative choice from the technique they have been taught, selecting those that are most effective in the given situation. Practice and preparation of play combination, cooperation of individual in play activities. The climax of tactical preparation is the practice and perfection of play system. The play system

represents action at high level by the player as adapted to the needs and abilities of the entire team.

Psychological factor; this is a length, complex process and must be realized in the conjunction with good physical education, and emphasize the view varied and philosophical basis of the training process. The basis for influence on the player is philosophical, moral and willpower training (Wondimu and Damene, 2004) <sup>[29]</sup>. As regarding to player's personality Kacany (cited in Wondimu and Damene, 2004) <sup>[29]</sup> note the following, ideological preparation must mould the player so that they achieve a broad overview, thereby enabling them to arrive at the right assessment of the aim of football activities. Ideological preparation forms the basis of judgment of intellect together with other aspect of his personality. At the same time it forms an important component in the regulation of the player's motivation, which in turn forms the basis for growth in football performance. Kacany state continuously moral preparation is direct to the development of characteristic such as the relationship to collective value, to work with fellow players, the coach and football activities in general. The level of moral characteristic is expressed in honest behaviour, responsibility with respect to training and match, maintenance of a disciplined life style and consciousness performance of daily duties. Nutritional factor; Good nutrition is the that, muscle building was ten percent hard working ninety percent nutrition. Continuing state professional male soccer players must consume 3000-3600 calories to meet the energy demand of the sport. Upper level female players might need up to 2500 calories. The recommended ration is 60-70 percent carbohydrate, 15-20 percent protein, and 15-20 percent fat source. In addition, sufficient source of water, vitamin, and minerals must be part of the everyday diet.

### Characteristics of youth football players of various age groups

With respect to the physical and psychological characteristics of children in general and soccer players or trainees in particular, they show a good deal of differences or variation with their age or developmental level. They have a relatively a particular period of time in their age to deal with each aspect of soccer (Soccer training). In a sense to realize their potential soccer trainees should be exposed and trained with the necessary aspect of each component. The strength of the trainees and the emphasis given to the intensity of the activities should be given a serious emphasis. For this matter it is mandatory to know and recognize the primary characteristics of each age group and what the emphasis should be at each age level.

### Role of the Coach

The coach of a football team also has to full fill various functions: In the first place, a coach is responsible for the team in its day-to-day business He is in charge of coaching, guiding, motivating the team and deciding about the starting formation each match day. How well these activities and decisions are made, determines the performance of the team on the field (Koning, 2003) <sup>[30]</sup>. The coaches' influence on the team's performance depends mainly on the coaches' ability to combine the stock of players effectively, through team selection as well as choice of strategy to produce positive game outcomes. For these staffing decisions to make, a coach must have an understanding of the game, the

qualification to monitor and evaluate a player's performance in a variety of situations and knowledge of the player's strengths and weaknesses. Moreover, the coach has also an important leadership impact on team performance, through the strategic team composition. Coaches actively take part in the decision-making process about player.

### Competition for different age group of football player

Competition is a central elements in a players developments (player's development guide of us soccer federation (ND: 20)). At the youth level, however, a competitive environment should not be a result oriented environment. The different must be clear. A competitive environment at youth level encourage decision from players and coach alike that focus on performance rather than outcome.

### Research Design and Methodology

The nature of data generated to undertake this study lends itself to both qualitative and quantitative approaches particularly to descriptive survey. As its nature, this method was more appropriate to define, describe and understand the problems that block the program. In addition, descriptive method is appropriate for collecting information from a relatively large number of respondents (Cresswell, 2003). The researcher employed descriptive survey as the method of study because it provided the researcher with detailed description of the existing condition about the problems under investigation. The researcher used both primary and secondary data as source of data. The primary data gathered like through interview, Questionnaire & observation, and secondary data (written documents) were very important for the accurate data gathering method. The researcher used questionnaire, interview and observation for collection of primary data sources. The researcher used secondary source as they had some background information about the issues. Related documents like magazines, Book, Journals, research paper, published and un-published materials, office document, and Policy documents were examined. The primary data collected from the coaches, athletes, Football federation Executive committee and Sport officers is analyzed and interpreted in the following ways. In addition to the primary data, the data collected via structured interview; non-participant observation and document analysis was also analyzed and interpreted using different descriptive analysis techniques.

### Interpretation and Discussion of Findings

- No coach appointed was to the youth football team with master degree experience and all coaches are having less than years of experience in training the players for football game. Hence, the concerned bodies should appoint appropriate manpower with profound knowledge to train and teach youth footballers. As coaching requires scientific knowledge, educational background of the coach was seen as a serious problem in the application of appropriate methodology of coaching.
- Among the coaches. 50% respondents expressed that the short term course given to them were not adequate for coaching young players and additional courses are mandatory for the coaches to be effective and efficient in their work.
- All the coaches responded that the course they took did not incorporate a method of coaching to treat youth

footballers to deliver the training in attractive way & to be effective. Thomas E. Larkin, (2008; 60) methods of training describe those activities athlete and coaches use to train for soccer strictly speaking methods of coaching refers to ways in which coaches communicate and teach the game of soccer to their charges. To create a training program that addresses the multiple demands of the game, a coach must become familiar with the different methods of training for the sport of soccer.

- Out of all respondent coaches, 62.5% of them didn't attend the upgrading courses to improve their coaching competence and introduce themselves to contemporary methods of training. As it is clearly seen, there is no deep conviction of the respondents concerning the upgrading course to improve their competence; this data implies majority of the coaches had not given additional coaching courses. This makes the coaches to stick to what they have learned earlier, coaching competence assist the coaches during training session. According to Thomas Reilly (2004:156) as knowledge is re find and developed the coach became more expert. As knowledge refined and developed through training In relation with the players age group, 75% of the respondents said that the region compete in age categories u-17 and also 16.6% the coaches responded as the region took part for u-15 age categories. Similarly, 8.4% of the respondents' replied as the region participates in a competition organized at national level in u-13 age categories. Competition is a central elements in a players developments (player's development guide of us soccer federation (ND: 20)). This implies to the responsible bodies to increase the number of well-organized competition to assess the level of performance the athlete based on age categories.
- Among all the respondents, 50% of the respondents said that lack of support from concerned bodies hinders the success of the training. Whereas 25% of the coaches agreed that lack of appropriate coaching materials is major hindering factor and the ignorance to the method of coaching is perceived as another major hindering factor by 25% of the coaches which is affecting the success of the training. This result shows the concerned body to take automatic solution to improve the performance of the trainees.
- Application of principles of training makes training to match to the functional movement of the game. The principles of trainings are important for both elite athletes to maximize
- Most coaches, 75%, responded as there is no supervision by the responsible bodies to provide support and only 25% of the respondents agreed that there is supervision on their teams. This
- The support given by the concerned bodies was poor as perceived by 64% of the respondents. Very few teams have got psychological support and sport materials by the concerned body. The result above indicates the concern of the concerned bodies in benefiting and supporting the projects was very little.
- The educational background of the federation committee members is graduation with specialization other than sport science field. It needs the urgent action from the government to appoint the federation members who have sports background In order to under the pros

and cons of the issues what the players and coaches are facing.

- A total of 62.5% of the federation members expressed that they have provided technical support to the different teams and 37.5% of the members have provided psychological support to various teams. The support what they the federation members provided to the team was perceived by all the federation members as poor and inadequate. The impact of inadequate support brought about declines of the performance of the youth footballer, Encourage drop out, and demotivates & discourage an athletes and coaches. It is clear to perceive that the youth football projects in the region are in series problem. For the success of the projects, the support given in all aspects requires attention and improvement.

With regard to the upgrading course and its relation to youth football developments, 8 out of eight project coaches (67%) were not attended upgrading courses and four (33%) of the coaches responded that they had attended upgrading courses to improve their coaching competence. In addition, with respect to the upgrading course, the majority of the coaches replied that the courses given were not categorized to the age level of the players and its relation with youth football development was limited. With respect to professional support given from the concerned bodies, the majority of the respondents indicated that the supervision given to provide professional support for projects is very limited. It was not more than one or two times per year. Generally, they agreed that the youth project had no attention.

In relation with the supply of facilities and equipment, the majority of the coach respondents responded that the training courts are available but lack quality. According to the respondents some of the courts were not convenient for training as they were rough and cause injuries on athletes and reduce the performance and movement of the ball. In addition, regarding equipment, the majority of the respondents responded that there were a scarcity of training equipment such as balls, jerseys, shirts, shin guards and boots at large. The role of facility and equipment in the development of football and improvement of performance is indisputable. According to Thomas Reilly (1998, 135), in all levels of football,

### Conclusion

Though the researcher of this study does not dare to make generalization relaying on small sample population, giving attention on the production of youth athlete seems to be a highly influential and national wide matter. Therefore, based on the major finding of the study, the following general conclusions were drawn

1. The study found that the majority of the youth involved in youth football project training were male. The attention given to involve the female counterpart is so poor that it is against Ethiopian sport policy.
2. As long as the educational background of the coaches and sport officers were concerned, most of them had passed through a recommended educational background except a few of the coaches. Youth football coaches who were assigned to coach youth footballers have got the first and 2nd level coaching license to coach, most of them were not given the opportunity to upgrade and improve their coaching competence. In addition the coaching course they have attended were not

incorporated methodology which helps the coaches to communicate and to conduct the training.

3. Coaching manual is one of the coaching aid materials that help the coaches to navigate from one step to another or to coach in a logical progression. Even though, the coaching manuals were dispatched to the coaches; half of the coaches use it during practice, but only sometimes. But half of them were evenly split between those who use it regularly and not at all. In addition, the coaching manual does not incorporate modern methods of coaching and age related coaching systems.
4. The study has found that the problems that hinders and obscure the development and success of youth projects are lack of overall support, lack of communication among stakeholders, low attention given, and knowledge of the coaches and scarcity of training materials.
5. The provision of Equipment and convenience of the facilities of coaching to conduct training and quality of materials had been found as poor. This can enforce the players to miss technical and tactical elements that they supposed to acquire. Therefore, the program is week in this regard.
6. The study has found that there was a serious problem with respect to supervision and follow up of the program from the concerned bodies. Supervising the program helps to know the weakness and strength of the program. As a result, it is one of the challenges in the development of youth football.

### Recommendation

This section deals with directing and recommending positive ways of solving the problems and challenges that affect the development and success of youth football projects indicated by the study.

1. The research finding has shown that the attention given to supervise and evaluate the program by the concerned bodies is very poor. Evaluating the activities of the coach, knowing the current level of the program, and providing immediate remedies for the challenges in program implementation has not taken place adequately through supervision and follow-up by the concerned bodies. From this point of view there is a gap between coaches and stakeholders in relation with supervision and evaluations as it is the best method to perceive the strength and weakness of the program to come up with new plans for the achievement of the set objectives. Therefore, it is recommended that each of the stakeholders has to inculcate the program of supervision and evaluation in their annual plan to supervise, evaluate and communicate to provide feedback to the coaches for the success of the program.
2. The study has indicated that the convenience of the training court and the adequacy of the training equipment are very poor along with their poor quality. Lack of training materials and inconvenience of training facilities paves a way for the declining of the program performance and encourage drop out of youth from the program. The concerned bodies have to search a mechanism to solve the problems through raising awareness of the society at large, dealing with different government and non-government organizations and

searching for sponsorship to tackle the problems of facilities and equipment.

3. In relation with the number of competitions and match organized, as Richard Alagich (1995:136, 263, 318 and 411) have recommended amount of the game for the age group between 11-17 years of age is 30 organized game per a year. But in Amhara region, Oromia SNNP, Addis Abeba Diredawa middle efficiency but limited to Gambella, Beneshangul Gumeze, Afar and Somali limited and shortage of game in the age of recommendation Therefore, there are very few competition recommended for youth soccer program per year as illustrated in this study. Therefore, it is recommended that the concerned bodies should plan and work on this issue seriously by allocating sufficient budgets to solve the problems related to the absence and less number of organized.
4. It is obvious to perceive that how the provision of training-uniforms and appropriate amount of coaching fee can inspire and motivate the coaches to carry out their task effectively and efficiently. Lack of them is seen as a serious problem as identified in the result of this research finding. Therefore, the concerned bodies have to find a way to provide coaching-uniforms on timely and develop a mechanism to improve the coaching fee for the coaches. Otherwise it could make the coaches to give low attention and ultimately to quit the tasks.
5. Finally, the problem under investigation is not as such an easy task to be studied by inexperienced investigators. Thus, the researcher would like to recommend the concerned and interested individual or groups to carry out profound and wider research work on the problems and prospective of youth football program.

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