

# Research on the Mission and Path of The High Quality Development of Chinese Youth Football

Kefan Bai<sup>1,a</sup>, Junkai Zhu<sup>2,\*</sup>

<sup>1</sup>Turbine Department of Merchant Marine College, Shanghai Maritime University, Shanghai, 201306, China

<sup>2</sup>Physical Education Teaching Department of Shanghai Maritime University, Shanghai 201306, China

<sup>a</sup>Baikf0520@163.com, \*corresponding author Smu\_2018@163.com

---

**Abstract:** Promoting the High quality development of youth football in China is an inevitable requirement to improve the level of football competition in China, and it is also the fundamental demand to solve the problems in the development of youth football in China. The mission of the High quality development of China's youth football is to cultivate football talents with excellent football skills and comprehensive quality, and improve the competitive level of the national team. The elements of the High quality development of youth football in China include a professional coach and training system, a scientific and reasonable competition system and selection mechanism, and good infrastructure and venue conditions. The path of High quality development of China's youth football is mainly proposed from the following six aspects: strengthening government support and policy promotion at all levels; strengthening the construction of football infrastructure and creating good field conditions; strengthen the construction of youth football education and training system; Establish a sound youth training system and competition system; strengthen the cooperation and connection between school football and club football; Strengthen cooperation and exchanges with international football organizations.

**Keywords:** High quality development; Chinese Youth Football; Mission; path.

---

## 1. Introduction

High quality development refers to the pursuit of a High quality-oriented development model and goals in the process of economic and social development, and focusing on improving the quality, efficiency and sustainability of development. The report of the 20th National Congress of the Communist Party of China pointed out that High quality development is the primary task of building a modern socialist country in an all-round way. High quality development needs to grasp the law of development of things, and realize comprehensive innovation from practice, understanding to practice, and re-understanding. From the perspective of the factors affecting the development of youth football in China, the key factor is concentrated in the quality of development, so how to promote the High quality development of youth football in China has become a topic that needs to be discussed in the field of football in China. In view of this, this paper discusses the elements of the High quality development of youth football in China from the perspective of the mission of the High quality development of youth football in China, and puts forward the path of High quality development of youth football in China by analyzing the development status of youth football in China, in order to provide theoretical support for promoting the High quality development of youth football in China and realizing the goal of the comprehensive development of football in China.

## 2. The Mission of High quality Development of Youth Football in China

Youth football is an important stage in cultivating outstanding football talents. Through systematic training and competitions, young athletes with excellent football skills and comprehensive quality can be cultivated, and talents can be

sent to national football teams and professional clubs. Football is a full-body sport that develops the physical fitness, coordination, flexibility and reflexes of young people. By participating in football training and competitions, the physical health and all-round development of young people can be promoted. Football is also a team sport that requires cooperation and coordination between players. Participating in youth football can cultivate the teamwork, cooperation and mutual help spirit of young people, and improve their sense of collective pride and teamwork ability. Football is also a sport that focuses on discipline, solidarity and hard work, which can cultivate positive character and values in young people. Youth football is an important part of football culture, and through the popularization and development of youth football, it can promote the spread and development of football culture, enhance national sports awareness, and enrich sports cultural life.

Therefore, the mission of the High quality development of youth football in China is to cultivate football talents with excellent football skills and comprehensive quality, improve the football level of the national team, and at the same time promote the physical health and all-round development of young people through football training and competitions, cultivate team spirit and sense of cooperation, cultivate positive character and values, and promote the popularization and development of football culture.

## 3. Elements of the High quality Development of Chinese Youth Football

### 3.1. Professional coaches and training system

Strengthen the training and management of football coaches, and improve the professional level and teaching ability of coaches. Establish a sound coach training system, including basic training, advanced training and professional

training, to provide coaches with systematic training courses and practical experience, so that they can have professional football knowledge and professional teaching skills.

Formulate scientific and reasonable training plans and training methods, and formulate corresponding training plans according to different ages and levels of teenagers. It pays attention to the cultivation of young people's basic technical and tactical abilities, as well as the cultivation of physical fitness, psychological quality and teamwork ability. Establish a scientific training evaluation system to evaluate and feedback the training effect of youth football players, and adjust the training plan in a timely manner.

### **3.2. Scientific and reasonable competition system and selection mechanism**

Establish competition rules that comply with international football rules and standards to ensure that the game is fair, fair and open. Establish a sound competition system, including football leagues, cups, friendly matches at all levels, etc., to provide diversified competition opportunities and platforms. Establish a scientific youth football selection mechanism, and set up selection competitions at different levels and groups according to age and level. Through the selection of events, we discover and tap outstanding youth football talents, and provide them with opportunities to train and compete at a higher level.

### **3.3. Good infrastructure and site conditions**

Construct standardized football training venues, including grass pitches and artificial grass pitches. Make sure the pitch is level, has the right hardness, and is equipped with appropriate lighting and purse seine nets to provide a good training environment. Provide the equipment required for football training, including goals, training equipment, training equipment, etc., to ensure that the training facilities are complete and the equipment is kept in good condition. Support the construction of school football and club football, providing field and facility support so that it can provide good training and competition conditions for young people. At the same time, strengthen the management and supervision of campus football and club football to ensure the effective use and maintenance of venues and facilities.

## **4. Analysis of the Current Situation of The Development of Youth Football in China**

### **4.1. There is an imbalance in the construction of football infrastructure in various regions**

Although some key cities in China have built good football training venues and facilities, they can provide good football fields and training facilities. However, in other non-layout cities, the construction of football infrastructure is relatively backward, and the conditions of football fields and training facilities are poor, which restricts the healthy development of youth football to a large extent.

### **4.2. Lack of professional football coaches to provide guidance**

The cultivation of young football talents is a highly specialized work, which requires corresponding professional knowledge and skills. At present, the coaching level of

domestic youth football coaches is uneven, and some coaches even lack the most basic football teaching and training ability, which directly affects the overall improvement of the competitive ability of youth football players to a large extent. Therefore, it is particularly important to effectively improve the coaching level of youth football coaches and provide professional teaching and training for youth football.

### **4.3. The youth football talent training system is not perfect**

At present, China's youth football talent training system is not perfect enough. There is a lack of a more scientific and reasonable competition system and selection mechanism, and it is impossible to discover and cultivate potential talents. The youth football competition system is mostly amateur in nature, and lacks norms and standardization. Limited opportunities for competition and the lack of a high-level platform limit the development of youth footballers. In addition, there are some problems with the selection mechanism of youth football, such as relying too much on physical fitness and physical fitness, and ignoring the development of technical, tactical and intellectual aspects. At the same time, the opacity and unfairness of the selection system have also caused some controversy.

### **4.4. Systematic training plan is insufficient**

Some schools and clubs have deficiencies in the development and implementation of training programs. Training programs tend to be group-oriented and do not take into account the individual differences of each player. For players with special needs or high development potential, more individualised training arrangements may be required. Some schools and clubs focus too much on immediate results and lack long-term development plans when developing young players. This can lead to shortcomings in the overall development of a player's skills, tactics or physicality. Some schools and clubs may pay more attention to technical and tactical training, and not enough attention to other aspects such as mental quality, leadership ability, teamwork, etc. In view of these problems, we can consider strengthening the training of individual differences, formulating long-term development plans, focusing on the cultivation of comprehensive quality, formulating training plans based on scientific theories and methods, and reasonably managing the training load of players, so as to improve the effect and quality of training young players.

### **4.5. Lack of sufficient financial investment**

Compared with some developed countries, China's economic investment in youth football is relatively low. Due to funding constraints, some schools and clubs are unable to provide High quality football pitches, fitness facilities and the latest training equipment, which can have an impact on the effectiveness of player training. Funding shortages have made it impossible to hire a sufficient number and quality of coaches, which may affect the technical and tactical development of players. Due to lack of funding, some schools and clubs are unable to provide adequate competition and training opportunities, which limits the development and growth of players. To address these issues, clubs can actively seek additional financial support, including through sponsorships, partnerships and government support.

#### **4.6. There is a lack of cooperation and cohesion between campus football and club football**

Campus football and club football are often handled by different organizations or institutions, and there is a lack of effective communication and coordination, resulting in a lack of smooth connection between the two. There are differences in training objectives and methods between school football and club football, making it necessary for players to adapt and adapt from school football to club football. The uneven distribution of resources between campus football and club football in China has led to the inability of campus football players to smoothly transfer to club football and get the opportunity to continue to develop in club football. By establishing a cooperative mechanism and formulating unified standards, a closer connection and cohesion can be established between school football and club football, so as to provide better development opportunities and platforms for young players.

### **5. The Path of High Quality Development of Youth Football in China**

#### **5.1. Strengthen government support and policy promotion at all levels**

Governments at all levels can formulate policies and plans for the development of football, and explicitly support the development of the youth training system. Policies can include support measures such as financial support, tax incentives, and priority allocation of site resources. Governments at all levels can also increase funding for the development of youth football, which is used for infrastructure construction, the construction of the youth training system, and the organization of events. In addition, the government can establish good cooperative relations with football associations, clubs and other football institutions to jointly promote the development of youth football. The government can promote the popularization and promotion of football education, integrate football into school sports curricula, and provide football education resources and training support. Organise football promotion activities to raise public awareness and participation in football. The government can support and support the organization and holding of football events, and provide support in terms of event venues, security guarantees, and event publicity. By strengthening government support and policy promotion at all levels, we can provide more resources and support for the development of youth football in China and cultivate more youth football talents.

#### **5.2. Strengthen the construction of football infrastructure and create good field conditions**

Increase the investment of the government and relevant institutions in the construction of football infrastructure, and ensure the renewal and improvement of venues, facilities and equipment. Build more standardized football fields, including artificial turf and natural grass, to meet the needs of football training and competitions. Work with schools and communities to share existing field resources and build new football fields through collaboration. The construction of

multi-functional football fields on existing sports venues or public venues can meet the needs of football training and competitions of different ages and levels. Establish a professional site maintenance and management team to regularly maintain and repair the site to ensure the safety and hygiene of the site environment and ensure that the site is in good condition.

#### **5.3. Strengthen the construction of youth football education and training system**

Establish a systematic football education and training program, including teaching content and training courses for different age groups and levels. Ensure that teaching and training are scientific and systematic. Strengthen the training and promotion of football coaches and education teachers, and improve the professional level of football teaching and training. Establish a sound teaching team to provide professional guidance and teaching for young people. In addition to club football training, school football training should also be strengthened, including football teaching training for school teachers and football training and competition opportunities for students. At the same time, a youth football training center can also be established to provide professional training services. Establish a regulatory mechanism for football education and training to ensure the compliance of training institutions and coaches. Regularly evaluate and monitor the quality of football education and training, identify and resolve issues in a timely manner.

#### **5.4. Establish a sound youth training system and competition system**

Develop youth training plans and training paths, including training content and training goals for each age group. Establish youth schools, football academies and other institutions to provide professional training and education. Strengthen the training and promotion of youth coaches and managers, and improve their professional level and teaching ability. Establish a team of youth teachers to provide professional guidance and training for young football players. Establish a youth football competition system, including competitions and points systems for different age groups. Provide more competition opportunities and platforms for youth players to promote their growth and development. Through the tempering of the game, we will discover and cultivate more outstanding young players. Establish and improve the supervision mechanism of the youth training system and the club league to ensure the quality of training and the fairness of the competition.

#### **5.5. Strengthen the cooperation and connection between campus football and club football**

Campus football has abundant field resources, which can share fields and facilities to provide necessary field conditions for football training and competitions. At the same time, the campus is also an important place for cultivating young students, and football can be incorporated into the school physical education curriculum to promote the popularization and promotion of football education. Club football often has a professional coaching team and training system, which can provide systematic and scientific training for young players. Club football focuses on teamwork and cultivates tacit understanding and cooperation between players. In club football, junior players have more opportunities to play at a high level and compete against their peers or better players,

thus improving their game experience and adaptability. Therefore, both campus football and club football are important bases for cultivating youth football talents, and effective cooperation and seamless connection between the two can establish a sound youth football training system, provide football training and competition opportunities, cultivate more outstanding youth football talents, and lay the foundation for the future development of Chinese football.

### **5.6. Strengthen cooperation and exchanges with international football organizations**

Establish good cooperative relations with international football organizations (such as the International Football Federation (FIFA), Asian Football Confederation (AFC), etc.) to strengthen communication and exchanges. Introduce international football education and training institutions, coaches and experts to provide professional training and guidance. Actively participate in international football competitions and exchange activities, and conduct friendly matches and training exchanges with youth football teams from other countries and regions. Through exchanges with international football organizations and other countries, learn from advanced football development experience. Sending outstanding football talents to study and train abroad to improve their professional level and international competitiveness. By strengthening cooperation and exchanges with international football organizations, we can learn from the advanced international youth football concepts and experience to improve the development level and competitiveness of China's youth football.

## **6. Concluding Remarks**

Youth football is the future of China's football development, and the mission of the times to achieve the High quality

development of China's youth football requires the active participation and support of schools, clubs, coaches, parents and all sectors of society. It is only by working together that a good youth football ecosystem can be built, providing more opportunities and a better environment for young players to develop. On the path, we believe that Chinese youth football will usher in a better and brighter future by strengthening government support, strengthening the construction of football infrastructure, strengthening the construction of football training system, improving the competition management system, sharing resources and establishing a cooperation mechanism!

## **References**

- [1] Zhao Gang, Liu Dan, Chen Chao. The foreign experience of football youth training, China's dilemma and reconstruction path—based on the analytical framework of total quality management[J].China Sports Science and Technology, 2023, 59(2): 70-77.
- [2] Chen Zuosong, Wang Liu, Shi Wenwen, et al. Journal of Capital University of Physical Education,2023,35(5):503-511.
- [3] Wang Dengfeng. Journal of Shanghai University of Sport, 2022, 46(7):1-7.
- [4] Li Keliang, Zhang Yao, Shen Yuquan, et al. The experience, dilemma and path of youth campus football development in China[J].Sports Culture Guide,2022(12):98-104.
- [5] You Jia, Tan Miao, Qin Yang, et al. Research on the implementation path of the long-term development of youth football talents in China in the new era[J].Journal of Shenyang University of Physical Education,2021,40(3):33-39.
- [6] Li Feng, Rong Gongbo. Research on the multi-dimensional utility and governance path of school football on youth development from the perspective of PYD[J].Journal of Beijing Sport University,2018,41(9):90-95.