

# A Brief Discussion on the Problems and Countermeasures of Chinese Football

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## Abstract

In today's diversified football, various styles of football forms emerge endlessly, just like an invisible hand covering the eyes of Chinese football, confusing us. We need to find out the development direction of Chinese football. So we must take off our veils, open our eyes and form our style of football. At the same time, a systematic thinking system is established to form a unique cultural atmosphere and integrate into the campus culture. Therefore, it is essential to pay attention to cultivating campus football interest and vigorously developing campus football! This is the future development goal and direction of Chinese football.

## Keywords

Chinese Football, Improvement of Physical Fitness, Campus Culture

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## 1. Introduction

System thinking is a basic way of thinking which combines principle and flexibility organically. Only systematic thinking, can grasp the whole, grasp the key, cannot lose principle to take a flexible and effective way to deal with affairs. An objective thing is an organic whole of interrelation, development and change in many aspects. System thinking is a thinking method that people use the system viewpoint to systematically understand the interrelated aspects of the object and its structure and function. System thinking is a basic way of thinking which combines principle and flexibility organically. Only systematic thinking, can grasp the whole, grasp the key, cannot lose principle to take a flexible and effective way to deal with affairs. An objective thing is an organic whole of interrelation, development and change in many aspects. System thinking is a thinking method that people use the system viewpoint to systematically understand the interre-

lated aspects of the object and its structure and function.

So, what is Chinese “football thinking”? That’s easy to understand; In a word, it is a logical judgment of football and the integration of the world football style and way of thinking. To combine the essence of world football with the intrinsic characteristics of Chinese football and complete the transformation from individuals to families and then to the whole of China requires our long-term operation and integration. It has become the common goal of our generation to make continuous efforts and research to solve the many problems that Chinese football is now facing and to improve the overall level of Chinese football. It is the common wish of Chinese people to make Chinese football stronger.

There are three primary schools in world football: European, South American technical, and Latin (Dong, Gong, & Yan, 2011). They all have unique characteristics and represent different football concepts and skills, which is the fundamental reason for the great football of the countries where the three factions’ football styles are spread. English football has inherited the European style of football, featuring solid and tall bodies, fierce fighting, fast game rhythm and brutal physical confrontation. All of these make the enemy and his competition fearsome, and never dare to look down on their strength; English football in the world also has firmly occupied a place, and football power status has not been shaken. Brazil and Argentina are the quintessential South American technocrats who dominate the modern game. Spain and Italy fully show the muscular strength of the Latin style, and these two countries respectively won the World Cup winners of the last two times. These football powers have their football style and formed a systematic logic and way of thinking, coupled with the players’ ability, tactical arrangements, and many other elements; their football level can be imagined. Therefore, the root cause is that the football style is the soul of a team, and football thinking is the concrete embodiment of the football style.

Young, strong, the country is strong! Therefore, if Chinese football wants to become firm, it is necessary to build Chinese “football thinking” and form this thinking into a culture and spread it to schools and young students, enrich campus cultural life, pay attention to advocating the significance of campus football, enhance students’ interest in campus football, cultivate students’ correct football thinking and gradually form a system. The rise day of Chinese football will come!

This article will analyze from the physical quality, technical and thought guidance and the popularity of football to the current stage of Chinese football problems, and put forward the corresponding solutions.

## **2. Existing Problems**

### **2.1. There Is No Systematic Thinking Style and Insufficient Technology**

It is not an accident that Chinese football now lags far behind those football powers. The inevitable situation is that Chinese football has no style or any

football thinking. Most players finish the game mechanically, just like a computer with a single instruction program, which only completes one action and repeats it. However, our players need this process of thinking and judgment. No matter in offense or defense, they must make correct logical identification by themselves. Their brains are running at high speed, and each ball should be handled appropriately—the chances of winning the game increase. If you connect the minds of these 11 players, they are indestructible. In addition to the overall grasp of football skills, an excellent football player needs strong football thinking as support, which is the so-called playing with the brain, playing with consciousness.

## **2.2. Poor Physical Fitness**

There will undoubtedly be some people who doubt that the physical quality of Asian people is fundamentally inferior to that of white and black people. No matter how strong the football atmosphere, how extreme the football style is, or how perfect the football thinking is, China will still hardly become a football power. We must admit that the physical quality gap must remain the same. However, in recent years, we can see that the sports quality of the yellow race is gradually approaching that of other races, especially since our excellent athletes can catch up with them. In Asia, Japan and South Korea have also done well in the World Cup, and their soccer prowess is not to be underestimated by those soccer powers. We have reason to believe that Chinese football will catch up with it and achieve excellent results in future football matches. So, it is essential to emphasize the establishment of Chinese-style “football thinking” here, which is the core of the future of Chinese football to become strong.

## **2.3. Insufficient Policy Support**

Fan Hailong made an in-depth analysis of the youth training mode, competition system and coach training system of China, Japan and Germany, saying that: 1) Most of the professional football reserve talents from the 1990s to 20 years to 2014 came from football schools, The form of reserve talent cultivation is single, Football school tuition fees are too high, Ordinary working-class families cannot afford it; 2) Before 2013, Chinese professional football clubs lacked the reserve echelon, Not even a reserve echelon league, Backtalent lacks opportunities for quality competition, As a result, the quality of reserve echelon players and student players of Japanese and German professional football clubs is obviously better than that of China; 3) The goal of cultivating Chinese sports schools is different from that of Japan and Germany, To cultivate the reserve talents into professional or professional athletes, Exchange for the economic benefits of player trading and transfer and competition results as the main goal; 4) The contradiction of Chinese football reserve talent learning and training is difficult to reconcile, Campus football did not develop properly before 2014; 5) China, Japan and Germany have all established their own training framework for coaches, China only gradually opened the coach training to the society in 2009, Although

it has established its own coach training system, But with a relatively late start, The training of coaches in many regions still needs to be standardized. Football reserve talent cultivation activities of funds in addition to the young sports school and public schools is the local sports bureau, the bureau of education, funding, all the rest of the source is training course registration fees, the local government to the development of social institutions not to the financial support, due to the economic development situation and the overall football atmosphere also lead to a lack of social sponsorship. The registration fee for students used for the cultivation of reserve talents in social institutions can only maintain the normal operation of the institutions, and the source of funds is relatively single. Generally speaking, the reserve talent cultivation is still restricted by the lack of funds.

### **3. The Significance of Campus Culture**

As a part of campus culture, school physical education is an integral part of the overall development of education. Only virtue, wisdom, body, and beauty, combined, promote each other, can constitute the ideal, moral, cultural, disciplined and healthy with the characteristics of the modernization of the complete content of the new generation (Hou, Xue, Chen, & Gu, 2013). As a cultural phenomenon, campus football, which combines music, beauty, learning and literature on campus, plays an irreplaceable unique role in training and bringing up all-around talents.

Football culture, that is, the relationship between football and human society, includes the history culture, football style culture and the profound social connotation contained in football. The concept of campus football culture has a broad and narrow sense. In a broad sense, it refers to all football-related activities on campus. In a narrow sense, it also refers to student football matches between schools. The core of campus football is football, which belongs to the category of competitive sports and has the typical characteristics of competitive sports. Football is a unique competitive sport, and its social connotation is the spiritual pillar of football behavior. Football fully shows the characteristics of competitive sports, such as regularity, competitiveness, challenge, entertainment and uncertainty. It not only has strict requirements on strength, speed, endurance, flexibility, coordination and other physical qualities. At the same time, participants formed a strong sense of competition, rules, equality and collectivism. At the same time, participants formed a strong sense of competition, rules, equality and collectivism. Cultivating the spirit of tenacious struggle, noble social morality, authentic spirit and collective consciousness can help participants better participate in collective activities. Correctly dealing with the relationship between the individual and the collective, objective view of success and failure, to establish a correct outlook on life, values have special significance.

1) Promote the overall development of physical quality. Many kinds of football sports with and without the ball provide diversified forms of body movement to put forward more comprehensive requirements on the participants'

physical quality and physiological function.

2) Cultivate students' innovation ability. The cultivation of innovation ability is the key to cultivating modern talents. In the process of thinking and practice, as long as people can produce new and unique results, it is creation. Soccer is a showcase for innovation.

3) Cultivate scientific way of thinking and cognitive ability. The scientific way of thinking and superb cognitive ability are essential qualities for talents in modern society. Learning how to learn, learn how to survive and learn how to develop are based on this. The stage of school education is the critical period for students to cultivate a scientific way of thinking and improve their cognitive ability. Football contains a wealth of dialectical materialism, which determines a person's cognition level and level of football.

4) Enhance the ability of psychological endurance. As a competitive sport, football's cruelty is reflected in the uniqueness of the standard of value judgment. Winning is the goal of every athlete, and the sense of being a "champion" will cause psychological pressure on players: especially in football field attack and defense fast, fierce confrontation, rapid change and complex situations. Athletes often have to face the unpredictable direct effects from teammates, coaches, opponents, referees, spectators, changes in the natural environment and other factors, which put forward high requirements for the stability of athletes' psychological quality.

5) Cultivate a collectivist concept and cooperative spirit. In football projects, individual and collective goals are consistent, but collective goals and interests are always in the first place. All individual behaviors are for serving this fundamental goal, and individual goals are achieved through the achievement of collective goals. Individual behavior, decision making and action should be based on meeting the collective needs as the sole criterion of judgment. This point in football competition always affects, restricts and regulates the athletes' behavior. Therefore, football players must have a strong sense of the collective concept, a sense of responsibility and dedication, straighten out their position, and deal with the relationship between the individual and the collective, the main and secondary.

6) Cultivate noble moral sentiments. Football is a binding social activity, and this constraint mechanism, in essence, embodies social behavior norms in football sports, manifested as football competitive behavior norms. Football participants' thoughts, words and deeds are restricted and influenced by it, which also strengthens the cultivation of people to abide by social living standards and professional ethics.

Although campus football has great significance, the current campus football culture still needs to be optimistic. Due to the influence of traditional educational ideas, talent ideas and sports strategies, sports as the primary curriculum are still in a subordinate position. The extracurricular sports training and competitions are also, to a great extent, to meet the needs of the work tasks of the education and sports departments at all levels.

## **4. Measures to Enrich Campus Football Culture**

To let the campus football culture flourish, we still need to do a lot of efforts. With its stable fund source, it is an important guarantee for the cultivation of football reserve talents, and it determines the efficiency and sustainable development of the reasonable fund utilization. The cultivation of football reserve talents is a complex system engineering, which requires a lot of material input and good logistics support. How to effectively use the limited funds and the reasonable allocation of funds is an important task for the cultivation of football reserve talents. First, get social sponsorship and financial allocation; second, enter the campus to realize the integration of sports and education.

In order to win the financial support and social sponsorship from the government, we need a good football atmosphere and the improvement of the football environment, and the environment includes many factors: politics, economy and values. At the same time, the cultivation of football reserve talents is also a gradual process, which should not be rushed, and do a good job in every link of the reserve talent work: training, competition publicity, etc., gradually improve and improve, to create a good football atmosphere. You can't put all your hopes on policy support. Football on campus can also be promoted through the involvement of corporations or large corporations. This can not only promote the enterprise and corporate culture, but also promote the economic development and achieve a win-win situation.

### **4.1. Strengthen the Construction of Football Courses**

Teaching materials are the carrier of teaching. The rationality, scientificity, acceptability, fitness and entertainment of teaching materials substantially impact the improvement of campus football culture. The teaching materials should fully take into account the learning value of students. For those lacking suitable teaching materials, as well as those which are difficult for students to master and unable to generate learning interest due to the difficulty of sports technology and complex movement structure in the process of learning, they should be considered deleted to meet the needs and interest of students in football to the greatest extent.

### **4.2. Strengthen the Construction of Football Clubs**

The football club is an open membership organization. Students participate in an exercise in the club, which can improve their technical level and strengthen their bodies. Students can also have the opportunity to enjoy high-level football matches and discuss with each other through the football salon.

### **4.3. Actively Carry out and Participate in Football Competitions Inside and Outside the School**

Football competition is a powerful means to promote the comprehensive development of school football and improve students' sports skills which are an es-

essential part of campus football culture.

Football teaching for primary school students is both essential and entertaining. How improve the quality of primary school football teaching on the premise of ensuring the personal safety of primary school students is a problem that primary school PE teachers should pay attention to under the requirements of the new curriculum standards. To improve the quality of primary school football teaching, we should start with the following three aspects.

#### **4.4. Set Teaching Objectives Based on the Actual Situation of Primary School Students**

Primary school students are generally 6 to 12 years old, and children's physical and mental development at this stage could be more complete. For the physical education of primary school students at this stage, the teaching objectives should be set appropriately based on the actual situation of primary school students. The excessive teaching objectives that do not meet the physical conditions of primary school students should be adjusted. Strive to help primary school students get some exercise in the primary school football class, at the same time ensure the personal safety of primary school students, and let primary school students in the classroom teaching have due fun.

In terms of the formulation of specific teaching objectives, primary school football teachers should start from the actual situation of primary school students, properly break down the football objectives to be achieved in the six years of primary school, and implement the tasks in each semester. Regarding the completion of specific objectives, the principle should be step by step and adhere to the method from easy to difficult. Adopt the appropriate way to let the students in each semester in the study of football have gained, but also try to avoid primary school students in the study of football waste too much physical strength, which affects the study of cultural class.

In general, primary school students should get basic football knowledge in primary school football classes, including theoretical and practical aspects. Theoretically, primary school students should understand and be able to proficiently use the relevant rules of football competition during the six years in primary school and have a general understanding of the surrounding knowledge of football itself. This understanding is based on practice. Therefore, from the perspective of time, primary school students should learn how to control the ball and be able to complete a football match during the 6-year study of football in primary school.

#### **4.5. Enrich Teaching Forms and Introduce Sports Games**

The primary school students mentioned above are still between 6 and 12 years old, and they are teenagers. They are very interested in new things, but due to their young age, their bodies are not fully developed, and their mental development is also not fully mature. Therefore, the time of interest in new things will be relatively short. Usually, many primary school students' interest in football

will peak between grades one and two. In contrast, after grade three, students' new interest in various subjects will become tired of football as they often learn football. Given this situation, teachers should consider introducing sports games into the teaching of football class (Wang, 2011). By constantly updating the types of sports games, they can help primary school students to constantly gain freshness in the learning of football class, attract the attention of primary school students, and help primary school students to concentrate on accepting the teaching in football class and gain something.

For example: When conducting physical training for primary school students, the teaching arrangement of simply running in the past will make students resist from the bottom of their hearts and also make students feel tired from repeated exercise. Teachers can set up some sports games for this situation so that students can have fun in the games of running and chasing. At the same time, it can minimize the students' sense of fatigue and enhance the quality of teaching.

When playing sports games, teachers should make plans in advance. Meanwhile, the setting of sports games should be adapted to the student's abilities. It should not create more burdens for students, nor should students feel excessive fatigue while playing games. Objectively, it harms the body, which can not only achieve the effect of strengthening the body but also hurt the growth and development of primary school students.

Therefore, teachers should make a reasonable plan for the related games needed in each class before class. In this plan, primary school students' age and psychological characteristics should be considered comprehensively. At the same time, it should also cooperate with teaching other courses. At this time, physical education teachers should not set more obstacles for primary school students (Li, Zhang, & Lu, 2011). They should not cause more burden on their bodies, so in primary school football, teaching during the final exam review period should be to let students relax for appropriate exercise to students, rather than let students do their best to engage in a particular sport.

#### **4.6. Advocate Competition to Stimulate Students' Interest in Learning**

By observing the psychological characteristics of primary school, students found that the psychological comparison of primary school students will be more severe and primary school football teachers can use the physical and mental characteristics of primary school students, through the way to let students in comparison with others, improve their interest in learning, and promote the improvement of primary school football level, improve the teaching quality of primary school football teaching.

To advocate competition as the substitute for training, that is to say, students can sum up practical experience, understand technical rules and acquire theoretical knowledge in the confrontation with other teams so that students can constantly reflect on their problems in this process. The result of the game will have a very significant impact on the psychology of primary school students,



students will subconsciously work harder in future training after knowing that their team won, also objectively improve their football level, and those students who did not get good grades in the game will continue to analyze their problems in the usual training. Improve your football by continuing to work hard to make up for what you lack in skill and experience. The need to pay attention to this is that these two kinds of mentality need football teachers to carry out strong guidance rather than the primary school students themselves; a football teacher in primary school football teaching should act as a mentor and facilitator to help pupils grow.

## 5. Opinions and Suggestions on Promoting Campus Football

1) At present, the social institutions for cultivating football reserve talents lack government support, and most schools do not have special funds for football. The development of competitive sports must rely on the level of local economic development. Social institutions need to enter the campus, strengthen the integration of sports and education, with primary and secondary schools as the main body, football associations, clubs and sports schools as the necessary supplement, and expand the teams to more schools.

2) The professional football coach team plays a key role in the cultivation and promotion of reserve talents. The level of the coaches needs to be improved. We should vigorously strengthen the training and construction of the teaching team

3) The reserve talent base is too small, and the training amount is insufficient. Most schools form teams to participate in the competition mainly to meet the requirements of the superiors. This phenomenon does not change, which will greatly affect the effect of football reserve talent cultivation. We should optimize the training methods and refine the training program. Relevant departments should strengthen the supervision of the reserve talent training institutions, and improve the reward and punishment mechanism. Taking the youth training outline of the Chinese Football Association as the technical guiding principle of reserve talent cultivation, a comprehensive assessment and evaluation system is established.

4) Parent support needs to be improved. Parents' awareness of attending football training and games is relatively outdated. In addition, the domestic football atmosphere is insufficient, and the residents do not know enough about football and football culture, and even have prejudice. Some parents are unwilling to allow their children to participate in football training at their own expense, which is also one of the factors that restrict the cultivation of local football reserve talents. We should strengthen the construction of football culture and improve the social sense of identity to football culture.

5) The competition system needs to be improved urgently. Relevant departments are not in place in the organization of youth football matches. Competition system is not reasonable. Primary school competition is not divided into age group. Participating in more games is of positive significance to the football re-

serve talents. We should increase the opportunities of competition communication and encourage the enthusiasm of training and participation. We will continue to adhere to the integration of the Sports Bureau and the Education Bureau, share competition resources, and create more competition opportunities.

6) The reserve talent transmission channel has not yet been established. Most areas have yet to build youth football reserve talent transport channels and entrance way, due to the junior middle school stage almost no school open regular training, many students in primary school after 3 to 4 years of basic training, into the junior middle school stage football training stagnation, and junior middle school stage is the golden period of football reserve talent training promotion. The football association and the clubs should reasonably connect with the compulsory education schools, open up the transmission channels of the education departments and the sports departments, encourage the schools to recruit special students, and implement the integration of sports and education through both channels.

## 6. Conclusion

Improving the quality of football teaching is of great significance for improving students' physical and people comprehensive quality. The campus football culture has good prospects for development, and it is of great significance to improve the student football sport and even the whole football sport level. However, creating a healthy campus football culture atmosphere is a complex systematic project that must be coordinated in many aspects.

Only by forming a Chinese-style football style, establishing a systematic thinking system, creating an intense cultural atmosphere, taking football teaching as the lead, relying on extracurricular football activities, coordinating and cooperating with various parties, and actively participating in all staff can we create a healthy, positive and upward campus football cultural atmosphere, enhance the interest of young students in football, and strengthen the training of football skills. At the same time, the country should also enrich the spread of football games, forming a set of virtuous circle. Improving the comprehensive quality of students, enriching the campus cultural life, popularizing Chinese football, improving the level of Chinese football, and through countless students influence people around, even consciously cultivating their next generation of football interest, can make Chinese football gradually become strong.

## Conflicts of Interest

The author declares no conflicts of interest regarding the publication of this paper.

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