

# Characteristics of Possession of the Ball When the Senior and Preparatory Group Perform the Elements of Children's Soccer

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**Abstract:** The article presents the results of research work on teaching football elements in pre-school institutions. Moreover, the results of boys and girls doing simple elements of football are compared statistically.

**Key words:** technical football elements, pre-school students, pre-school preparatory groups, senior groups.

Observations were made to justify the experimental methods at the initial stage, and the senior and preparatory groups performed the technical elements of the children's soccer football sport. It focused mainly on learning shots and dribbling (carrying the ball). The observation reports recorded the methods of striking the ball (toe, sole, inside of foot, outside of foot) and dribbling methods (toe, inside of foot, outside of foot, heel, palm of the foot), as well as options for dribbling (one foot only, using the right and left feet alternately) are presented. This made it possible to determine the means and methods of teaching how to handle the ball, and the methodology of training based on the use of football elements for children of senior and preparatory groups.

**Features of dribbling (carrying) the ball in different ways .** The children were invited to dribble in a straight line and in a circle, without a specific direction, to kick the ball. It is used to determine the child's "handy" primary dominant foot for efficient execution of movements in determining the rules of dribbling and receiving the ball.

As a result of the analysis of observations of children's movements with the ball, it was found that 5-6 and 6-7-year-old boys (57.1%) and girls (46.2%) Most of them only dribble the ball in a straight line with their right foot. Dribbling the ball only with the left foot is done in an average of 14-23% of children. Only a third of 28.6% of 5-6-year-old boys and 30.6% of girls (with right and left foot) use variable dribbling (Table 2).

**Table 2**  
*A record of 5-7-year-old children's ways of carrying the ball. ( % )*

	5-6 years old		6-7 years old	
	Boys (44 people )	Girls (43 people )	Boys (43 people )	Girls (45 people )
Right leg	57.1	46.2	53.8	53.3
Left foot	14.3	23.1	7.8	20
Both legs alternately	28.6	30.7	38.4	26.7

In the 6- to 7-year-old group, 38.4% of boys alternately use their right and left feet while carrying the ball. For 6-7-year-old girls, this figure is 26.7%. When carrying the ball alternately with the right and left foot, most 6-7-year-old children mainly use the right foot more (76.4% of cases). Distribution of the results of observation of children's use of the technique of carrying the ball while performing left-sided movement activity along the circle is presented in Table 3.

**Table 3**

**Record of the results of carrying the ball around the circle (in the counter-clockwise direction) (%)**

Take it walking method	5-6 years old		6-7 years old	
	Boys (44 people )	Girls (43 people )	Boys (43 people )	Girls (45 people )

Right leg	57.1	46.2	46.2	53.3
Left foot	7.1	15.4	0	13.3
Both legs alternately	35.7	38.4	53.8	33.4

Changing the direction of carrying the ball did not significantly affect movement performance. The dribbling method remained the same as dribbling the ball in a straight line in 5-6-year-old and 6-7-year-old children. In 6-7-year-old boys, carrying with the right foot in their movements (compared to dribbling in a straight line) decreased slightly (46.2%). Children who used only their left foot to dribble the ball along a straight line began to use both feet alternately when performing the movement with a change in direction.

A detailed analysis of the results of the observations made it possible to determine that children use different ball control methods and their combinations. Table 4 shows the results of video camera observations. From 23.1% to 30.7% of children in the senior and preparatory groups, dribbling the ball with the foot from the inside of the foot, as well as dribbling with the inside of the foot and the tip of the foot (from 20 to 20 to 20) % to 28.6% up to). Only in 5-6-year-old girls in 1.7% of cases, the outer side of the leg was observed, and in 6-7-year-old girls in 6.1% of cases. 5-6-year-old (14.3%) and 6-7-year-old (15.4%) boys use toes less often than girls of the same age - in 23.1% and 20% of cases, respectively.

**Table 4**  
**Recording of the results of the methods of carrying the ball in 5-7-year-old children (%)**

Take it walking methods	5-6 years old		6-7 years old	
	Boys (44 people)	Girls (43 people)	Boys (43 people)	Girls (45 people)
Foot palm internal in the part	28.6	23.1	30.7	26.6
Foot at the tip	14.3	23.1	15.4	20
Foot palm external in the part	0	7.7	0	6.7
Foot palm internal and external in the part	7.1	7.7	15.4	6.7
Foot palm internal in the part and leg at the tip	28.6	23.1	23.3	20
Foot palm internal and external in part, foot at the tip	14.3	7.7	15.4	13.3
Foot palm external in the part and leg at the tip	7.1	7.6	0	6.7

When dribbling the ball, 14.3% of 5-6-year-old boys and 15.4% of 6-7-year-old boys use the outside of the foot and the tip of the foot, on the heels. This method is used less often by 5-6 year old girls (7.7%). At the same time, 6-7-year-old girls use this combination in 13.3% of cases.

For some children, it is normal to carry the ball with the inside and outside of the foot (from 6.7% to 15%). 5-6-year-old girls and boys use a combination of shots when dribbling the ball in equal proportions - 7.7% and 7.1%, respectively. At the same time, 6-7-year-old boys often use this method of management (15.4%).

A similar picture of the distribution of results is common when analyzing dribbling performance with the outside of the foot and the sole of the foot. 5-6-year-old boys (7.1%) and 5-6-year-old and 6-7-year-old girls (7.6% and 6.7%, respectively) use the same method of dribbling. At the same time, it was noted that this method of management is not typical for 6-7-year-old boys.

Performance with the inside of the foot and sole of the foot is typical for 5-6-year-old children in 28.6% and 23.1% of boys and girls, respectively. This management method is typical for 23.3% of 6-7-year-old boys and 20% of girls of the same age.

Thus, the analysis of the results of the observations allows us to emphasize that mainly the children of the senior and preparatory groups use only the inside of the foot or the tip of the foot and the front inside of the foot when moving forward at speed with dribbling. It seems that children achieve the highest level of control of the ball when it is between the legs. In this case, kicks with the inside of the leg and toe are completely justified.

During the analysis of observations and video recordings, it was found that the most comfortable way of kicking the ball for all children in these age groups is to kick the ball with the tip of the foot (Table 5).

**Table 5**  
**Recording the results of the methods of hitting the ball into the goal in 5-7-year-old children**

Methods	5-6 years old		6-7 years old	
	Boys (44 people)	Girls (43 people)	Boys (43 people)	Girls (45 people)
Foot at the tip	86.4	93	76.7	88.9
The upper part of the foot	6.8	-	9.3	4.4
Foot palm external in the part	6.8	4.7	7	6.7
Foot palm internal in the part	-	2.3	7	-

The least used method is kicking with the inside of the sole of the foot. The use of this method was recorded only in 7% of 6-7-year-old boys. In addition, it was found that 6-7-year-old boys have different ways of hitting than the 5-7-year-old group. There are no such changes in girls. In our opinion, this is due to the fact that girls use less football elements in their games. It is noted that when offered to kick with the inside of the foot, children kick the ball with the middle part of the inside of the foot in 70.3% of 5-6-year-old children and 64.3% of 6-year-old children. When performing the same exercise movement with the outside of the foot, children also kick with the middle of the outside of the foot, almost all children (92.6% - 56 years old and 92.8% - 6-7 years old) and turn to the side of the kicking foot they stand. If the kick is directed with the right foot, they turn to the ball with the right side, and vice versa, when the action is performed with the left foot, they turn to the ball with the left side.

These aspects of movement performance reflect inadequate mastery of the skill, poor control of movement, and limited range of motion at the hip, knee, and ankle joints. Therefore, children should use other options for systematizing the movement system, including individual "additional" joints of the locomotor system, increasing the levels of independent movement to perform the movement task. This affects the effectiveness of solving the problem of the entire movement activity. It was found that the senior and preparatory group have difficulty implementing the elements of the football game. Incorrect execution of kicks with the outer and inner parts of the leg, in our opinion, is related to the understanding of the task given by the children. Children, as a rule, perform the task only with the parts of the foot that they know. Toe, heel, outside of the foot, used in general developmental exercises: walking on the heel, toes, outside of the foot. To carry out these exercises, instructors or tutors use the method of conversation and demonstration. Children of preschool age are not used to walk on the inside of the foot. Children have no concept of the outer or inner parts of the foot. In this regard, these exercises made it difficult to perform them, and at the same time, he did not want to perform these exercises.

The results of the study show the uncertainty of the development of children's movement skills when performing kicks and dribbling, and situations of refusal to perform exercises. Children strive to create comfortable conditions for themselves to perform leg movements. They turn perpendicular to the direction of the ball when striking with the outside of the foot, abduction of the foot, and adduction when striking with the inside of the foot. When dribbling the ball, it is

difficult for children to control their movements because of the extra degree of freedom. There is no unity in the structure of movement activity, there is a mismatch of movements in different parts of the musculoskeletal system. Children do not take into account the force of hitting the ball during dribbling, as a result of which there is a discrepancy between their movement speed and the ball in space and distance.

The identified aspects of the implementation of the elements of "football school" in preschool children allow us to determine the main directions for the development of a special training methodology based on expanding the range of motion due to the unused potential of various joints of the anatomical structure.

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