

The Ministry of Education of Azerbaijan Republic
The Ministry of Youth of Sport of Azerbaijan Republic
Azerbaijan State Academy of Physical Education and Sport

Faculty: Sports Medicine and Management
Department: Sport Management and Communication

On the right of manuscript

Rza Osmanov

“To explore the important features to work successfully with young athletes as a coach”

DISSERTATION

Code and the name of Specialty – 060407 Physical Education and Sport
Subspecialty – Sport Management

Supervisor: Dolles Harald Klaus
Scientific advisor: Nailya Kalantarli

Baku – 2022

CONTENTS

INTRODUCTION.....	3
1. Research Problem and Purpose.....	4
2. Research question.....	5
3. Background.....	5
CHAPTER I. LITERATURE REVIEW.....	6
CHAPTER II. EMPRICAL RESEARCH.....	13
2.1. Research of factors determining sports success.....	21
CHAPTER III. METHODS.....	30
3.1. Selection of experts.....	31
3.2. Interviews with experts.....	34
3.3. Data analysis.....	47
RESULTS.....	51
Comparison of results with other sports.....	51
DISCUSSION AND CONCLUSION.....	55
LITERATURE LIST.....	56
ATTACHMENTS.....	60

INTRODUCTION

Children have constantly shown interest in competing with each other and searching for comparisons with each other. Children involved in sports should be encouraged to participate in various competitions and develop a variety of skills. Young athletes specializing in only one sport are deprived of the advantages of various activities and face certain physical, physiological and psychological stresses associated with intensive training and competitions. Athletics with its variety of forms provides an excellent opportunity for such relationships with peers. Therefore, if athletics is an attractive sport for children, then coaches need to create programs that are more suitable for children.

In athletics, there is a system of long-term sports training. It is a single organizational system that ensures continuity of tasks, means, methods, forms of training of athletes of all age groups. It is based on purposeful motor activity: the optimal ratio of the processes of training, education of physical qualities and the formation of motor skills, skills and various aspects of preparedness; the growth of the volume of general and special physical training, the ratio between which is constantly changing; strict adherence to gradualness in the process of increasing loads; simultaneous development of individual qualities in the age periods most favorable for this.

According to Doronina et al. (2015) multi-year training of athletes comprises the following four stages :

1) Initial training stage (The stage of initial training is the improvement of health, including physical development, versatile physical training. Duration 3 years. Age 9-11 years);

2) Training stage ((sports specialization stage) The training stage is the improvement of health, including physical development and increasing the level of physical fitness and athletic performance, taking into account individual characteristics and requirements of this program. Duration is 5 years. Age 12-16 years);

3) The stage of improving sports skills (The stage of improving sports skills is specialized sports training, taking into account the individual characteristics of promising athletes in order for them to achieve high stable results. Duration is unlimited. Age from 17 years);

4) The stage of the highest sportsmanship (The stage of the highest sportsmanship is specialized sports training, taking into account the individual characteristics of prospective athletes in order for them to achieve high stable results. Duration is unlimited. Age from 18 years).

In the light of the above, my research project within the framework of my master's thesis will

be devoted to the study of factors influencing the successful work of a coach with young athletes at the stage of initial training. In my opinion, this is the most important step in sports life for children, because it is during this period of preparation that the motor foundations are laid, interest in further sports is awakened and versatile skills are developed in children. Within the various disciplines of sports, I intend to focus on athletics and will narrow the study in the national sporting context of athletics in Azerbaijan. I will consider in more detail in the study:

- 1) The ideal construction of the training process for children 9-11 years of age;
- 2) The possible risks of intensive training and early sports specialization in young athletes;
- 3) Motivation and stimulation of young athletes, creating their interest and desire to continue doing sport;
- 4) The influence of various factors on the occupation of this sport.

Athletics, also called track-and-field sports or track and field, a variety of competitions in running, walking, jumping, and throwing events Nelson, (2020). Due to traditions, it is called a sport, although in fact, it is a complex of diverse, sometimes very different disciplines from each other. In our country, the most popular sports are martial arts such as wrestling (freestyle and Greco-Roman), judo, boxing, etc. Consequently, more children and teenagers tend to engage in these sports. Despite this, there are good traditions in athletics in Azerbaijan. As part of the USSR national team, Azerbaijani athletes have won high awards at major international competitions. After independence, these traditions were preserved to one degree or another. Speaking about the role of athletics in Azerbaijan, we can say that this sport is one of the basic sports, as such qualities as speed, endurance, strength, agility and flexibility are improved here. In most schools of our republic, the physical education program includes test tasks in some disciplines of Athletics.

1. Research Problem and Purpose

Successful work with young athletes 9-11 years of age as a coach plays one of the most important roles in the future sports career of every athlete. Considering my personal sports experience (as an athlete and coach) and observations made during my sports career, coaches who are just starting to work with children aged 9-11 do not realize all aspects of significance and all factors affecting the full physical development of a child who has not reached puberty. Physiological features, psycho-emotional state, desire to engage in this sport, physical condition of the child, etc. are not taken into account. As a result, very gross mistakes are made in the preparation and formation of young athletes, which affects

further results and casts doubt on the subsequent occupation of this sport. The most common mistakes in the work of coaches with young athletes of this age are forcing loads, waiting for fast sports results and early sports specialization.

For most sports, it has not been proven that high-intensity sports and early specialization in children are mandatory to achieve elite status. In early sports specialization, there is a higher risk of injury and retirement from sports at a young age due to increased psychological stress. It is necessary to come to sports specialization gradually (Jayanthi et al. 2013).

2. Research question

The following research questions will be applied to the sport of Athletics and the Azerbaijan Athletics Federation as a national case:

- What are the benefits, risks and etiology of early sports specialization?
- What are the positive and negative effects of a coach building a training process for 9-11-year-olds involved in athletics?
- What are the contextual factors influencing the entry and development of young athletes into athletics?

3. Background

The dissertation consists of 5 chapters. Introduction, Literature Review, Data Analytics, etc. parts are available. In the Introduction section, the purpose of the study, the reason, and the research question are stated. The Literature Review examines the views of various authors. In the Data Analytics section, relevant data were searched and analyzed. The results obtained in the dissertation are noted in the Conclusion section. Reference List includes a list of used literature.

CHAPTER I

LITERATURE REVIEW

Athletics is a popular and most massive sport. This is explained by the fact that athletics is accessible (classes do not require expensive equipment and can be held in the forest, in the park, at the school stadium).. Educational value a good tool for the development and education of physical qualities, will, perseverance, discipline, ability to overcome difficulties written by Frankie Westall(2021) Applied value (as one of the means is part of the training of almost all the armies of the world and other power units); Educational value (in the process of doing athletics, a person acquires useful knowledge and skills about the daily routine, nutrition, training planning, etc.)(LeWinter et al., 2013). The whole process of long-term training of an athlete is divided into four main stages and is interconnected with the years of study. In the training groups this practice-learned work (Shortell, 2013) condensation an athletes feel strained to prioritize sport and the level of superior to sportsmanship (HSCM). The duration of the stages of sports training, the minimum age of persons for admission to the stages of sports training and the minimum number of persons undergoing sports training in groups at the stages of sports training are given in Table 1

Table 1

Stages of sports training

stages	Name	Designation	Duration	Period
Basic training		NP	Up to 3 years	Up to 1year
Maximum realization of individual possibilities	training (sports specialization)	T (SS)	Up to 2 years	initial sports specialization
maximum realization of individual possibilities	improvement of sportsmanship	ssm	Up to 3years	Advanced Specialization

Search: by author

It is allowed to conduct training sessions simultaneously with students from different groups must practically provide on the importance, consciousness, and marketability of interchangeable skills such reviewed McKnight, 2007:

a) according to educational programs supplied in the field of physical education and sports;

b) according to sports training programs;

c) for additional pre-professional programs in the field of physical education and sports and sports coaching programs.

In this case, all the following conditions must be observed: - the difference in the level of training of those involved does not exceed two sports categories and (or) sports titles;

- the one-time capacity of the sports facility has not been exceeded;

- the maximum quantitative composition of the combined group has not been exceeded. It should be borne in mind that at various stages of long-term training, the ratio of means to the volumes of the training process changes.

Usually, along with age and the growth of skill, the number of general physical training means used decreases, and those that more effectively contribute to specialization are used more improving themselves such researched Segelken, 2014. Starting from the training stage, the specific weight of the OFP volume in relation to the TFP decreases and acquires specificity at the stages of improving sportsmanship and higher sportsmanship. Control competitions allow assessing the level of preparedness of an athlete. They check the degree of mastery of technique, tactics, the level of development of motor qualities, mental readiness for competitive loads. The results of the control competitions make it possible to correct the construction of the training process. Control can be both specially organized and official competitions of various levels. Qualifying competitions are held to select athletes for national teams and to determine participants in individual competitions of the highest rank. A distinctive feature of such competitions is the selection conditions: winning a certain place or fulfilling a control standard that will allow you to compete in the main competitions. Qualifying character can be both official and specially organized competitions. The main competitions are those in which the athlete needs to show the highest result at this stage of sports improvement.

As a result, at these competitions, the athlete must demonstrate the full mobilization of the available technical, tactical and functional capabilities, the maximum focus on achieving the highest result Axtell (1998). The mode of training work is annually established and approved by the educational organization and contains:

- stage of sports training; - year of study;

- minimum age for enrollment in groups (years);

- minimum occupancy of the group (person);

- the maximum quantitative composition of the group (person);

- maximum and minimum amount of training load per week in academic hours;
- requirements for physical and sports training at the beginning and end of the academic year.

For example, Snyder and Spreitzer (1992) characterize the admission to training is carried out at the request (and order of the school) of the legal representative of the candidate for training (for minors), as well as if there is a medical certificate of the appropriate form about the absence of contraindications for playing sports under the sports training program for the sport of athletics. This conceptualization draws from understandings of what persons undergoing sports training at the stages of training: training, improvement of sportsmanship Jolly, 2008. The higher sportsmanship are required to undergo in-depth medical examinations conducted in specialized medical institutions, in accordance with the contract for the provision of medical services . Determination of physical development, functional readiness is carried out during an in-depth medical examination. In accordance with the timing, an in-depth, staged, current and operational examination is distinguished.

At the training stage, the stage of improving sportsmanship and the stage of higher sportsmanship, they must undergo an in-depth medical examination at least 2 times a year (at the beginning and at the end of the academic year), according to the schedule, and have an appropriate medical certificate on admission to participate in sports competitions. Clinical examination is carried out in accordance with the program according to the age of the athletes. Based on the results of the data obtained, a conclusion is given for each athlete, which should contain an assessment of the state of health, physical development, and the level of functional state. It is obligatory to have recommendations on therapeutic and prophylactic and restorative measures, training regimen. Passing a medical examination is a condition for the admission of athletes to competitions. Those involved in successfully passing sports training and fulfilling the minimum requirements of the sports training program, until the end of mastering this program at the appropriate stage 29 of sports training, cannot be expelled from the sports school according to the age criterion. By decision of the founder, sports schools allow further sports training for persons over 17 years of age .

The maximum age of persons undergoing sports training at the stage of higher sportsmanship is not limited. For the most promising graduates, there may be an opportunity to undergo sports training for up to four years (up to 10% of the number of students) the theoretical research of Danish et al. (1993). Psychophysical requirements are determined by the athlete's readiness to perform training and competitive activities in stressful situations.

Summing up the athlete's body in a state of "combat" readiness for the main start and are given in the table 2:

Table 2

athlete's body, search by author

Emotional stability - resistance to loads during the entire training process.
And introversion I-extroversion I - the focus of mental activity on internal experiences or external events.
Leadership - the ability to manage oneself
Independence - independence, not dependence on someone's will, circumstances.
Achievement motivator - "to cope with something difficult.
Overcome obstacles and reach high-level.
Surpass yourself.
Compete with others and surpass them. Increase your self-respect through the successful use of your abilities.
Alarm: 1st digit - anxiety and fears without a serious reason; 2nd sign the body's ability to adapt to stressful situations.
Anxiety - negative experiences, anxiety, concern.
Methods of Ch.D. Spielberger Yu.L. Khanina: - evaluation of situational anxiety, - assessment of personal anxiety.
And aggressiveness is perseverance and activity in overcoming difficulties.
Propensity to risk - willingness to take risks, the ability to make independent extraordinary decisions, a propensity for adventurism.
And adaptability is the adaptation of the sense organs and the body as a whole to new, changed external and internal conditions.
Multi-level personality questionnaire
"Adaptiveness".
Self-assessment - analysis of one's personal properties, states, opportunities, physical and spiritual forces.

A person wishing to undergo sports training may be enrolled in an organization providing sports training only if there are documents confirming the passage of a medical examination in the manner established by the federal executive body authorized by the Government. Physical loads in relation to persons undergoing sports training are assigned by coaches, taking into account the age, gender and state of health of such persons and in

accordance with the standards of physical fitness and other sports standards provided for by the standards of sports training. As research Harrison et al., 2010, enrollment in groups of initial training (1st year of study) is carried out on the basis of a conclusion on the state of health from a general practitioner at the place of residence. The limit of the duration of one coaching session, taking into account the age tendencies of contestants, the stage of preparation is calculated in academic hours and cannot exceed:

- at the stage of initial training - 2 hours;
- at the training stage (stage of sports specialization) - 3 hours;
- at the stage of improving sportsmanship - 4 hours;
- at the stage of higher sportsmanship - 4 hours.

At the stages of improving sportsmanship and higher sportsmanship, when conducting more than one training session on one day, the total duration of classes cannot be more than 8 academic hours.

Table 3

The standards for the maximum amount of training load are given below:

Stage standard	Stage of initial training	Training stage (stage of sports specialization)	stage of improvement	stage of higher sportsmanship
Number of hours per week	6	16	24	32
Number of workouts per week	3-5	4-12	9-12	9-14
Total hours per year	312	832	1248	1664
Total number of training sessions per year	208	624	728	728

Search: by Harrison 2010

Taylor, 2018 research showed that, the continuity of sports training, preparation for sports competitions and active recreation (recovery) of persons undergoing sports training, training camps are organized, which are an integral part (continuation) of the training process. A training camp is a system of organizing coaches and athletes in order to jointly solve competitive and recreational problems. For the purpose of high-quality training of

athletes and improving their sportsmanship, the organization providing sports training conducts training camps according to training plans approved in the prescribed manner. The focus, content and duration of the training camp is determined conditional the level of preparedness of the athletes, the tasks and the rank of the upcoming competitions according to the recommended classification of training camps. Training camps are an integral part of the one-year cycle; they can be held both at its completion (most often in the final period) and in the preparatory period. Organizations providing sports training must ensure consent with the specifications for the cases for the implementation of the program, including personnel, material and technical base, infrastructure, and other conditions established by the federal standard for the sport of athletics. Worldwide there is a growing commitment to best practices that requirements for the personnel of organizations providing sports training: in discussions of research Oseguera, 2010. The level of qualification of persons providing sports training must meet the requirements defined by the Unified Qualification Guide for the Positions of Executives, professionals and staff members, including the following requirements:

- at the stage of initial training;
- the presence of secondary vocational occupational or higher vocational education without presenting requests for work experience in the occupation;
- at the training stage (stage of sports specialization);
- the presence of secondary vocational education or higher professional education and job proficiency in the specialty for slightly one year;
- at the stages of improving sportsmanship and higher sportsmanship - the presence of higher professional education and work experience in the specialty for at least three years.

Persons who do not have special training or work experience established in the "Qualification Requirements" section of the EKSD, but who have sufficient practical experience and perform their official duties in a quality and full manner, on the recommendation of the attestation commission, are assigned to the pertinent positions in the identical way as and persons with special coaching and job experience. Quantitative calculation of staffing needs is carried out on the basis of the tariffing of the coaching staff, planned and calculated indicators of the number of persons engaged in sports training, and the mode of operation of sports facilities where the Program is implemented. As a result, requirements for the material and technical base and infrastructure of organizations providing sports training, and other conditions research the Tracy, 2018 gives :

- the presence of a training gym;

- the presence of a medical center of the sports facility, equipped in accordance with regulatory documents;

- provision of equipment and sports equipment necessary for sports training;
- provision of food and accommodation during sporting events.

CHAPTER II

EMPRICAL RESEARCH

On any battlefield, victory usually comes through careful planning, hard work, and the dedication of the fighters. And successful training of athletes is no exception to the rule. Everyone who excels at any sport has been following well-planned, long-term training programs for several years. Preparation for "battles" on the fields of sports battles is characterized by constant training with a gradual increase in load. In parallel with this, regular work is underway to activate the athlete's potential to achieve high results. All of the above about the training of athletes implies classes in long-term training programs and provides the necessary physical and psychological preparation of the athlete in accordance with the specific requirements of the upcoming competitions. I undertake to assert that this is a guarantee of a successful efficiency. Despite the fact many coaches and trainers are quite competent in making seasonal coaching programs, it is very significant not to limit yourself to limited sports planning, it is preferably to develop long-term programs for the sporting evolution of your students. It is better to start the necessary sports training from infancy, so that the athlete can gradually and methodically evolve the body and mind. This will allow you to achieve high sports results for a long time, and not "burn out" after the first victory. Too often, children's training programs (remember) training programs for famous athletes who, with their outstanding achievements and records at the national or international level, captured the imagination of young athletes and their coaches. Often such adult championship programs are simply copied in detail and do not take into account the developmental features of young athletes. Adherents of this practice usually say that if such a program led to the success of Michael Jordan or Pete Sampras, then it is suitable for children too! Such programs are used by coaches practically without taking into account the level of physical fitness and the biological structure of the child's body, and they also contradict coaching ethics. Children are not just "little adults". Therefore, when compiling training programs for them, it is necessary to take into account the totality of the individual physiological characteristics of the body of each child. This chapter outlines four key principles to keep in mind when designing sports programs for children.

Continually, many trainers have argued that sport-particular exercise from an early age is the best conceptual invite to developing an optimal workout program. Specialists working in the field of sports physiology have taken this concept as a basis. And to this day, this old concept is adhered to by individual trainers, turning it into one of the main principles

of training. They believe that in order to get the fastest results or apply a training program, you need to do the following:

- Efforts the force system that is eminent in the sport. For example, a sprinter must complete runners, while a long-distance runner must train only the aerobic element of the intensity method.

- Practice specific intramuscular coordination.

This implies the need for athletes to choose exercises that schematically repeat the movements characteristic of the corresponding sport. In this case, only those muscle groups are used, the development of which is necessary to improve the level of sportsmanship. Conducted laboratory tests have shown that the peculiarity of the coaching leads to faster adaptation. As a result of which the prompt progress of high sports outcomes. But this does not mean that trainers and competitors should follow to this training methodology from an early age until reaching physical adulthood. Still, such an approach to the output, of sports practice of children is reasonably restricted. Its disadvantage is that the only goal - to quickly attain high results through particular workout - can adversely influence the future of young athletes. In order to obtain accelerated results, coaches expose children to highly specific and crash training, leaving no time to create a basic fundamental for proper physical growth of the child. This approach to training young athletes is like trying to build a high-rise building on a breakable foundation. It is very evident that this design fault will step to the destruction of the structure. The same thing happens when sportsmen slightly specialize in one training option in order to develop their achievements in any sport. This frequently leads to different problems due to the fact that they are not willing for such workout physically and physiologically.

- Highly particularized coaching can lead to an fluctuation in the progress of specific muscle groups and rejections in the functioning of a number of organs.

- Contraventions may occur in the accordance of the elaboration of a wholesome human body - physical growth and biological balance, which are indispensable circumstances for escalating physical fitness and athletic prowess.

- Primary specialization in practice over time can lead to exhaustion of the body, its "overtraining" and even injuries.

- It can have a ineffectual influence on the spiritual health of children due to the utmost stresses experienced during such training and abetting in many matches.

- Opportunity of intensive preparation can negatively effect a child's social progress and relationships with other children and divest them of the ability to make friends outward of the sporting environment.

- An intense, monotonous and boring training program can "negate" all interest in sports activities. Children constantly stop playing sports before they coverage full physiological and psychological development. As a result, a young talent may never know what a gifted athlete (or athlete) he was destined to become.

It is very significant for young children to cultivate the fundamentals of diversified, sports skills that will help them become good athletes before they start particularized training in a distinctive sport. This manner is yclept all-round evolution and is one of the most significant regulations of coaching for children and youth.

The cause of versatile development of young athletes is accepted in the countries of Eastern Europe, where there are sports schools in which classes are held according to the basic training program. Children in such schools learn the basics of running, jumping, and acrobatics. They also gain skills in throwing sports equipment, catching (ball, object, puck), balancing. Young pupils of sports schools, along with the development of dexterity and coordination, acquire skills that create the basis for successful performances in various sports, both individual and team (for example, athletics, basketball and football). Most programs include the inclusion of such a component as swimming. It helps to increase the functionality of the children's cardiovascular and respiratory systems with minimal physical stress on the joints.

If children are encouraged to develop versatile sports skills, then they are likely to be able to successfully perform in various competitions. Some of them will show certain inclinations and even have a desire to specialize in a sport in order to further develop their talents. When children show interest in this, we must provide competent leadership and create all the necessary conditions. It takes years of difficult workout to make a world-class athlete. Accordingly, we ought afford young athletes efforts for dominance with a methodical, long-term training outline based on sound, scientific principles.

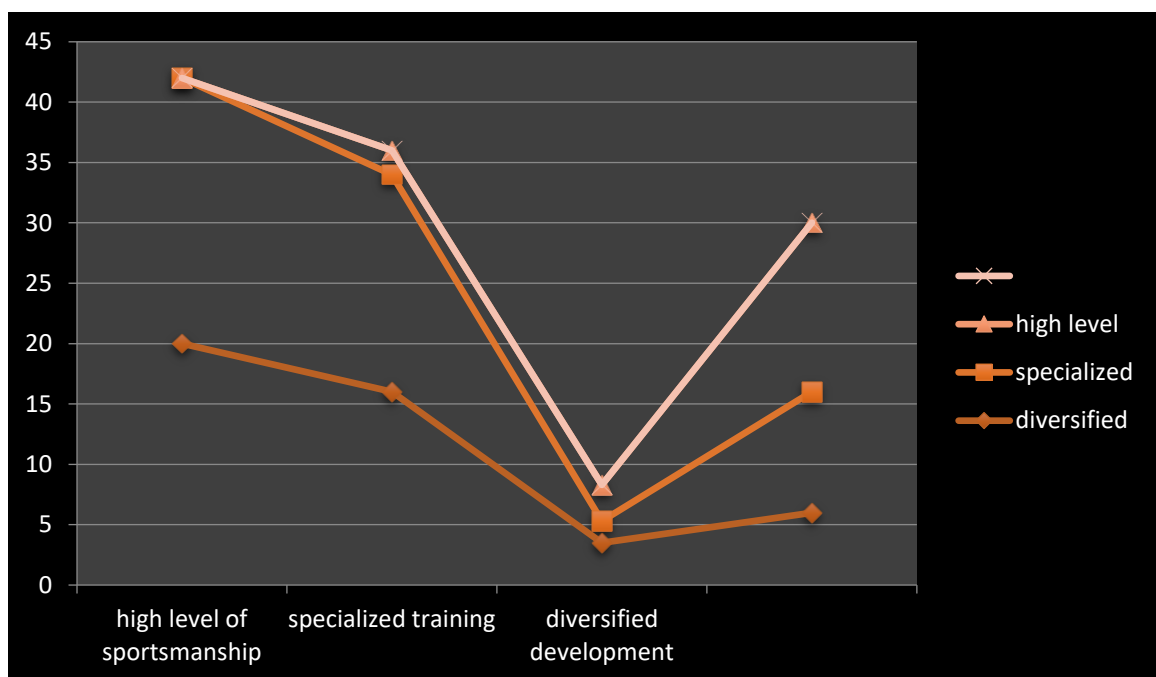
Diagram 1. illustrates a consistent approach to upcoming athletic talent over the years. Although the age of trainees may revise depending on the sport and separate features, the pattern demonstrates the significance of progressive development. At the base of the pyramid, which, by analogy, we can consider the "foundation" of any instruction scheme, lies the diversified physical development of the child. When physical fitness reaches the necessary level, young athletes begin to specialize in a particular sport and move on to the second stage of athletic development. The outcome of such specialization is the breakthrough of a high level of sportsmanship. The target of the athlete's all-round elaboration is to develop the general process of adjustment. Children and young people who evolve various sports skills, agility and matching of movements adapt better to training loads.

They are not subjected to the stresses of training to specialize early in a particular sport. For example, young athletes who specialize in average width running can further magnification the dynamical potential of the cardiovascular and respiratory systems consequence of running. This point, there is a chance of damage. Athletes who have the opportunity to swim, cycle, and run strengthen their cardiorespiratory system in more ways than one.

Diagram 1.

Proposed long-term approach to specific training. Reprinted with permission from T. O.

Bomp, Training Periodization for Various Sports, 2019



Search: by author

This greatly reduces the chance of injury. We should promote young athletes to evolve the motor skills and skills they need to succeed in their major and other sports. For instance, a well-planned coaching program for children and youth should comprise low-intensity exercises to expand aerobic, anaerobic output, muscle strength and endurance, speed, agility, coordination and flexibility. A diversified coaching schedule is aimed at general athletic development, so its use will give the mastery of specific sports skills and strategies, and it will also have a positive impact on performance in competitions at a later stage of training for a young athlete. If we are interested in our pupils, having mastered a high level of sports equipment, to successfully perform in competitions, then we must be

prepared for a later transition to the stage of specialization. Even sacrifice potential short-term gains. The following two scientific studies serve as an illustration of this thesis. The initial stage of scientific study took place over 14 years in the former East Germany (Harre 1982). A large group of 9- and 11-year-old children was separated into two subgroups. The first subgroup educated according to the program, whose methodology was reminiscent of the North American approach to sports training for children. It consisted in early specialization in the corresponding sport. Plus the utilize of concrete exercises and coaching methods that occur the particular requirements of this sport. The another subgroup was occupied, in the usual program, which provided for the formation of the necessary physical qualities and training in specific sports skills. Along with this, skills were mastered in various sports and training continued to ensure the overall physical development of the child's body, which strong basic training leads to athletic success. According to the reports of similar studies conducted in 1978, similar data were obtained. Among the conclusions reached by scientists at the end of this long-term research work, the following were mentioned:

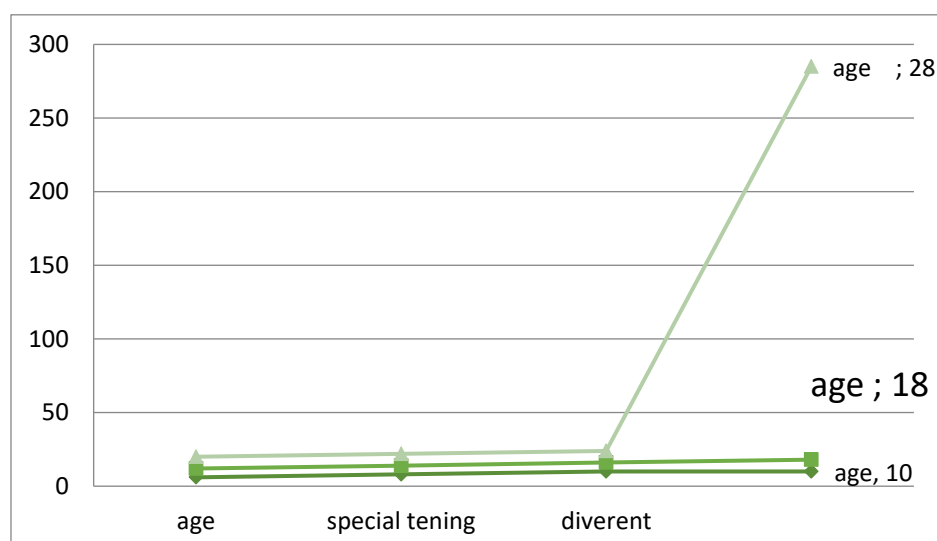
- The huge majority of the best Soviet athletes had a thorough and versatile main physical workout.
- Many of them started playing sports at the age of 7-8. The first they mastered such sports as: football, cross-country skiing, running, speed skating, swimming and cycling. And at the age of 10-13 they were added team sports, gymnastics, rowing and athletics.
- Preparation for particularized coaching programs began at the age of 15-17. Along with this, young athletes continued to practice in the same sports as in infancy. The highest level of skill in a special sport came after 5-8 years of specialized workout.
- Athletes who completed specialized training at an earlier age reach their highest level of skill at junior age. The results that they show at this age, as a rule, do not improve with their transition to the adult group (over 18 years old). Some leave the sport without getting into this group. And only a minority of young athletes, becoming adults, are able to surpass previous results. They owe this to early specialized training.
- Many Soviet super-class athletes began systematic educational and training sports at the age of juniors (14-18 years old). They have never been champions and have not set national records in competitions held among juniors. However, having matured, many of them achieved high results in both national and international competitions for adult age groups.
- Most athletes believe that their achievement has become likely thanks to the versatile primary training, the foundations of which were laid and developed in infancy and adolescence.

• Based on the data received, it was concluded that in the cause of preparing young athletes for most sports, one should not start particularized training earlier, the age of 15. Although versatile training is most important at an early stage in the development of a young organism, it should also be included in the training programs of athletes who have already achieved good athletic performance. Diagram 1.2 illustrates the significant changes in the relationship between all-round evolution and particularized training throughout the whole training method.

Moreover, it is very important for athletes to maintain the level of versatile physical fitness they achieved at an early stage until the end of their sports career. A striking example is the training schedule of Jane, a 12 year tennis athlete. She played tennis for 10 hours every weeks. In addition, she devotes 4-5 hours to other types of physical training. These are various trainings for the development of flexibility and dexterity. For strength training, exercises with weights are used - medicine balls and dumbbells. It might seem to Experts or a coach that more tennis lessons would significantly increase the skill of a young athlete. However, it is possible to increase the time for specialized training only by reducing the training for the general physical development of the girl. Jane will quickly achieve a high level of necessary sports technique in tennis. At any instant, the default of coaching that develops such basic physical qualities as power, dexterity and plasticity will negatively affect. And of course this will worsen the quality of her tennis game. When Jane is 18 years old, her lack of general fitness will lead to a decrease in potential in this sport due to weak shots, slowness in moving around the court, and a lack of agility and speed.

Diagram 1.2.

The percentage of training



Search: by author

Source: Champaign, IL: Human Kinetics.

Diagram 1.2 shows the long-term percentage of training aimed at both special and versatile development (including our young tennis player). The share of the latter decreases somewhat as Jane grows older. So, if at the age of 12 a girl was engaged in versatile physical training for 4-5 hours, then at the age of 16 it is already from 3.5 to 4 hours. At the same time, the time for specialized tennis lessons can increase from 14 to 16 hours a week.

Specialized training begins when athletes reach an appropriate level of general fitness and express a aspiration to specialize in a specific sport or they want to realize themselves as players with certain functions in one of the team sports. In this case, specialization is significant for them to reach a high level of sportsmanship in any sport. It provides physical, technical, tactic and psychological device. This is a all-inclusive process. From the very beginning of specialization, athletes need to prepare for the subsequent increase in the number and intension of preparation. The program of particularized training should involve exercises that contribute to the evolution of specific physical qualities in a particular sport. Plus exercises to cultivate common engine skills. However, the communication between these two forms of training varies greatly depending on the model of argument. As an example, let's look at the differences in the training of distance runners and high jump athletes. A sports program for a long-distance runner is aimed at solving specific problems and is compiled taking into account control over the level of his preparedness. The basis of the program is a training run. Additional exercises - cycling and swimming - increase the athlete's aerobic endurance. The training program for high leapers will look different. About 40 rate is concrete training and jumping exercises. Another 60 are plyometric coaching and weight training for the development of specific physical qualities, such as, for example, "explosive" strength of the muscles of the legs (jumping ability).

As shown in Table 3, there are definite age limits within which sportsmen should evolve skills and specialize in a special sport in order to gradually reach a high level of sportsmanship and skill. However, it is significant to comprehend that even at the stage of particularized coaching, athletes should devote only 60-80 rate of their complete training time to it. It is essential to pay consideration to the realization of exercises that develop concrete physical qualities that are significant for a particular sport. The rest of the time should be spent by young sportsmen on miscellaneous physical progress and enhancement of particular biomotor skills.

Table 3.

Direction in specialization

Type of sports	age at which sports started	age of commencement of specialization	age of sportsmanship
badminton	10-12	14-16	20-25
basketball	10-12	14-16	22-28
baseball	10-12	14-16	22-28
biathlon	10-13	16-17	23-26
bobols	12-14	17-18	22-26
boxing	13-15	16-17	22-26
wrestling	11-13	17-19	24-27
cycling	13-15	16-18	22-28
water polo	10-12	16-17	23-26
volleyball	10-13	15-16	22-26

Search: by author

Athletes persistently mastering the elements of any sports discipline must be prepared for specific training methods. This is necessary to adapt to the physical and psychological stress of this sport. The requirements for young athletes in training are also significantly increased. Tests for physical fitness are regularly conducted, and coaches plan the participation of their students in annual competitions. The age at which specialization should begin is determined by the requirements of a particular sport. In those sports disciplines where artistry, optimally developed motor skills and good flexibility are required from the performer (gymnastics, diving, figure skating), specialization ought start off at a junior age. For athletic that are dominated by speed and strength (such as football, baseball and volleyball), the basics of specific sports techniques are practiced from adolescence. However, specialization should only be undertaken when athletes are able to effectively handle the requires of high-intensity workout. Specialization in most sports that require force and good coordination should begin at the end of adolescence. In other sports (such as long-efficiency running, cross-country skiing, and cycling), where prosperous performance depends on the level of progress of rapidity hardiness, you can begin specialization at the same time as strength and dynamic training. Some athletes are able to reach outstanding results at the age of 30 and older. The long operation of preparing first-class athletes is connected with thousands of hours of coaching and repeated repetitions of exercises by children and adolescents that evolve and involve their physical qualities. If not guided and

varied in training programs, many athletes will find it difficult to cope with physical and psychological stress. Incorporating various exercises into the training program and increasing the level of sports training at each stage of the formation of a young organism will not only support sportsmen evolve new physical qualities, but also avoid injury, tedium and burnout.

2.1. Research of factors determining sports success

In preparing players for most command athletics, young athletes are displayed to a variety of training manners. To gain in sports such as hockey, baseball and basketball, they must master many skills and master various physical exercises. The most efficient progress of the necessary physical qualities is reached due to the diversity of the coaching process. Unfortunately, in separate sports (such as swimming or cycling) there are far fewer opportunities to diversify coaching programs. For sample, swimmers rarely compete in another sports. Much more often, they perform the same physical exercises and special elements for 2-3 hours casual, doing 4-7 days a week and expenses 45 to 50 weeks a year on them for 20 years.. The endless monotony of such activities can lead to overtraining, an increased likelihood of injury and psychological problems, in particular, to difficulties in overcoming the feelings generated by the monotony and boredom of training. To cope with the problems mentioned above, the coach should skillfully improve the training process by including a variety of exercises in each session. It is possible to supplement the list of exercises used and enrich the training program by using movements and technical elements similar in execution technique that are characteristic of other sports. Also, coaches can include in the program exercises that improve the motor skills characteristic of a particular sport and develop physical qualities such as rapidity, strength and staying power. For sample, middle-distance runners who are experiencing excessive muscle lassitude or maim may profit more from spacing training by doing coaching runs first in the water and then on a treadmill.

Cross-country skiing also builds endurance without putting as much strain on your leg joints as a practice run. A smart and experienced coach, who is no stranger to creativity, has a distinct advantage in developing training programs. He drawing up a plan for each training session; can use a variety of exercises and teaching methods. If, in addition, the coach periodically conducts classes in conditions that are unusual for his pupils, using the features of the terrain, then this stimulates young athletes, maintaining their interest, and in some cases reinforces motivation.

How can you diversify the training process? You can spend part of the session, such as a warm-up, outside the gym or with athletes involved in another sports. For sample, football sportsmen can warm up together with players, for whom this preparative part of the training session is more lively. Basketball sportsmen can warm up with middle-interval runners.

You can do interval training right on the grass. For example, six intervals of running (60 seconds each) at a speed of 60-70 percent of the maximum can be combined with light runs (4-5 minutes each) in the intervals between races. In a like manner, baseball sportsmen can warm up with track and field players in throwing (discus, javelin, hammer) and shot put using medical (stuffed) balls. You can also plan to conduct training during the off-season to develop and improve specific motor skills that involve athletes in other sports. For sample, long-spacing runners can evolve staying power through cross-country skiing, cycling, or swimming. Performing a diversity of exercises also facilitates to the development of those muscle groups that the athlete does not use due to the specifics of his chosen sport. An excessive amount of highly specialized training can lead to overtraining and injury. Moreover, narrow specialization can create an imbalance in the development of the agonist muscles involved in the movements specific to this sport and the antagonist muscles acting in the opposite direction. With a significant imbalance between these two muscle groups, the thrust generated by the agonists is so strong that it can lead to damage to the sinews and muscle tissues of the antagonist muscles. Thus, exercises that involve different muscle groups of the body can reduce the likelihood of injury. Similarly, making changes to training programs, including other sports, will improve intramuscular coordination, speed and agility. An athlete with optimally developed coordination and agility will further learn complex elements of sportsmanship faster.

Coaches who are creative with the principle of adding variety to training programs will be able to see the benefits of this approach. Young athletes will not only maintain a high level of motivation, but will also be less prone to injury due to overtraining.

The unique originality of each athlete is manifested in unique personal abilities, physical characteristics of the body, social and intellectual levels of development. Taking this into account, the structure of an individual training program becomes a means of constant monitoring of an athlete in the process of training, control, objective and subjective assessment of his condition. To create effective training programs, it is necessary to determine the optimal limits of exercise tolerance for athletes. The performance limits of all athletes are different. A coach must take into account individual differences such as developmental phase, fitness scale, well-being condition, reduction time between training

sessions and following emulation, and gender. For us as coaches, it is very important to consider the individuality of each athlete. Now it is no longer customary to subdivide children and young men into categories depending on the level of their sports training and in strict accordance with their calendar age. Children of the same age in their anatomical growth may distinguish a number of years. Decision of anatomic, biologic and athletic age is a crucial instant for the training of athletes.

Anatomical age satisfies to several stages of anatomical growth, which we can define by comparing certain features. Since there are many individual differences in these traits, they should be taken into account. Anatomical age clearly demonstrates the complexity associated with the processes of growth and development. No doubt it helps to justify why some children purchase certain skills and cultivate engine skills faster or slower than others. A child who is better cultured anatomically will grind away many skills faster than a less developed one. whereas many children go over the stages of growing up according to the "type pattern", notwithstanding, there are still specific differences. So, for instance, climatic circumstances, geographical width, domain (mountainous or flat), surrounding (urban or rural) can significantly influence the rate of evolution of a young entity. It has been noticed that in countries with a hot climate, children achieve full sexual, mental and physical development much faster. As a result, it is possible to rapidly increase the level of sportsmanship and achieve stable results at the age of 14-18 years, which is much earlier than in countries with a colder climate.

Children living in high altitude areas may excel in sports that require long-term endurance. They will be ahead of their rivals living on the plains. For example, track and field athletes from Kenya dominate long-distance running. The life of many generations of the ancestors of these athletes in high altitude conditions, where the oxygen content is much lower than in the area located at ocean level, contributed to their adaptation to oxygen deficiency. Therefore, being at the genetic level better adapted for a more efficient use of oxygen, they have a clear advantage over other athletes - the inhabitants of the lowlands and plains.

From the outlook of athletic progress, the third stage (from 16 to 18 years old) is the most important. In the middle of this stage, sportsmen can be at a diversity of levels of fitness. In some sports, they will develop a variety of skills and improve motor skills, laying the foundation for further physical improvement. Other sports, such as gymnastics, require athletes to maximize their level of sportsmanship. On the verge of graduation, many high school athletes, having an appropriate level of general physical fitness and a desire to achieve high results in one of the sports disciplines, can start highly specialized training in

it. Biological age is a characteristic of a specific stage of the physiological development of organs and systems of the human body. Biological age assists to define the physiological opportunity (coaching and rival) to achieve a high scale of athletics.

When determining the rank and selective athletes, it is necessary to take into account their biological age. In sports, the arrangement system for young athletes is frequently strictly based on their calendar age. This often leads to misjudgment, underestimation and making inappropriate solutions. With the same height, weight and level of muscle growth, couple young athletes of the same anatomical age may vary in their biological age and various stamina limits (coaching ability). A lofty and powerful child will not necessarily be your fastest athlete. For example, in team sports it often happens that a guy who is slightly inferior to the first in strength and height can surpass him in speed and agility, taking part in the attacking or defensive actions of your team. If the anatomical age can be determined by the appearance of a young athlete, then the specific biological stage of the body's growth (its biological age) cannot be determined "by eye". It is impossible to assess visually how effectively the cardiovascular and respiratory systems function and "keep up" with the intensive development of other body systems. A slender physique can hide a heart prepared for efficient work, which is so necessary for sports disciplines that require endurance. This is why you should always objectively assess biological age with simple tests. This allows you to determine the difference in training potentials in children.

Without taking into account the biological age, it is impossible to say whether the efficiency of definite technical basics will not be untimely for some children, and whether they will be able to resist particular coaching fullness at all. It is even more tight to evaluate the potential of older sportsmen, since many may solve that they are too "old" to be able to reach high sports outcomes.

Unfortunately, when preparing young athletes for sports matches, many trainers still use calendar age as the base measure for their arrangement. For instance, numerous scientific studies have displayed that children born in December fulfill less successfully in competitions than those born in January of the same year. In most cases, when the predicament is determined by calendar age, young sportsmen of the same year of birth are nominated to one category of sports fitness. As a result, those born at the beginning of the year have anatomical and physiological liberties contrasted to those born in December. Trainers often define anatomical and biological ages subjectively due to the difficulty of exactly assessing them. It is sometimes hard to establish at what age children and youth are already ready to participate in high-level competitions. Many national and international sports organizations have already attentively studied the data of scientific research on the

biological opportunity of athletes at a specific age. Determine the fact that disputes often emerge concerning the award to fraction competitors into groups to make a level playing field for them, many sports societies have determined age limits for these groups. This also applies to the minimum age of participants in the competition.

Table 4 provides samples of the minimum age of athletes, as well as the age groups of juniors and seniors, for participation in international competitions of such a level as the World Championships and the Olympic Games. Athletic age (especially the minimum) and the boundaries applied when dividing athletes into age groups for participation in top-level competitions are of great significance for the progress of long-term training outlines.

Table 4.

The age of athletes determines their participation in international competitions.

sports	young	adults
boxing	18	>19
voleybol	18	>19
Athletics	14-18	>19
swimming	15	>16

Search: by author

Source; Champaign, IL: Human Kinetics.

For many sports, children's and youth training programs should be designed in such a way as to be directed primarily to the versatile physical development of young athletes, and not to early sports specialization. If we focus on the optimal physical development of athletes, then, probably, in a few years it will be possible to educate prize-winners and international class champions. Analysis of methods for increasing the training load is an important factor in compiling an effective training program. How children and adolescents can develop physical qualities in a particular sport directly depends on the total volume and quality of the load for a certain training cycle. Starting from the early stages of the formation of physical qualities and as they achieve a high level of sportsmanship, athletes should result the principle of a gradual magnification in workout loads. In parallel with this, the process of development and improvement of sports equipment should go.

Athletes who have experienced the effect of a gradual increase in load are able to maintain effectiveness for a longer lapse of time. In the process of adapting to a specific level of training load, the athlete increases his ability to successfully cope with stress, and in following the requirements placed on him in training and competition.

The speed of improvement of sports technique depends on the pace and method of increasing the training load. If the load level remains almost the same for a long period of time (standard load), then the increase in the result is hardly noticeable. If the load is increased too quickly, an immediate and noticeable increase in the result can be achieved, but the likelihood of injury also increases to a large extent. Therefore, it is very important to ensure that the increase in training load for young athletes is slow and gradual. Do not strive to quickly achieve high, most often short-term, results! Much more reliable will be the long-term potential for the gradual improvement of sportsmanship.

In the early stages of elaboration, it is hard to control the result of adaptation to training loads. Improvements in power, speed and staying power in some young sportsmen may be due to their ordinary growth and elaboration. However, it is very substantial to insensibly rise the training load.

Sportsmen aged 10 to 15 train twice a week and play one game every weekend throughout the season (standard load). It is scarcely that they are able to significantly magnification the level of sports achievements as a result of training. Athletes will be able to improve performance due to the natural growth and development of their organisms. But without increasing the total volume of the training load, further development of mastery and specific motor skills will be difficult. From the beginning to the end of the season, the duration of each training session can gradually increase. For example, from one to two o'clock, as suggested. When class time increases to 1 hour 30 minutes, it will be very important to keep children interested by adding variety to the training process. Young athletes need to take more time to rest between exercises. It will be easier for them to cope with fatigue.

As an integral part of the overall strategy for progressively increasing training load, athletes can use the method of increasing the number of exercises and technical elements performed during one session. This technique can be effectively applied over several weeks and years of training. An increase in the number of repetitions of technical elements and physical development exercises will undoubtedly contribute to the improvement of sportsmanship.

Once again I want to remind you that, by increasing the number of technical elements and exercises, the coach must carefully control the time provided for rest in between their performance. Durable rest breaks will give children more intensity to carry out the whole load planned for this exercise session.

In order to improve sportsmanship, the bodies of young athletes must be constantly exposed to training loads. It is necessary to consistently increase their volume, regularly increase the frequency or number of classes held during the week. This is also important

because the development of skills and abilities is carried out in the process of training sessions, and not during games or competitions. To be successful at competitions, young athletes must constantly improve in a certain sports discipline and develop their motor skills. In their schedule, the number of training sessions should prevail over the time emphasized for games. Therefore, Experts should demand that trainers and coaches (particularly team sports) correlate the number of coaching sessions and games in proportions: 2-4 workouts per 1 game. If athletes get the main skills right at the ideal age for training, then it will definitely "pay off" at a later stage of their sports career. Coaches, by distributing the seasonal training load, should take more weeks to prepare before the start of the competition. Perhaps then they will be able to see the expected results. This principle is best used when preparing for competition in individual sports (such as athletics and swimming).

Often, when preparing for competitions in team sports (football, basketball, American football, etc.), training sessions with children are carried out only a few weeks before the start of responsible games.

The ideal situation is when coaching takes space during most months of the year. Then the best evolution of specific skills and refinement of engine skills is reached. A coach or a Expert working with a children's team can take privilege of the long training stage to work on improving the abilities the children have acquired. Take advantage of the time children are free from the "burden" of weekend play.

If coaches or instructors are unable to organize for such a training program, Experts should do so. The substructure, garage, any open space or backyard of your home are great places to workout simple technical elements. This is especially good for improving motor skills! To develop basic strength or endurance, a large number of complex sports equipment or apparatus is not required. Young children involved in any kind of sport may only train for a few months. These months often coincide with the competitive period of the training cycle. As young sportsmen get older and more proficient, they should pay more consideration to highly specialized coaching. This is particularly significant if they want to obtain high results in this sport discipline. After deciding to specialize in a particular sport, they are likely to have to coach for 10 or more months a year.

I suggest you a scheme for the consistent evolution of sports loads within a given coaching cycle. First, it is necessary to growing the lasting of training sessions carried out 2 times a week, from 1 hour to 1 hour 15 minutes. Then yield them up to 1 hour 30 minutes. If you think that this time in a child is the limit for exercise tolerance, then you can further increase the number of weekly workouts from two sessions (1 hour 30 minutes each) to three at the same time duration. At a later stage of the athletic development of a young

athlete, 4-5 sessions per week can be carried out, and in some sports even more. By bringing the number of weekly training sessions to the maximum possible (for example, three one and a half hour sessions per week) and taking into account the stage of development of a young athlete, it is possible to increase the number of exercises and technical elements performed during one training session. There are two methods to increase the amount of training load:

1. Enhance the number of exercises executed before a break for rest. For example, from 1 set of 8 ball transmit to 1 set of 10-12 (or even 14). Plus iteration of specific technical elements or exercises.

2. Reducing rest breaks between sets. For example, from 2 to 1.5 minutes, and then to 1 minute.

Consistent increase in load is an important aspect of training. Even at a young age, athletes experiencing the action of almost the same, standard loads, there may be a stagnation in the growth of sports results. The most efficient way to growing your coaching load is to train and apply "step technique". Consequently to this process, the development in load is carried out within two or three weeks; then for one week the load is reduced for the regeneration (recovery) of the body. After the end of the recovery week, the "step method" can be attached again. At the same time, the training requirements should be slightly higher compared to the ultimate load of the untimely training level.

At the beginning of the training period, you can increase your training load with a 5-10 percent increase. When athletes adapt to the requirements (particularly in the second half of the preparatory period), the load from "stage to stage" can gradually increase due to 10-20 percent increases. As mentioned earlier, the most effective and justified is the use of the "step method" at the preparatory stage of the training cycle, when athletes are preparing for the upcoming competition. It is considered unreasonable to use this method during the competition period (and especially in team sports), since athletes have to take part in games that are held at the end of every week. In the middle of competition, the training load must remain unchanged! To relieve physical fatigue after the game, it is very important to organize recovery training. Most of the training loads of athletes fall on the first half of the week, so it is necessary to scheme light coaching for the day (ultimate two days) preceding the following game. Of course, there are other ways to create a training program for the week. A coach may schedule only two training sessions at a constant intensity per week, say Tuesday and Thursday. However, the intensity level of each of these activities may be reduced somewhat if the children appear tired. It should be remembered that rested children always play better, demonstrating a higher quality of play. The training of young sportsmen should be

considered as a long while limitation plan, in which the training requirements for increasing the load, as well as for the general physical, technical-tactical and intellectual development of children, increase gradually, as they go through the appropriate stages of formation and the formation of morphological and functional properties of the body.

In childhood, the laying of a solid training foundation occurs through versatile physical training, much more preferable than highly specialized training. Specializing in one sport discipline will provide your youngster with the best foundation for achieving the best possible athletic performance. Diversifying the training process to suit individual athletes and properly planning to gradually increase training loads according to their stage of physical development will result in a more effective training program.

CHAPTER III

METHODOLOGY

This section depicts the strategies utilized in the review. The reason for the review was predictable with the utilization of subjective techniques. The examination centers around the convictions and issues portrayed by mentors, specialists, and champions, each consulted by the scientist ahead of time, with an inclination for subjective exploration (Veal and Darcy 2014, 131). Generally, the motivation behind the review was to acquire a more profound comprehension of the reasoning for the job of preparing from youth and the explanation champions missed objectives. Choices in regards to their decision to utilize the administrations accommodated youthful competitors, as well as the job of mentors in arranging from adolescence. The objective isn't to accomplish levels, however in particular, the right disposition to the game, preparing with qualified mentors gives the fundamental base to the future competitor. The part features the particular of how the gathered information is destroyed. We then present how the information were subjectively destroyed for legitimacy prior to finishing up the moral endorsements and constraints of the review.

The review included eight specialists from three distinct business associations in our capital Baku. Qualified mentors and associations, as well as the primary disposition of the state towards sporting events, went with Baku an optimal decision for future competitors. In the review, inclination was given to specialists matured 42 to 53 years. As you most likely are aware, this age is inside the brilliant age, frequently utilized by pioneers, champions and institute mentors. All evaluated members were specialists in different fields who had their time in sports. Nonetheless, there were additionally little kids who needed to participate in instructing meetings. One of the critical components of the review was the social, financial and segment attributes of the members. These broad relevant information sources included factors, for example, orientation, age and instructive level, sports insight, size of vocations, financial status, and occupation. To survey the conditions under which the specialists offered such responses to the inquiries, what affected them. Since the review required an adequately wide point of view to plan and assess the tasks of various gatherings, the two mentors with training abroad and those without experience abroad. What is their part in the existence of youthful competitors and does this influence what's in store. The scientists directed interviews with club institutes as well as private foundation coaches.

The concentrate on utilized subjective examination techniques, this is to a great extent founded on the possibility that youngsters will buckle down from 9-11 years of age, how they will be persuaded, how long they will give to preparing each week, will actually

want to portray and make sense of their encounters, the issues that forestalled them. This is somewhat in accordance with the hypothetical underpinnings of the review, as we stick to the assessments of the specialists talked with in the meetings where they were offered the chance to offer their viewpoints without exposing them to extreme casing control in the review. Critical measures of essential information were gathered through interviews, as well as auxiliary information. Albeit the review has restricted the focal point of qualified mentors to ordinary coaches, somewhat, this impacts the choice of kids for this enormous undertaking. Because of monetary troubles to draw in profoundly qualified mentors to clubs or schools, the preliminary course of admittance to both world rivalries is restricted. To the specialists, the most common way of choosing youngsters into subgroups for rivalries relies upon the preparation, speed and perseverance of the kids. Since the examinations, partaking champions additionally demonstrated the job of mentors and self-assurance regardless of losses in contests. (Cresswell and Clark 2011) The objective was to inspire yourself and, in particular, to start up your brain science and nerves before the opposition, where it gives effectiveness to win. For this situation, the utilization of focused on and advantageous testing techniques has turned into an optimal measure for teaching, battling with oneself (Patton, 2002). The review utilized a designated test to choose kids from 9-11 years of age and the job of mentors in their future vocations, master amicable studies that were asked in the meeting. This designated overview is suitable on the grounds that it provides us with an unmistakable comprehension of the job of mentors in the existences of competitors, what impacts the development of champions, what variables impact champions who arrive at the finals yet can't assume first position. Since early on, the determination of gatherings what it means for competitors. This multitude of inquiries were the reason for our overview from the specialists and their perspectives.

3.1. Selection of experts

Since the study was aimed at studying the motivation of athletes' readiness with the services of qualified coaches offered for champions, and most importantly the role of coaches for children 9-11 years old. The use of a method of collecting important data, in which both primary sources should have been used in practice. The gathered optional information was gotten from distributed and unpublished chips away at sports, kids with interest and ability from youth, drawing on the discoveries of specialists, diaries, logical articles, narratives and past theses. Other key pieces of the reference information assortment were acquired from Internet sources, including official site pages and online documents. While gathering essential information, meetings of 30 journalists were

fundamentally utilized, eight specialists were chosen from them. While we mentioned many objective facts during our visit to preparing and the adolescent competition, the perceptions were not piece of the information assortment techniques utilized. The meetings directed were semi-organized with an agenda of inquiries, albeit the organization contained components of an endorsed, pre-characterized survey.

The interview questions were divided into three parts. The first section was devoted to the socio-economic situation of the experts, and the second section dealt with issues related to children aged 9-11 years and the trainer played the main role in their motivation. The third section focused on the elements that influenced the champions who reached the first places and those who went to the final, the reasons that did not allow them to win and be leaders. Questions related to the pattern of training in Azerbaijan are considered to be predominantly important, as well as how such academies are organized and structured. This was supposed to make it easier to study the opinions of experts in a comprehensive way. The reactions to the inquiry design were open-ended, and the connections made were conversational in nature and changed starting with one interviewee then onto the next. Each interview started with a concise presentation of the specialists and a more unambiguous portrayal. The specialists carefully recorded and interpreted all meetings after the specialists endorsed the assent structures. A large portion of the meetings endured 30 to 45 minutes after the fruition of the security and namelessness specialists. All meetings were directed in a room where the youngsters were either preparing or taking part in a competition. Interviews were normally intentionally begun with general inquiries to assist with laying out affinity and make a positive air, as certain inquiries appeared to be touchy to the specialists. To keep away from vagueness, the review guaranteed that the majority of the inquiries posed were streamlined and all around made sense of. In spite of the advantageous technique for overviews in choosing members, the talked with specialists had a few normal highlights as far as their financial status and purposes behind leaving the games field. Six out of eight specialists have advanced education, seven of them are hitched. The unmarried one lives with his accomplice. The concentrate likewise showed that the greater part of them have a moderately decent pay, and the typical age is 48 years. Each of the eight talked with specialists were men. Seven of the eight specialists additionally had sports insight at different levels, from significant associations to novice games. The greater part of the specialists were likewise mentors of school groups for youngsters matured 7-11

Table 5

Age, gender, education, relevant experience and functions of experts

	Age	Education	Status	Occupation	Sport Experience	Gender (Child)	Age (Child)	Other Children
A	Female, 43	Masters	Married	Professor	Amateur	F	10	Yes, 2
B	Female, 34	Bachelors	Married	Business Owner	2 nd Division	F	8,7	No
C	Female 44	Basic	Civil Partner	Sailor	No	F	9	No
D	Female, 50	High School	Married	Business Owner	Professional	F	9	Yes, 1
E	Female, 43	Bachelors	Married	Purchasing Manager	3 rd Division	F	9	Yes, 2
F	Male, 42	High School	Married	Business Owner	Amateur	F	8	No
G	Male, 53	Masters	Married	Engineer	4 th Division	F	10	Yes, 1
H	Male, 45	Masters	Married	Finance Manager	2 nd Division	F	9	Yes, 1

Search: by author

The examination and translation of the meeting review followed similar standards as depicted by Veal and Darcy and required both a rational and an inductive methodology. An insightful methodology was taken on with the use of the review rules, which were created based on the contribution of qualified mentors, to give the right methodology, a schematic arrangement for kids from 9-11 years of age. An inductive methodology was applied in the examination of well-qualified feelings, to decipher the intentions of the mentors, to foster a theoretical comprehension of the gathered information. The genuine recorded interview was led in Azeri and afterward converted into English. The translated English adaptations of the meetings were freely ready by the writer. The review utilized point investigation, which is a well known and perceived subjective strategy in brain research, social science, and wellbeing sciences. This is a portrayal of subjective information and the point is to convey the topical substance of information, normally interpreted studies, by distinguishing normal issues. Subject Analysis gives an effectively available, hearty, and methodical way to deal

with topic coding and advancement. The examination technique is adaptable and can be utilized to take care of the issues of coaches in the preliminary cycles for rivalries. This strategy for examination is appropriate for research since it isn't bound to a particular hypothetical base and doesn't need a huge size. Albeit subjective examinations might offer less tough legitimacy and dependability testing contrasted with quantitative techniques (Veal and Darcy, 2018), the inquiries talked about in this review were steady with some type of unwavering quality. A few comparative investigations have utilized more conversation, association, and alternate points of view rather than individual meetings (Wiersma and Fifer, 2018). This, be that as it may, intends to resolve issues connected with trust predisposition and social allure. The scientists comprehended that the delicate idea of the review could improve the probability that a few respondents would address inquiries in a manner that was all the more socially OK to stay away from dread of negative assessments. To guarantee legitimacy and dependability, we ordered each interview separately before the conversation meeting. The point was to lay out that the review tried not to reach general inferences from master surveys about why they didn't proceed with their professions in the game. The analysts made it clear the objective was to leave space for varying suppositions, not to arrive at any sort of agreement. This segment gives a portrayal of the expert heroes who took part in the concentrate through their exercises and joint efforts. The scientists restricted their examination profile to the games foundation as a hotspot for enrolling members.

3.2. Interviews with experts

This section inspects and talks about the consequences of information gathered through interviews, which are a vital piece of insightful work, and other auxiliary sources. With the end goal of classification, the responses of the review members by poll questions. For this situation, the specialists who took part in this study were assigned with capital letters A, B, C, D, E, F, G, and H. The three explicit inquiries presented in the principal section structure the design of this part and give a premise to addressing the inquiries general inquiries. In this way, the conversations will be introduced in three segments:

- What clear benefits do coaches offer for teaching children aged 9-11?

To begin with, we will feature some significant force factors that urge kids to utilize the administrations presented by mentors. We will make a conversation about the apparent advantages of coaches. Which job do mentors play in youngsters' abilities. How fruitful competitors are produced using these youngsters. Furthermore, what the scholastic culture

means for youngsters and whether it gives an amazing chance to further develop the range of abilities.

In the following segment, consideration will be attracted to the subsequent explicit inquiry:

- How and how much did the Azerbaijani youth competitors who accomplished high outcomes in the fourth stage create?

We will investigate and introduce the effect of Azerbaijan's childhood advancement strategy on the improvement of competitors. It is vital to feature this part on what impacts a competitor's triumph. What is the job of qualified mentors on the cusp of a title.

The last segment addresses the last inquiry presented in the basic section:

- Why the preparation of grown-up competitors who accomplished great outcomes in stages 2 and 3, yet couldn't work on these outcomes in arrange 4?

This part breaks down and examines the issues related with the reliance fair and square of their games arranging and as per their age, as well as mental inspiration.

The expression "saw" was utilized in the review as a result of how different concerned mentors and concerned associations regarded the competitor's movement as an item. A competitor's inspiration to prepare is the principal reason for action, assuming it is annihilated, or on the other hand in the event that the arrangement isn't followed by the arrangement matched by the mentor in the time period or titles, then, at that point, the planned objectives won't be accomplished. Inspired execution, the development of new inspirations for tackling more mind boggling sports undertakings, including accomplishing improved results, relies upon the competitor. What's more, this requires needs, yet in addition fitting abilities to tackle these issues. This inherent inspiration takes care of the extraneous inspiration to get ready. Mentors might feel in charge because of strain to try not to feel remorseful or baffled with their competitor. Expert D imparted his insight on this:

"This is because of the way that the competitor doesn't give an appropriate rest to his body and after extreme preparation, cutthroat heaps of previous periods, he lets completely go over the method of developments. This is related with rout in the finals."

In their diary *Self-Determination Perspective on Experting*, Joussemet et al. (2008) utilize observational procedures and meetings with champions and mentors to underscore expertization that upholds youngsters' requirement for substantial independence and raises a significant issue. This is a frequently ignored issue. Mentors have the essential yet weighty obligation of showing youngsters the fundamental specialized abilities and acquiring the fundamental information important to work actually while inspiring kids to put themselves out there and understand their excellent capacities and interests. The situation here is that the

mentors ought to rather stick to the strategy of the Azerbaijan Youth Academy with respect to the advancement of youthful competitors, where the fundamental spotlight is on making a local area, helping kids from 9-11 years of age to accomplish sports objectives. taken part in worldwide titles since youth. The right way to deal with preparing is the future boss. The specialists recognized four principal reasons that draw in them to utilize the administrations, qualified coaches and their job. The superior range of abilities, the nature of the mentors, the circumstances and great mental capacities were a portion of the vital thought processes in the choices of the specialists. It is vital to take note of that a mentor in youth games doesn't be guaranteed to supplant a section into a normal games club. The greater part of the kids who were on the domain of private institutes were enrolled in different youngsters' and youth sports areas, where they more than once prepared as qualified trainers. Professional mentors primarily act as a stage for extra preparation. In any case, correlations have been made between private foundations and ordinary games club advancement frameworks controlled by the Azerbaijan Youth Academy (AYA). A significant part of the specialized substance of the instructional meetings planned by proficient mentors depends on the standards of the main European sports institutes, where exceptionally qualified mentors center around both essential and specialized abilities, as well as putting incredible significance on the advancement of coordination and muscle abilities. Specifically, AYA has fostered its own learning topic that spotlights on creating fundamental specialized abilities. They support the possibility that the learning structure at AYA expects kids to be profoundly energetic, and yet, dietary limitations require exceptional consideration for proficient accomplishment.

These studies showed that the kids' range of abilities further developed altogether after these errands were set. There are a few examples of overcoming adversity of kids who get an opportunity at an essential age to prepare with qualified mentors and have the right way to deal with preparing. Since every kid is individual and should have his own schematic arrangement. What's, dislike with standard mentors, an equivalent way to deal with youngsters. What's more, in the choice of youngsters, consistently there are issues of correspondence of accomplishment of the reasons. In March 2020, Idman TV made a short program about games. Expert of Sports in games, champion Alexis Copello has over and over won global contests, and presently he prepares youthful competitors himself. He can turn into an Olympic hero at 15 or 40 - everything relies upon the game and how large a job age plays in it. Most competitors who have accomplished at any rate a few huge accomplishments started their exercises even before school.

"My sports club has a cadenced tumbling office. We have been selecting since the age of four, however we comprehend that classes at four years old are more actual instruction for a youngster than an undeniable expert preparation. Also, assuming you got a kid in a part of wide pervasiveness (for instance, we should accept hand to hand fighting), then, at that point, there the mentor will at first set up the kid for this game (gymnastics, extending, showing how to fall accurately)," Copello restored. The current age of youngsters is more fit to an inactive way of life than it was, for instance, a long time back, because of which he grew up. Likewise, the adverse consequence on kids' wellbeing hurtfully affects youngsters' wellbeing, ominous environment and substantially more. "Subsequently, Experts can figure out that regardless of whether they ponder Olympic decorations for their youngsters, they request that sports are important for the advancement of the kid. The kid is organized so that at 6-7 years of age he really wants action for the appropriate advancement of the cerebrum, as he figures out how to control his body, figures out how to be composed, and we, grown-ups, owe him in this young lady, " says Alexis Copello. Chipping in is a critical component of youth sports instructing in Azerbaijan. Throughout the long term, mentors have regularly been called upon to run exceptional projects and exercises. The impediment of customary games club mentors was monetary troubles, which impacted their vocation development. The justification for non-capability impacted the advancement of preliminary plans for youngsters. The training meetings were deliberately and basically not quite the same as master instructing youth clubs. The little idea of the gatherings made it more straightforward for the mentors to work further. Master C depicts what is going on as follows: "I feel that this is the most ideal choice we have in Azerbaijan. We have generally excellent mentors who have unfamiliar experience and are extremely qualified. It was really my little child who said he needed to join AYA. He said that preparation at the club used to be terrible and not animating. At the point when you have a 7 year familiar adage something to that effect, you as a parent need to follow through with something."

Expert C's extraneous inspiration was driven by a requirement for independence to fulfill her kid's requirement for better preparation under qualified mentors. In a kids' and youth sports club, mentors without any capabilities normally work. Expert E shows that there is a gigantic hole between the capabilities of private endlessly mentors in youth institutes. That's what he expresses "having qualified mentors is overwhelmingly significant. Around here at AYA, most mentors have A or B permit, yet Thierry (the pioneer) has a Pro permit." Access to great preparation offices was plainly a draw factor that urged the adolescent institute to utilize the administrations of a young games group. Having the option to prepare all through the year utilizing both indoor and outside offices when it was advantageous was viewed as

a huge benefit. A controlled climate takes into account less interruptions and more spotlight on preparing and learning meetings. Expert gave an appraisal of AYA objects:

"AYA has an indoor counterfeit grass field, while the nearby club has an old open fake grass field with no warming frameworks to keep ice and snow out. They close it for close to around 50% of a year, so they really lose the player's improvement for a portion of a year. AYA phases of preparation occur lasting through the year!" Understandably, Expert E comprehends that he believes youth games should approach preparing consistently, yet it ought to be noticed that very much like grown-ups, youngsters can likewise encounter burnout in sports. The children here train and play more competitions with private institutes notwithstanding the classes held at their different clubs. On the landing pages of the three expert competitors contemplated, components like inspiration, fixation, discipline, and interest were expected for enlistment. There is a requirement for specialists to ponder the essential interest of little youngsters in sports and vocation inspiration. (Stabek, 2018). The components of discipline and age exist in the requirement for independence and skill. This is what is happening that dazzled Expert E and that's what he expressed: "Fundamentally you just see young men who are truly keen on playing sports. You don't need to be a babysitter for that age. You should have an extraordinary format for classes.

Get the notice of the children and let them articulate their thoughts. The center is totally unique, the disciplines couldn't measure up." The degree old enough and discipline of youngsters in the room while deciding games preparation, it is important to consider the idiosyncrasies of the improvement of the kid's body. In offspring of grade young, the sensory system is continuously improved, which by the age of 11 arrives at a serious level of advancement. Nonetheless, the more youthful the youngster, the more articulated in the cerebral cortex is the prevalence of excitatory cycles over restraint processes. This makes sense of the expanded emotionality of kids, less dependability of consideration, expanded mental volatility. In any case, consideration ought to be paid to the moral part of discipline and the period of youngsters very early in life. Also, there might be youngsters who are similarly as engaged, restrained and roused to play, yet end up in a position where their folks don't have the monetary means to progress. Does this incorporate time and monetary status? "Achievement is never available to be purchased. Be ready to follow through available cost" — Randy Gage (Gage 2015, 1). There are a few monetary hardships looked by both youthful competitors with a mentor prepared in a private games foundation, and different competitors with different elements. Factors affecting the exhibition of competitors at each stage, enhancement of the course of sports preparing, the created set of activities

will permit expert competitors to build the degree of sports results. This is the job of food admission, the principles of regular daily existence.

The specialized status of a competitor relies upon the degree of advancement of different engine characteristics - strength, speed, adaptability, and so forth. The degree of sign of engine characteristics (for instance, perseverance) is firmly connected with the economy of method, extraordinary mental protection from weakness, the capacity to execute a reasonable strategic plan of cutthroat battle in troublesome circumstances.

Simultaneously, strategic availability is associated not just with the capacity of a competitor to see and immediately process data, the capacity to draw up an objective strategic arrangement and track down viable ways of tackling engine issues relying upon the circumstance, yet additionally with the degree of specialized expertise, practical status, improvement of mental fortitude, assurance, deliberateness. Sports accomplishment, the degree of which is resolved the talent of the competitor, the concentration and adequacy of the preparation system.

Expert A perceives the troubles that influence the whole existence of a competitor. As you probably are aware, alongside triumphs, there are mishaps in rivalries, wounds that can hurt the remainder of your life. Also, not every person can work on their monetary status because of triumphs. Dreams of a kid to turn into an expert and backing guardians in this are frequently frail. Also, guardians attempt to offer different choices for their kids.

"There is a huge inconsistency among plan and reality. While carrying out the games preparing plan, certain changes are made for the accompanying variables: - climatic circumstances, - financing, - mentor's insight, - wounds. Mentors endeavor to completely move specialized abilities for exceptionally qualified competitors and use them in the preparation cycle of kids, without considering the anthropometric, physical, physiological, mental information of their understudies. The method for preparing, the volume and power of preparing burdens, and control principles are portrayed in most detail. The primary undertakings of preparing at this stage are the adaptable advancement of the actual capacities of the body, wellbeing advancement, and the end of weaknesses. Actual turn of events and actual preparation. Specific consideration is paid to the development of a manageable interest of youthful competitors in deliberate long haul sports preparing. Showing the procedure of performing actual activities ought to be possible for kids, add to their physical and mental turn of events.

Expert F, who had no expert experience, showed no extraneous preparation inspiration for their understudies' aspirations. They depend on the preliminary interaction in preparing, in view of the necessities of kids. Expert F, here expressed that:

"For the execution of the preparation program and serious perspectives, it is associated with the advancement of a competitor's propensity for arranging, tirelessness in beating hardships, the capacity to finish the work got going, solidly keep the given word. Achievement is conceivable provided that the competitor is obviously mindful of his objectives, immovably comprehends that accomplishing sports tops is incomprehensible without beating challenges, the expert replies.

During the time spent instructing moral and volitional characteristics, a wide scope of strategies is utilized - influence, compulsion, the technique for bit by bit expanding challenges in contest. The utilization of these techniques acclimates competitors to teach, instructs them in self-endurance, constancy in accomplishing objectives, mental fortitude, assurance, deliberateness and the capacity to assemble powers as far as possible in preparing and contest conditions ... ". Specialists are truly learned about the preparation that accompanies such youth desires. They shared doubt about any such objectives they set for kids in building an elite athletics profession. Unfamiliar mentors coming to Azerbaijan to foster ability are reproachful of preliminary interaction models as the framework upsets the advancement of extremely capable players as they keep on preparing like every other person (Kristiansen et al. 2017).). This has prompted a social clash in creating competitors and being champions. Whether youth strategy impacts the choice of the mentor while picking competitors. The outcomes, first and foremost, will concentrate on the arrangements of "Youngsters' Rights in Sports" and "Guidelines on the Rights of Children" embraced in all games in Azerbaijan and survey how this influences the choice of mentors. As per the NFF (2017), such arrangements and freedoms are important in light of the fact that kids ought to have a positive encounter each time they train or play different games. They laid out that all sports offices for kids are available to any individual who needs to join and youngsters ought to have the option to communicate social association, attempt new things and not be hesitant to fizzle while having a solid sense of reassurance. This ought to happen in the quick climate of the kid, as it sets aside time and cash, and furthermore joins the nearby local area. The objective is to establish a steady climate where practice as a game turns into a protected and fun action for youngsters. Public designs about the preparation model are different relying upon the club mentors. The vast majority of the specialists accept that a few parts of this arrangement ought to be empowered and advanced, and yet as per the arrangements of youthful competitors. Expert C, a resident of the nation, shared his involvement with weightlifting. "I'm from Georgia, I played during my school days and halted very early, on the grounds that I typically sat on the seat constantly. They start to recognize abilities at an early age, which in Azerbaijan they attempt to keep away from (chuckles). To

that end I have never played sports and I, to be honest, have never been keen on sports. Furthermore, in his child I saw just a beginner interest in sports.

During the time spent teaching moral and volitional characteristics, a wide scope of techniques is utilized - influence, compulsion, the strategy for bit by bit expanding hardships in rivalry. The utilization of these techniques acclimates competitors to teach, instructs them in self-endurance, persistence in accomplishing objectives, mental fortitude, assurance, intentionality and the capacity to activate powers as far as possible in preparing and rivalry conditions ... ". Specialists are truly learned about the preparation that accompanies such youth desires. They shared doubt about any such objectives they set for kids in building a pro athletics profession. Unfamiliar mentors coming to Azerbaijan to foster ability are reproachful of preliminary interaction models as the framework blocks the advancement of extremely gifted players as they keep on preparing like every other person (Kristiansen et al. 2017).). This has prompted a social struggle in creating competitors and being champions. Whether youth strategy impacts the choice of the mentor while picking competitors. The outcomes, first and foremost, will concentrate on the arrangements of "Youngsters' Rights in Sports" and "Guidelines on the Rights of Children" embraced in all games in Azerbaijan and evaluate how this influences the choice of mentors. As indicated by the NFF (2017), such arrangements and freedoms are important on the grounds that youngsters ought to have a positive encounter each time they train or play different games. They laid out that all sports offices for youngsters are available to anybody who needs to join and kids ought to have the option to communicate social association, attempt new things and not be reluctant to fizzle while having a good sense of security. This ought to happen in the prompt climate of the youngster, as it sets aside time and cash, and furthermore joins the neighborhood local area. The objective is to establish a steady climate wherein practice as a game turns into a protected and fun movement for youngsters. Public designs about the preparation model are different relying upon the club mentors. The greater part of the specialists accept that a few parts of this approach ought to be supported and advanced, and yet as per the arrangements of youthful competitors. Expert C, a resident of the nation, shared his involvement with weightlifting. "I'm from Georgia, I played during my school days and halted very early, in light of the fact that I normally sat on the seat constantly. They start to recognize gifts at an early age, which in Azerbaijan they attempt to keep away from (snickers). For that reason I have never played sports and I, to be perfectly honest, have never been keen on sports. Also, in his child I saw just a novice interest in sports. Expert C's involvement with sports in Turkey is actually the thing Azerbaijani preparation models are attempting to keep away from. Nonetheless, in the wake of looking again at his

experience, he concedes that he is keen on the game. He delineates his thought processes in light of his own terrible experience. Assuming that he were offered similar chances as his friends with a higher range of abilities, this could block the advancement of additional inspired and gifted kids matured 9-11.

Specialists, dominantly said that, If a competitor isn't prepared for a rivalry, he has a sensation of discouragement, solid fervor, anxious over excitement. Despondency is an outcome of a misjudgment of the strength of the rival affected by the feeling of dread toward rout. The condition of high energy emerges from exorbitant spotlight on the impending execution, its importance, and from tension about the outcome. The condition of retirement and carelessness shows up because of the competitor's extreme trust in his triumph and a lessening in the awareness of others' expectations. The absence of want to battle might be the consequence of poor actual wellness or exorbitantly successive rivalries that have intellectually depleted the competitor.

AYA and different allies of this assertion are of the assessment that the activity of the determination interaction for youngsters from 9-11 years old antagonistically affects their decisions. Because of the way that during the preparation time frame kids can't show themselves having ability and perseverance. This is because of the way that arranged arrangements influence kids exclusively and their exhibitions are not fruitful all the time. Furthermore, since the beginning, kids who were not chosen for determination lose inspiration and confidence in themselves. Subsequently, they lose interest in sports. In 2017, mentors acquainted AYA's Athlete Development Initiatives with embrace new strategies to get ready for games. The objective is for the tryouts to serve the principles and at an opportunity to choose genuinely capable youths. Through preparing and progress for a brief time of both specialized abilities and an exceptional arrangement, the young fellow who has passed will be chosen and, in particular, on a physical design. Basically center around creating youthful ability to advance public groups and clubs to the top division. In any case, AYA perceives that it is fundamental to have mentors fit for giving great football preparing (AYA 2017). To place the two dissimilar conclusions into point of view, there have been a few conversations about getting sorted out ski bouncing. Contentions against the adolescent framework AYA accepts that the advancement of the Azerbaijan Youth Club begins very late contrasted with the first class European nations. Mentors with competitors who exhibit a serious level of inspiration for the game concede the dissatisfaction of contest. Truth be told, mentors and different partners who support the activities of athletic competitors refer to the absence of an expert program with qualified mentors as one of AYA's strategies. These mentors utilize non-Azerbaijani standards for the advancement of gifts and kids with

brandishing desires, where the psychological preparation abilities are like the really European games clubs with an accentuation on specialized improvement, expertise coordination, comprehension of the game and legitimate mental turn of events, appropriate nourishment, mental effect, inspiration and high income from accomplishments. (Kaspersen 2014). The specialists imparted their insight on the model of choice of youngsters and the preparation plan for competitors. Expert B communicates what the preliminary preparation planning model can adversely mean for competitors with high game assumptions. He stressed:

"All the time, that's what the result is, awesome and most anxious athletes will encounter terrible instructional meetings. There is an excessive amount of thought for an expansion in caring can be seen insufficiently as an indication of a sensation of pity for the competitor, and he starts to contemplate the trouble of his situation. this care can be seen as dishonest, in light of the fact that before this was not the situation. Therefore, the competitor might reach some unacceptable inferences, and will manhandle this, feeling that the mentor ought to treat the German delicately and undemandingly. Thus, this prompts a reduction in discipline and influences execution. Such is reality, and that is the way things are going to be". Athlete inspiration is pretty much as significant as a singular methodology. Expert D distinguished different issues with prepared yet fruitful competitors. The singular methodology of the hero doesn't rely upon where he trains or whether his mentor is qualified. They have arrived at the fourth stage, because of perseverance, specialized abilities and, in particular, a singular way to deal with preparing ... During preparing, they arrive at an elevated degree of sportsmanship and have a long list of motivations to accomplish their objectives. Odd as it might sound, mentors imagine that competitors are not extremely tolerant, they can work on in preparing, they don't have faith in that frame of mind of advancement inside themselves. such a model doesn't compare to the real world. Specialists immovably trust that regardless of whether you get an opportunity to qualify, they can take an interest in the preparation phases and utilize the administrations of Training Standards and the right disposition to the bosses.

AYA has been scrutinized by the two specialists and youthful competitors for their position on the model. It is said that the absence of fortes and inappropriate rivalry among the two competitors and youngsters impede their turn of events. Specialists accept that there should be rivalry, however there should be the right abilities to prepare competitors. Once in a while this prompts misleading assumptions for competitors, extreme fearlessness. Proficient mentors use competitors for inward games inspiration. As Ryan and LaGuardia (2020) bring up, a lot of what youngsters do, particularly in sports, is about their internal

inspiration and motivation. Expert F, in the same way as other different mentors, will search for the most ideal way to keep competitors spurred to train.

Expert B says now: "Motivation for proficient competitors is to accomplish objectives. In any case, have major areas of strength for a that will endure every one of the challenges. The decision about whether to prepare with an accomplished mentor is the way to not beginning again before a race. It comes just from competitors who want to adapt to the difficulties of achievement."

Talking about his experience, expert D says: "When I was getting ready for the games, I began preparing here with an expert mentor. We were roused by difficult work and the craving to be awesome. "

In the review, the two articulations of experts B and D have all the earmarks of being equivalent.

As should be visible from the responses of the specialists and their preparation, the competitors with extraordinary experience were profoundly energetic to play and concentrated on the opposition.

Expert B notes, "Competitors worked more hours seven days. Mentors contend that continuous preparation doesn't imply that competitors conquer deterrents and come out ahead of the pack. The fundamental need for competitors is to control their eating routine and be intellectually ready for a confined eating routine." Experts really focus on rivalries, and this relies upon weighty preparation, yet in addition on a fair eating routine. Food ought to contain carbs, immerse the body with nutrients and minerals, give a ton of energy with detox. The menu contrasts relying upon the kind of game, the caloric substance of items and the proportion of proteins, fats and starches. Doping should be seen before the race. The fundamental rule, which applies not exclusively to experts yet in addition to avid supporters, is to never prepare with exhaustion. Weighty activity because of absence of energy before the race will exhaust the body's glycogen stores in the liver, which will lessen actual perseverance, particularly ceaselessly work-out.

Expert H couldn't resist the urge to share his impression of why diet is more significant for competitors: "Young competitors who are successfully modified to accomplish superior execution are not educated about the dietary abilities expected to set up a nutritious eating regimen. The decision of food previously and during the race relies upon the creature. Competitors are frequently out and about during the opposition season, and many can't handle their eating regimen. For club groups supported by the state or some kind of association, they plan dinners for the group out and about. Generally speaking, mentors just impact the eating routine before the race."

Expert B expressed that the primary job is additionally played by the groups where you have been preparing since adolescence.

The dissatisfactions saw inside the young model is additionally shared by a few expert players. Valeriya Mammadova, who had become intimately acquainted with Azerbaijan youth volleyball prior to diverting proficient supported Experts' dissatisfaction from his 2018 meeting. She asserted; "Regardless of how great you were, you would play so a lot or as little as the person who might not have intrigued or capable in volleyball. That was irritating when I was more youthful" (Sandven 2013). This shows how kids inherent and extraneous inspiration for the game altogether affect Experts' choice to look for different entertainers who can diminish the dissatisfactions they confronted with the AYA's guidelines. This provoked an interest of some sort and thus made the rise of instructively mentor.

That's what expert B and C said :

"We began with 30 youngsters in 2006. Presently we have around 300 youthful players, the two young ladies and young men, matured 7 to 12 years of age - and long holding up records," Thierry Kopp in (Kopp 2011).

After some time, interest in qualified mentors becomes excited, their movement in arranging and exceptional disposition to every competitor separately draws in the consideration of institutes and pioneers to accomplish results. The study permits surveying the job of mentors and their singular disposition. We will attempt to show the distinctive highlights of qualified and unfit mentors. Preparing plan construction and youth improvement the executives abilities with different mentors. One of the intriguing parts of this issue is the movement of these educational mentors in the advancement of youthful competitors.

Clearly, qualifying mentors started to enter the Azerbaijani market during the 2000s after they understood the requirement for additional schematic projects for competitors, comprising of a consolidated gathering and a singular way to deal with each in preparing processes. Perhaps the earliest association in Azerbaijan is AYA, what began its movement in 2006. After some time, they understood that there is an incredible need and longing for their administrations. "Customary clubs began with a comparable way to deal with the projects and preparation phases that were led by unfamiliar mentors, which they proposed to competitors. Instructional meetings have supplanted fun exercises and PC games. Youngsters' games rules limitations were forced on customary club institutes under AYA rules, which frustrated experts who trusted that kids from 9-11 years of age got an opportunity to rouse and thusly required better preparation plans for preparing. Since kids can't play in particular groups or take part in worldwide competitions, Coaches are searching for different channels that can address such issues.

In numerous ways, the Azerbaijani youth model provoked a fake interest, which was utilized by the standard one from the games club. The prime supporter of AYA shared his experience of how they entered the Azerbaijani market:

"For the first time ever, for what reason would it be advisable for us not deal with the best? We should establish the groundwork for them. Assuredly, not to the detriment of the rest, but rather notwithstanding them. At the time we began, this was an issue, as awesome and more pre-arranged players were only a piece of the entire gathering in their clubs. At the point when they came to us, we offered the kids proficient training and level separation across age and orientation. We found there was a popularity for a market that didn't exist at that point." (2018). AYA, as a public association, got high requests for its administrations during the long stretches of its establishment. The public group supporting the nation and different associations existing in the country, for example, Socar, Azal, Pasha Holding adds to investment in global competitions, for example, the World Youth Championship and organizations of first class clubs in Europe, makes their administrations more well known. A large portion of these states welcomed qualified mentors with unfamiliar schooling and experience, and advocate are significantly more inspired with profoundly qualified mentors with an unfamiliar profile.

Not at all like games clubs, AYA can't manage mentor capability exercises. This implies that a portion of the standards for kids' games don't have any significant bearing to private foundations. One of these standards disallows a conventional club foundation from partaking in worldwide competitions with kids under 11 years old. Be that as it may, this standard doesn't have any significant bearing to private associations since they are private people. While the specialists had blended sentiments about the costs engaged with their choice to enter a worldwide competition, they appeared to have predicted the experience. Expert E accepts that competitions will assist kids with feeling the contention better. "Kids who don't partake in competitions can't be spurred. In the event that youth times don't comprehend the sensation of contest to keep the triumph. A future competitor might lose interest in sports. Expert E was extremely dazzled with the manner in which AYA gave preparing to the children to encourage them. "The thing that matters is that the children in these first class institutes have a lot higher interest. They play a lot harder; they tackle and pulls the packs, and that is something you don't find in the kids' game here in Azerbaijan."

Expert F for this situation, proceeds to reference that:

"At the club, it doesn't make any difference assuming you utilize your left or right hand in specific settings, yet at AYA, it has an immense impact. They are more engaged with

subtleties, and obviously let you know as to whether you accomplish something wrong. The discipline and the level are additionally totally unique."

In the essential bases of the key, standards are utilized, as in the main European foundations. Qualified mentors focus on fundamental and specialized abilities. The objective of first class sports associations that utilization similar preparation standards to teach youthful competitors in the future could propel proficient benefits in them. Specialists are puzzling over whether kids from 9-11 years of age can be top. Competitors play a significant part to play in acquiring and creating initiative abilities during exercise, they become more coordinated in cooperation and gain proficiency with the soul of collaboration. Their bodies become more lively. Youngsters who play sports can apply the discipline they have learned and gained in sports to different aspects of their lives. life, it might appear to be so even in youth. The best little youngsters get the most minutes in rivalry, which is essential for why they've become well known with champions, particularly jokes with natural perseverance. The scholastic plan of action is like that of Turkey, France, Russia and other driving European games nations. It is intriguing to take note of that the majority of the mentors employed by the association will generally be unfamiliar taught. The way of thinking of a decent mentor is moderately new for mentors in Azerbaijan and is in direct difference to what has been realized such a long ways about kids games. During preparing and rivalry, it is very fascinating to notice the power, earnestness, persistence and such an elevated degree of fixation among youngsters matured 9 to 11 years. Specialists see that this has, somewhat, made the action of capability mentors more inescapable, it is great in their way of thinking to have an organized and smart arrangement at any early age for kids.

3.3. Data examination

Throughout the last many years, a flood of inspiration among youthful competitors and an expansion in the investment of experts in the advancement of gifted competitors. In light of this, we tried to read up the intentions in the choice of mentors to involve the administrations of associations for the capability of youthful competitors. Accomplishment zeroed in on three interrelated explicit issues: Respondents in the review recognized four primary advantages: a superior range of abilities, the nature of a mentor's capabilities, better circumstances, and great intellectual ability. Interestingly, ability advancement is frequently coordinated to accomplish outer objectives, it has been shown that competitors chasing after proficient professions principally have the issue of contracting with a mentor for capability. Kids fantasy about playing expertly, specialists were more doubtful about such dreams as a

result of the related entanglements. The experience of coaches and the experience of specialists impact the objectives in spurring youngsters. How did Azerbaijani legislative issues impact the improvement of competitors? All through the review, different issues were recognized. (Castillo, I. also, Duda, J., 2012) Through surveying interviews with eight specialists, a concentrate on an arranged formative model that deterred youngsters from having a higher range of abilities and inspiration to work out. . Since the model is well established in the standards of libertarianism and security, the AYA model is seen by most learner mentors as an obstruction to competitor improvement. All plans for applying separation methodology in mentors with higher outward inspiration for elite athletics and kids from 9-11 years of age who exhibited higher inborn inspiration for preparing.

Pull factors, competitors' admittance to qualified mentors, invigorating circumstances, foundation theory in light of professional success. The way in to the advancement of little youngsters from 9-11 years of age, was the main component for improvement was the preparation and inspiration of sports associations. The last benefit is for the most part for specialists with little youngsters who said they longed for making an expert vocation. For the most part, generally speaking, kids who have the ability and tolerance to push ahead. The impact added to the advocacy of expert competitors. Basically, the fundamental discoveries demonstrate that it is for the most part the kids' requirement for independence and ability that drives the mentor to an unbending preparation plan. Qualified mentors and their administration abilities is a stage to meet the essential requirements of mentors and competitors with characteristic and extraneous inspiration. Significant components of the financial profile influence the advancement of a competitor on the vocation stepping stool. Notwithstanding, two primary ramifications can be brought to additional consideration in view of the review; the need to reconsider models for preparing and the unavoidable impact of the singular advancement of competitors. The presence of conflicts between sports mentors of clubs and youthful competitors on the most proficient method to prepare and foster little youngsters from 9-11 years of age in Azerbaijan. From one perspective, the preparation plan offers little youngsters the requirement for social incorporation on their equivalent qualities. All little youngsters ought to prepare the same way. This equivalent demeanor of mentors to little youngsters will be a pride and delight from preparing, in the choices the inverse is valid. A significant point for AYA is to underscore that small kids younger than 13 shouldn't vary in their level or interest in sports. Such a model gives an open door to everybody, consequently making great social connections between kids. For quite a while, there has been impressive protection from the formative model of individual learning. Aggressive experts and kids with incredible capacities or interest in sports have for quite

some time been of the assessment that their improvement isn't offered more consideration due to the directions in the model. This implies that youngsters with a higher interest and capacity in sports get similar preparation plans and valuable open doors as kids without ability from unfit mentors, who are many times future mentors themselves. The outcomes have elevated disappointment among mentors who feel their preparation plans need legitimate capabilities. Furthermore, it is very challenging for mentors to make sense of for their understudies why they need to impart playing time to less talented kids. The learning plan model is considered more to be a discipline for profoundly energetic kids and less as a prize for unrivaled capacity. The specialists in this study saw next to no rationale in youngsters having a similar measure of play time, albeit some plainly practiced less and showed almost no energy for play. (Castillo, I. what's more, Duda, J., 2012) The examination likewise shows that master dissatisfaction is connected with how much preparation each week presented at the grassroots level. Toward the finish of each season, sports clubs enjoy extended reprieves on the grounds that the clubs don't have free fields or reasonable offices for preparing in winter. Mentor capability requires no concentrated advertising approach. The holes in the model have unquestionably made a particular market in which mentors who accept their youngsters need specific preparation and improvement have searched out such possibilities. In light of the discoveries, the arrangement model that neutralizes consideration for all taking part little youngsters, particularly kids with higher inspiration and capacity, appears to track down a boundary to their turn of events. The model makes a feeling of having a place and a protected zone for all kids to play sports, however disregards the requirements of little youngsters who feel they merit additional consideration. Hence, experts who can bear the cost of it will qualify and energize the preparation plan model.

Holes in preliminary models have made explicit mentalities towards mentors for youthful competitors who get an opportunity to prepare with individual qualified mentors. In particular preparation and improvement, they have possibilities in the headway of competitors. In light of a singular arrangement of modules, the preparation plan gives an accomplishment in the advancement of youthful competitors from 9-11 years of age, as numerous youthful competitors, particularly kids with higher inspiration and capacities for their turn of events. The model makes a feeling of having a place and a protected region for small kids to play sports.

For this explanation, competitors who can bear the cost of it will take care of the additional consideration that a title limit gives. The volume of extraordinary preparation and activities to keep up with general perseverance and execution, the length of dynamic lay on the pre-contest days may not diminish, albeit the power is by and large decreased.

Competitors champions can take part in many sorts of rivalries for a few hours. Simultaneously, some demonstration in one structure, others in four. (Veel and Darcy 2014, 131) Most significant level competitors practice their exercises involving the more proficient standard of quickly expanding loads in both volume and power, as well as trouble and pressure, and overlooking food consumption. This variable development of burdens doesn't disregard the rule of slowness, yet carries out it through the leap like guideline of building a preparation load, which permits you to accomplish higher outcomes with less work, with less preparation work. As usual, we should consider that the body and the construction of the body are person. One of the powerful strategies for preparing for this situation is the variable difference in its different parts. Occasional utilization of effect preparing with perfect and at times most extreme volume and power. As of now, at the titles in troublesome states of sports grappling with astoundingly high contest, where competitors have a similar specialized and actual wellness, stick to similar strategies, individuals with a more elevated level of advancement of moral-volitional and extraordinary mental characteristics frequently win. In sports practice, there are numerous models when the undisputed heads of the time didn't arrive at the last because of mental breakdowns, and competitors who were not among the top picks, generally because of outrageous solid willed preparation, frequently accomplished triumphs in the championships.

RESULTS

It is shown that a professional sports coach is the central figure, the subject of the pedagogical process in working with athletes, he is the main mentor and educator of young athletes, he evaluates, encourages and rewards students for success in competitions. With his pedagogical knowledge and experience, professional skills, the athlete's coach influences the personality of the young athlete, manages the processes of leadership and mutual influence in the team, encourages the initiative and conscientiousness of his students, forms a sense of collectivism and patriotism. A children's coach is obliged to control the sports regime of 9-13 years children, be interested in their successes and hobbies, intervene in the interpersonal and family relationships of their students, prevent and resolve conflicts, educate and motivate their athletes for the conscientious implementation of the training program in preparation for important competitions. Long-term training with its structure and content of each of the stages should be based on the laws and principles of the formation of higher sportsmanship, allowing to fully realize the natural inclinations of athletes and ensure their achievement of the highest sports results in the optimal age zone for their demonstration, characteristic of a particular sport.

The exploitation of talented young athletes, which is manifested in forcing their training, focusing on sports achievements and success in competitions in adolescence and youth, leads to the preparation of champions and champions, but is inevitably associated with a violation of the laws and principles underlying rational long-term training. Young athletes preparing in this way prematurely consume their adaptive resource, often experience overstrain and overtraining, they stop progressing and are inferior to their peers, who often have lesser inclinations, but who did not allow forced training. Participation in competitions of age groups, the Olympic Games should naturally flow into the training process. These competitions should be just one of many means of long-term preparation for achieving the highest results based on the fullest possible realization of natural inclinations at an age that allows one to fully demonstrate the ability to achieve the heights of sportsmanship.

Comparison of results with other sports

Athletics is one of the main mass sports that combines walking and running at different distances, long jumps and high jumps. Athletics is not just a hobby, but a serious occupation that needs to be given a lot of time and effort. Jogging has a good effect on the cardiovascular system, because when running there is a constant tension and relaxation of the muscles of the body, and mainly the legs. Since there is tension in the muscles of the

legs, it can be understood that Athletics trains the endurance that is needed in any sport. Without good endurance, a person will not become a boxer or a gymnast. Also, Athletics develops the skill of agility well, which is also needed in sports such as football. During athletics, breathing becomes deep and frequent, because of this, the supply of oxygen to the tissues increases. This increases physical and mental performance, which will also help in other sports. Constant jogging will help a person solve problems with chronic fatigue, and with fatigue, people do not play sports, so they can start with an easy run, and then choose a sport of their choice. Running develops in a person a sense of purpose, willpower and self-control, which will help and be useful in any sport itself. , and running, and throwing (while throwing the ball).

In common with other sports from a holistic system of long-term sports training of athletes, starting from the stage of initial training, to the stage of higher sportsmanship, and involves the solution of the following tasks:

- formation of motivation for regular physical culture and sports, instilling the skills of independent long-term physical improvement;
- selection of gifted athletes for further specialization and sports training in a sport (discipline of a sport);
- familiarization of athletes with the principles of a healthy lifestyle, the basics of hygiene, the principles of fair wrestling;
- mastering the methods of determining the level of physical development of an athlete and adjusting the level of physical readiness;
- obtaining knowledge by athletes in the field of athletics, mastering the rules of the sport, studying the history of athletics, the experience of masters of past years;
- formation of a harmoniously developed personality by methods of physical education based on knowledge of the features of sports training and methods of physical training;
- systematic improvement of skills by mastering the technical and tactical arsenal during regular training sessions and sports competitions;
- education of moral and volitional qualities, inculcation of patriotism and general cultural values;
- increasing the efficiency of young athletes, expanding their physical capabilities, maintaining high physical readiness of athletes of the highest skill;
- implementation of the training of comprehensively developed young athletes of high qualification to replenish the national teams;
- training instructors from among the athletes of the community.

We will not compare, for example, football with athletics: this is rather pointless. These are the games in which several athletes achieve results together. Most game sports are team sports, and the most popular in the world also belong to this category. There are a lot of examples: football, hockey, basketball, volleyball, and so on - up to relative exotics like handball or water polo, and sports that are popular abroad for example, lacrosse or baseball. Team sports involve a lot of communication with peers. For a child, this is a great way to find new friends who share his hobbies. Children in the process of training and performances learn to work in a team, to achieve results together. An understanding of the principles of successful interaction between people, mutual assistance, delimitation of personal and public interests is being formed. There is a chance to instill strong leadership qualities in a child if he shows a tendency to lead. As already mentioned, team games are the most popular sports: children willingly start playing them. Less, in comparison with individual sports, the result depends on the personal sports qualities and efforts of your child. Both the team and the coach determine a lot. It's not always good.

As a result of the above, there is less sense of personal success and blurred criteria for such, especially at the beginning of the sports path. Team sports for children are not always motivating enough, especially if the child does not play a prominent role in the team (for example, a striker or goalkeeper). Relationships within the team do not always work out well, and this can negatively affect your child's sports life. And for life outside of sports, too. The popularity of team sports sometimes plays a cruel joke: faced with a hard training routine instead of what he saw on TV, a child can quickly lose motivation. There are not as many individual sports games as there are team games. Perhaps the only truly widely popular among them is tennis, as well as similar sports (squash, table tennis, badminton). The main advantages of individual sports are as follows: Develops the ability to rely on oneself, to achieve results on one's own. Direct confrontation with an opponent has a great effect on the strong-willed qualities of the child. In individual sports, there are transparent criteria for progress, it is easy to compare yourself by results with other athletes, to determine benchmarks and achievement levels. Sports achievements (ranks, titles, awards) in individual sports are informally valued much higher than in team sports.

As you know, it is very pointless to compare them with athletics and football, because first of all we are engaged in the same technical disciplines - running in training. It is meaningless for this reason. According to research, many factors influence the interest of children in sports at the age of 9-11. First of all, children who play sports from an early age become active, get tired late, observe the rules of behavior in a group, and also learn leadership, stress resistance, motivation and patience. Today, with some sports clubs

banning 9-11 year olds from competing, it seems that their sense of victory, motivation, and commitment to work has ceased, and this seems to have a direct impact on their future careers. According to studies, this is a controversial issue, but also an important factor for health. At the same time, the role of coaches in the life of an athlete who has taken new steps is undeniable. The main reason is that beginners benefit from the motivation and enthusiasm of the coach. However, the coach's basic modular plan approach sometimes backfires. Children seem to lose interest and often stay away from sports. Athletes who are resistant to a kind of stress and control their emotions always win. As a result of our survey, each successful athlete has achieved high results in his individual approach, work on himself. Switching from one sport to another is not that difficult. Team sports are widely known and are considered the most popular sports in the world. Examples include football, hockey, basketball, volleyball, lacrosse and baseball which are popular overseas. Team sports require a lot of interaction with peers, and we find confirmation that you do not depend only on the motivation to win. In the process of training and competition, children are taught to work in a team, to logically and consciously build tactical moves for the result together, they are taught as a kind of school, as a way of unity. (If an 11-year-old child is prone to leadership, he has a chance to instill strong leadership qualities.

However, compared to individual sports, the result depends on the personal athletic qualities and efforts of your child. The results show that the team has less responsibility, less joy in the event of success, and less responsibility. Thoughts about relationships in the team are not always encouraging. The main advantages of individual sports should be noted. It is important to create in children a sense of self-confidence, to develop a sense of achieving their own goals. Explosions have a greater effect on children's willpower.

DISCUSSION AND CONCLUSION

Age (9-11 years) was chosen for several reasons. Firstly, in adolescence, there is an intensive development of all muscles, maximum muscle strength develops, therefore, even non-specific loads as a result of natural growth and development are accompanied by an improvement in sports results. On the other hand, age

9-11 years - the most difficult in terms of the formation of motives for sports. It is during this period that "reevaluation of values" most often occurs, as a result of which children change their lifestyle. An important reason for the departure of boys and girls is a failed sports career, lack of ability to achieve a high sports result. And, therefore, those who attend sports schools at this age are aware of the purpose of their activities and see it as their quality.

For analysis, it is very important to understand what successes the students of sports schools have already managed to achieve, because sports activities initially imply the presence of any sports results.

RITERATURE LIST

1. American Academy of Pediatrics. 1982. Risks in long distance running for children, a statement. *The Physician and Sports Medicine* 10: 82-83.
2. American Academy of Pediatrics. 1983. Weight training and weightlifting: Information for the pediatrician. *The Physician and Sportsmedicine* 11(D): 157-161.
4. Anderson AB., Froberg K., Lammert O. Should we revise our ideas of the effectiveness of youth training? 1987
5. *New Studies in Athletics* 1: 65-72.
6. Anshel MH., Freedman P., Hamill J., Haywood K., Horvat M., Plowman SA. *Dictionary of the sport and exercise sciences*. Champaign: Human Kinetics; 1991
7. Armstrong N., Davies B. 1984. The metabolic and physiological responses of children to exercise and training. *Physical Education* 7: 90-105. Baily, D.A. 1973. Exercise, fitness and physical education for growing child. *Canadian Journal of Public Health* 64 (Sept./Oct.): 421-430.
8. Baily DA., Malina RM. Mirwald RL. The child, physical activity and growth., Vol. 2, 2d ed., 1985, 147-170 in *Human growth*
9. Baratta R., Solomonow M., Zhou BH., Letson D., Chuinard R., Ambrosia R. Muscular coactivation. The role of the antagonist muscle in maintaining knee stability. 1988, *American Journal of Sports Medicine* 16: 113-122.
10. Bar-Or O. *Pediatric sports medicine for the practice er*. New York: Springer-Verlag; 1983
11. Bar-Or O., Goldberg B. 1989. Trainability of the prepubescent child. *The Physician and Sportsmedicine* 17(5)
- Bompa, T. 1993a. *Periodization of strength: The new wave in strength training*. Toronto: Veritas.
12. Bompa T. *Power training for sport: Plyometrics for maximum power development*. Oakville, New York, London: Mosaic Press, 1993b
13. Bompa T. *Theory and methodology of training*. Dubuque, IA: Kendall/Hunt, 1994
14. Bompa T. 1999. *Periodization: Theory and methodology of training*, 4th ed. Champaign, Illinois: Human Kinetics. Bompa, T. 1999. *Periodization Training for Sports*. Champaign, IL: Human Kinetics.
15. Borms J., Hebbelinck M. Review of studies on Olympic athletes. pp. 7-27 in *Physical structure of Olympic athletes, Part II, Kinanthropometry of Olympic athletes*. *Medicine and sport science*, XVIII, edited by J.E.L. Carter. Basel: Karger, 1984
16. Bowerman RW., Fox EL. *Sports physiology*. Dubuque, IA: Brown, 1992

17. Carlson R. The socialization of elite tennis players in Sweden: An analysis of the players' backgrounds and development, 1988, *Sociology of Sport Journal* 5: 241-256
18. Coakley J. 1986. When should children begin to compete? A sociological perspective. In *Sports for children and youths*, edited by M.R. Weiss and D. Gould. Champaign, IL
19. Human Kinetics.
20. Committee for the Development of Sport of the Council of Europe. 1982. Conclusion of an International Seminar on Sport for Children. Norway. Document CDDS (82).
21. Cureton TK., Jett M. Anthropometric and selected motor fitness measurement of men engaged in a long term program of physical activity, 1976, *Research Quarterly* 47:666-667.
22. Docherty D., Bell RD. The relationship between flexibility and linearly measures in boys and girls 6-15 years of age, 1985, *Journal of Human Movement Studies* 11:
23. Duda M. Prepubescent strength training gains support, 1986, *The Physician and Sportsmedicine* 14(2): 157-161.
24. Duquet W., Hebbelinck M., Vajda J. Biometrical study of body type characteristics of Belgian long distance runners, 1978, *Sport (Extra Nummer: Sport weten-schappelijke bijdragen. Brussel. BLOSO)*: 41-48.
25. Ewing ME., Seefeldt V. American young and sports participation. Youth Sports Institute of Michigan State University (sponsored by the Athletic Footwear Association, Palm Beach, FL), 1990
26. Fleck SJ., Falkel. Value of resistance training for the reduction of sports injuries, 1986, *Sports Medicine* 3: 61-68.
27. Forbes JK. 1950. Characteristics of flexibility in boys. Doctoral diss., University of Oregon. Forsyth, G. 1974. Burnout: Psychological or physiological? *Swimming Technique* 11(I): 2-4, 20.
28. Malina RM. 1986. Readiness for competitive youth sport. In *Sport for children and youths*, edited by M.R. Weiss and
29. Gould D., Champaign IL: Human Kinetics.
30. Malina RM., Bouchard C. 1991. Growth, maturation, and physical activity. Windsor, ON: Human Kinetics. Martens, R. 1978. Joy and sadness in children's sports. Champaign, IL: Human Kinetics.
31. Martens R. 1981. Young sport in the USA. In *Children in sport*, 3d ed., edited by F.L. Small, R.A. Magill and M.J. Ash.

32. Champaign, IL: Human Kinetics.
33. Mason TA. Is weight lifting deleterious to the spines of young people? 1970, *British Journal of Sports Medicine* 5: 54-56.
34. Matsuda JJ., Zernicke RF., Vailns AC., Pedrinin VA., Pedrini-Mille A., Maynard J.A. Structural and mechanical adaptation of immature bone to strenuous exercise, 1986, *Journal of Applied Physiology* 60(6): 2028-2034.
35. Matsui H. 1983. Discovery of hereditary ability for junior athletes. *Asian Studies of Physical Education* 6(1): 50-56. McGovern, M.B. 1984. Effects of circuit weight training on the physical fitness of prepubescent children. Dissertation
36. *Abstracts International* 45(2): 452A-453A.
37. McGuire RT., Cook D.L. The influence of others and the decision to participate in youth sports, 1983, *Journal of Sport Behavior* 6: 9-16.
38. Micheli LJ. 1988. Strength training in the young athlete. pp. 99-105 in *Competitive sports for children and youth*, edited by E.W. Brown and C.E. Brants. Champaign, IL
39. Human Kinetics.
40. Nagorni MF. 1978. Facts and fiction regarding junior's training. *Fizkulturai Sport* 6.
41. National Strength and Conditioning Association. Position paper on prepubescent children. Phd. diss., *Dissertation Abstracts International*. 7(4):
42. Passer MW. 1988. Determinants and consequences of children's competitive stress. In *Children in sport*, 3d ed., edited by F.L. Small, R.A. Magill, and M.J. Ash. Champaign, IL: Human Kinetics.
43. Pechtl V. 1982. The basic and methods of flexibility training. In *Traininglehre*, edited by E. Harre. Berlin: Sportverlag. Purdy, D.A., S. Haufler, and D.S. Eitzen. 1981. Stress among child athletes:
44. Perceptions by Experts, coaches and athletes. *Journal of Sport Behavior* 4(1):.
45. Ramsay JA., Blinikie CJR., Smith K., Garner S., Mac Dougal J.D., Sale D.G. Strength training effects in prepubescent boys, 1990, *Medicine and Science in Sports and Exercise* 22: 605-614.
46. Reiff GG., Dixon W., Jacoby D., Ye XG., Spain CG., Hunsiker PA. Presidents Council on Physical Fitness and Sports. National School Population Fitness Survey, 1985, Ann Arbor, MI: University of Michigan.
47. Rians CB., Weltman A., Cahill BR., Janney CA., Tippet SR. Katch FI. Strength training for prepubescent males: Is it safe? 1987, *American Journal of Sports Medicine* 15: 483-489.

48. Roberts D., Norton A., A. Sinclair and R Lavkins. Children and long distance running, 1987, *New Studies in Athletics* 1:7-8.
49. Roberts GC. 1986. The perception of stress: A potential source and its development. In *Sport for children and youths*, edited by M.R. Weiss and D. Gould. Champaign, IL
50. Human Kinetics.
51. Roberts SO., Pillarella D. *Developing strength in children: A comprehensive guide*. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), 1996
52. Ross JG., Dotson O., Gilbert GG., Katz SJ. The national children and youth fitness study: New standards for fitness measurement, 1985, *Journal of Physical Education, Recreation and Dance* 56: 20-24.
53. Rotella RJ., Hanson T., Coop R.H. 1991. Burnout in youth and sports. *Elementary School Journal* 91(5). Rovere, G.D. 1988. Low back pain in athletes. *The Physician and Sportsmedicine* 15:105-117.
54. Rowland TW. Oxygen uptake and endurance fitness in children: A development perspective, 1989, *Pediatric Exercise Science* 1: 313-328.
55. Sailors M., Berg K.. Comparison of responses to weight training in pubescent boys and men, 1987, *Journal of Sports Medicine* 27:30-37.
56. Sale DG. 1986. Neural adaptation in strength and power training. pp. 281-305 in *Human muscle power*, edited by N.L. Jones, N. McCartney, and A.J. Mccoms. Champaign, IL: Human Kinetics.
57. Sapega AA., Quendenfeld TC., Moyer RA., Butler RA. Biophysical factors in range of motion exercise, 1981

ATTACHMENTS

Annex 1 [Main Survey Questions]

- 1) Please indicate your gender
- 2) Please indicate the age group which you belong to
- 3) Please indicate your status (single , married, divorce)
- 4) Please indicate your education level
- 5) Current main sport?

Annex 2 II [The Post for sharing Athletic Sport via email]

Hi Everyone!!

Here is survey about my Master Thesis and my topic is Exploring the important features to work successfully as a coach with young athletes aged 9-11 years. In advance, I want to thank to all participants for taking time for being involved in this survey. This survey is conducted with the aim of obtain detailed and comprehensive information about my topic. By answering these questions, you will help me gain clear understanding for my research.

Let's Start!

Here is the link for survey! https://s.surveyplanet.com/HketVmBd_M

www.surveyplanet.com

Annex 3 [Interview Questions with expert {A,B,C,D,E,F,G,H}]

- 1) How will you describe the current situation of young athletes aged 9-11 years in brief?
- 2) Which barriers do obstacle development of to the training process for children 9-11 years of age?
- 3) What are the reasons of life long benefits of athletes who have achieved high results` in stage 4?
- 4) What are the attributes of a high school coach?
- 5) Does being athletic improve their intelligence?
- 6) What is the role of a sports psychology?
- 7) Reasons why coaches and athletes should work together if they intend to improve their results?
- 8) Improvement of sportsmanship and self-control in athletics?
- 9) Tactics for motivating athletes to improve their performance?

- 10) Mental health problems that affect most athletes who have achieved good results in stages 2 and 3 but failed to improve those results in stage 4?
- 11) The most effective methods of rewarding athletes after a good performance
- 12) Strategies for amateur athletes to avoid mistakes that can prevent them from registering the best performances
- 13) The best diet for those who participate in sporting activities
- 14) How to attract children to professionals coach and why do you need it?
- 15) What is needed to create a sports hub for professional athletes and the community?