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Reclassification to another sport using FC Berlin as an example

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Abstract

Education through sport is widely discussed in world literature. Sport theorists emphasize the importance of the long-term process of training a player for many years as a hierarchically complex system-structured task. Nevertheless, practical actions which are taken often differ from theoretical recommendations. In many countries due to cultural, technological or financial conditions, various systems of solutions are used.

On the basis of direct observation in one of the German teams, the article attempts to discuss the benefits of retraining young athletes for another sport. These actions are taken systematically. In addition, reference was made to the dangers arising from the use of commercialized sports activities for children and youth in Poland.

Bearing in mind both theoretical justifications and practical actions taken in the German team, one can observe the positive impact of correctly diagnosing the predisposition of children starting football training and retraining for other sports activities. In addition, based on the author's experience in training work in Germany, no negative impact on the functioning of sports training or education of such action through sport was observed.

Keywords: system, sport for life, football

1. Introduction

The motivation to write this article was direct observation of training work in Germany. In 2014, after winning the World Cup by Germany, there was an explosion of football interest in our western neighbors. Despite the success, DFB (German Football Association) introduced further modifications of children's and youth training. Reforms were introduced at all levels. Nevertheless, proven trends were left unchanged. It was similar in the U 12 team in one of the Berlin clubs. In the 2014/2015 season the club coordinator established an individual's well-being as the primary goal. He encouraged coaches to direct their attention to a player's individual predispositions by formulating recommendations in such a way that "every coach who observes a player presenting greater predisposition to a discipline other than football is obliged to direct a young athlete

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to a discipline in which he will have a higher chance of success in the future ". This recommendation includes an individual's well-being and a sports training in the general sense, subjectivity and individualization. A very rational and mature look in the long term. Such action is consistent with the Polish definition of sport which states that "Sport is all forms of physical activity that through ad hoc or organized participation affect the development or improvement of physical and mental condition, the development of social relations or the achievement of sports results at all levels" (Act of 25 June 2010 on sport). Looking more broadly in terms of physical culture, the recommendation of the German club coordinator is directed at both qualified and non-qualified sport manifested in physical activity for life. The recommendation applies to institutionalized and spontaneous activities performed both individually and in a team enabling the joy of playing sports, satisfying competition, the natural need for movement or play. Such activities are of general development, social and health nature (Morawski 2000). In addition, they are aimed at maximizing the achievements of athletes staying in sports training in the long term (Demel, Skład 1970, Grabowski 1997). Looking from the perspective of many years of sports training aimed at optimizing the function of the body, it can be assumed that this is the only right way that shapes volitional traits, personality and aims at sports championship (Sozański 1999). Due to the different start time of training in many disciplines, it can be assumed that retraining to another sport can take place at the same time at a comprehensive, targeted or specialized stage in football (valid 1981). This approach made the most of the facilitated recruitment for football in Germany to promote all sports. Cooperation of the German sports training system in all disciplines appears here. Nowadays it is difficult to find such activities in Poland. Coaches only focus on their disciplines. The commercialization of children and youth football by introducing membership fees from 25 euros to 60 euros only complicated this. A new business has emerged that is difficult to stop these days. Instead of focusing on shaping attitudes, principles and values, trainers began to improve the functioning of paid individual training for additional fees (Kalinowski et al. 2019). With this understanding of sport, oversights appear, mutilating the young people's personality. There is a lack of role models and authorities. The rules of sport competition are shaken. In 2020 football in Poland is increasingly played by more affluent people. There is no place in training for boys from poor families. All classes in clubs and nurseries are paid (Kalinowski 2019). However, it looks different in Germany. It can be assumed that concepts such as sport for everyone, self-esteem, mental training or motivation which is perceived as a key in the pursuit of results is disturbed. Looking through the prism of sport theoreticians who believed that high sport results are due to the cumulative effect of sometimes many years of wisely conducted training interactions such action seems doubtful. The effectiveness of the training process, especially in its initial periods, is largely determined by the ability to adapt this process to the expectations and capabilities of a person's exercising (Sankowski, 2001). These principles are contrary to current trends in Poland. On the other hand, the actions taken in Germany at FC Berlin apply both to qualified and non-qualified sports. It can be assumed that referral to an individual has a positive effect on maintaining physical fitness, physical activity, mental health and well-being. On the other hand, selecting the most talented favors the superior goal in qualified sport which is to achieve the best possible results at various levels of competition at a regional, national, global or Olympic level (Perkowski, Śledzewski, 1998). It can be assumed that the German approach increases the effectiveness of training.

While preparing the materials for writing this thesis, the issues related to the functioning of the training in the Berlin club were taken into account, as well as elements

of the football training system that shape players' competences and their achievements. Therefore, the purpose of the work will be to try to discuss the benefits of retraining young athletes for another discipline.

2. The role of stageisation

Stageisation can be understood as adjusting the process of professional development to developmental age. It is assumed that it is necessary for a player's comprehensive and specialized training. Depending on a physical activity, lifestyle or training volume, it is supposed to be a psychophysical adaptation to a specific sport discipline (Strzelczyk, Karpowicz 2012). The issues of stageisation include extensive activities directed according to theoretically and empirically proven justifications for sport training methodology (valid 2004). While in the broadly understood training process, the stageization is strongly exposed theoretically, practical activities often leave much to be desired. Restrictions result from economic, cultural, technological or financial barriers (Strzelczyk, Karpowicz 2012).

It can, therefore, be assumed that the proper selection and stage of training gives the opportunity to achieve high sports results. Actions in theory that seem uncomplicated by the complexity of the situation and individual differentiation are a very demanding process. In addition, it requires high awareness of trainers who have a direct impact on the sporting development of their mentees for life. During a training process actions taken by trainers are comprehensive and directed towards a long-term goal. In practice, however, you can come across instrumental activities aimed at an immediate effect. Sports disciplines establish even higher requirements for young players.

Due to the growing requirements in Poland, quite differently than in Germany, groups of 4-year-old football adepts began to be created in order to reduce the distance to the European leaders. This interpretation of the situation in order to get closer to the level of world leaders seems to be a fairly large shortcoming causing early specialization. It has been observed based on the author's experience in recent years in Polish football clubs that an overall fitness is reduced and that normal sports development is stopped. 14-year-old competitors with many years of training experience are not able to perform basic gymnastic exercises. At this point, referring to the work of the sports theoretician Sozański (1999), who in the long-term training process emphasizes the importance of phase-relatedness resulting from biological and methodological premises focused on the dynamics of developmental changes in ontogenesis, many years of neglect can be observed. Therefore, it is worth considering how the children's recruitment in Poland and Germany takes place.

3. Recruitment groups

Searching for gifted children and managing their further development is one of the fundamental functions of sport for children and youth. Hence, players' recruitment and selection are considered fundamental in a competitive sport. It is assumed that the sooner the accuracy of the assessment of the player's psychophysical equipment is confirmed, the better their later training is. (Tchaikovsky 1982). The term natural and rational selection appears in sport. Scientific selection which is also called rational by expanding diagnostic methods is more effective than natural selection (Naglak 1996). Natural selection is not

very effective because it is time inefficient. The definitions of recruitment and selection are often combined with each other, and meanwhile these are completely different activities. The recruitment consists in the creation and enlargement of training groups, and the selection consists in eliminating from the training people not promising opportunities for sports success (Naglak 1996).

In Germany, despite an open recruitment and selection taking place in all clubs and associations, since 2002 more than 380 support points have been established throughout Germany. This project makes it possible to conduct football training at an equally high level throughout the country. It aims to equalize opportunities for all children and youth living in Germany (Kalinowski, Karpowicz 2015). It is only worth noting that the activities of the German Football Association are primarily free. In all clubs and associations, the focus is on the most talented players. The Bundesliga academies train children from the U 9 age category in selected groups of 12 in one year. The most important aspect of training is working with the best in a given discipline. After choosing the most talented, we achieve non-sport goals for other children, focused on activity, play and sport for life. While in a broadly understood physical culture, non-sport goals are the most important, they play a complementary role in a sports training. In this sense, retraining for another sport due to predisposition is substantively justified for the purposes set for young candidates in a qualified sport.

4. Functions and role of sports games

Games are an important element of functioning not only in sport and physical culture, but they also play an important role in the wider social sense. There are various social, sports, political or economic games around the world (Straffin 2004, Panfil 2006). Defining a game depends on the field, culture or function. It can be assumed that they play the role of:

- personality development
- conflict regulator
- sources of emotional experiences
- social promotion tools
- a pattern of structuring social reality

In addition, games can be divided into action-oriented: heterolytic, e.g. educational and sports, and autotelic, directed at play (Panfil 2006). In this understanding of sports games, there is a conflict of means and objectives for the implementation of sports games in a physical culture and qualified sport. However, as the example of the Berlin team shows, by retraining to another sport, you can simultaneously achieve sport and non-sport goals in one club. Ball games in a physical education and recreation are directed at all participants, comprehensive psychophysical development, diversity of impact that is supposed to give pleasure through natural selection. Moreover, they have to arouse positive emotions through participation. It should be emphasized that they should be prepared to play with a ball in the dimension of sport. As a result, the role of retraining for another sport appears. Due to the fact that games in the dimension of sport discipline provide for the participation of elite, specialized psychophysical development through individualized means of influence occurs. In this sense, competition appears as a goal of the player's future signing of a professional contract. The training process is characterized by arduous work achieving heterotelic goals (Panfil 2006).

5. Training goal

After diagnosing the skills and orienting a young player, the goals of the games are set depending on the predisposition. Recreational or non-sporting goals affect a man's overall development and they are of a great importance in social life. Sport goals prepare selected individuals to achieve maximum achievements in adulthood. Hence, it can be assumed that the goal directed at redirecting athletes to another discipline due to the possibilities and predispositions is fully substantively substantiated and tested theoretically. Such activities are adapted to the level of development, psychomotor, child's skill level and their motivation, personality and needs. Comprehensive guidelines are implemented, such as:

- being in a group of peers and friends
- good fun and joy of training
- nice and active leisure time
- comprehensive motor development
- development of football skills
- group cooperation

On the other hand, the implementation of sports goals is directed at a child's specialized development, teaching and improving their football skills. The process of a long-term training begins in the context of achieving stage goals (Strzelczyk, Karpowicz 2012). In addition, the development of social skills and young football players' creativity is a very important activity in sport. The players' individual goal, as mentioned, is to improve their motor skills and children's and youth continuous development.

6. Summation

In this perception of football as in Germany, you can find a place for all candidates for athletes and people actively spending time. Sports and recreation goals are implemented. While observing training work in Germany, trends focused on quality rather than quantity in sports training could be observed. This is confirmed by the current Bayern Munich reform project regarding the withdrawal of U 9 and U 10 teams from training. Trends recorded six years after winning the World Championships only show the continuation of reforms that our Western neighbors are systematically conducting. In the best European leagues, no one focuses on a business value at this stage of training (Kalinowski et al. 2019). Finances are generated in the senior competitions of the German Bundesliga, the English Premier League, the Italian Serie A or the Spanish La League, where there is the greatest business and marketing potential. It is highly probable that Western clubs have previously taken such action but for some reason they do not. It is worth considering the legitimacy of such activities in Poland. Western clubs focus more on selecting the most gifted children than training the ones aged 4 years. In addition, it is worth emphasizing that in the country of four-time World Champions in football training for the youngest there are classes in basketball, volleyball, athletics games directed at general development training or gymnastic exercises. No early specialization was observed as in Poland.

Significant differences in functioning can be observed. In Germany, attention is focused on subjectivity and an individual's well-being, while in Poland we want to combine higher values with business and membership fees. In our opinion, such activities are impossible for all willing children. In a sense, it is rejecting the poorest people. The sport to be combined begins to divide. Activities aimed at finance have a significant impact on the recruitment and selection process which fulfill a fundamental role in the process of

sport training (Kalinowski, Jurdeczka 2015). This role is about diagnosing talented individuals and managing their development. Talent is defined as genetic, above average ability in a specific field, which is characterized by a man. The dimensions of talent are volitional traits, tenacity, fortitude, and self-denial in pursuing a goal. Talent identification is associated with recruitment groups. Therefore, accessibility to everyone seems justified. Nevertheless, organized sports activities in Poland are paid. We are currently observing the development trend of commercial sports entities focused on financial success. With a small number of training units (twice a week), very many groups are created. These commercial entities do not cooperate with leading clubs in the regions. By collecting monthly fees from parents with the interest of larger clubs, they demand a cash equivalent for training a player. They are not focused on cooperating with entities from other disciplines because they treat young players as clients. In Germany, long-term activities result from clearly defined long-term goals, while in Poland there are no long-term goals, and the actions are aimed at obtaining immediate effects in the form of generating monthly revenues. Therefore, it can be assumed that they may not be effective in the long run.

7. Application

Thus, taking into account the substantive justifications and practical actions taken in the German team, a positive effect was observed in diagnosing the predisposition of children starting football training and retraining for other sports activities. In addition, based on the author's experience in training work in Germany, no negative impact of a such action on the functioning of sports training or education through sport was observed. Based on the analysis of the situation, it is worth adopting the actions taken in a German club focused on retraining for other sports in Polish teams because they can pay off in the future not only by increasing the quality of football but in many sports. It can be assumed that continuing the business approach may have a negative social consequences which will not only lead to a decrease in interest in sport activity or competition, but will also affect social divisions in which football will eventually become a sport for the elite.

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