

## AN ANALYSIS OF THE SIGNIFICANCE OF THE DEVELOPMENT OF YOUTH GOLF

**Gao Hanchao,**

*master's student Vitebsk State University named after P.M. Masherov,  
Vitebsk, Republic of Belarus*

*Scientific supervisor – Yanovskaya V.V., PhD in Biology, Associate Professor*

**Keywords.** Golf, youth, physical and mental health, social development, sports-education integration.

As a sport that combines competitive, social, and recreational elements, golf holds unique educational value for youth development. With the deepening of my country's sports education reform and the advancement of the "integration of sports and education," golf has gradually shed its traditional image as an "elite sport" and become a vital vehicle for promoting the well-rounded development of young people.

The purpose of this work is to study the positive impact of golf on the physical, psychological, social and cultural development of young people.

**Material and methods.** The study of scientific and methodological literature, the survey of students and teachers.

**Results and their discussion.** Golf requires high levels of coordination, core strength, and focus. Through systematic training, young people can improve their body control, hand-eye coordination, and movement stability. Unlike high-intensity sports, golf emphasizes the integration of technique and strategy, helping young people develop a scientific understanding of exercise load and avoid the risk of injury from overtraining [1]. Furthermore, golf is often played outdoors in natural environments, providing young people with access to sunlight, fresh air, and green spaces. This helps relieve visual fatigue, improve posture, and promote healthy growth [2].

Golf emphasizes "self-challenge" rather than "competition against others," requiring players to remain calm, focused, and patient. Every shot decision requires calculating factors like distance, wind direction, and terrain, which helps cultivate young people's logical thinking and strategic planning skills. Furthermore, the integrity and self-discipline inherent in the rules of golf (such as self-scoring and proactive penalty strokes) can subtly cultivate young people's awareness of rules and moral values. When faced with mistakes and setbacks, players need to learn to regulate their emotions and motivate themselves. This kind of mental resilience training has long-term benefits for young people's personality development [2].

Golf is known as a "bridge between social sports." Its etiquette (such as observing quietly, respecting opponents, and protecting the course) can cultivate young people's awareness of social norms and a sense of public responsibility. Through tournament participation, team training, and other activities, young people have the opportunity to interact and collaborate with peers from diverse backgrounds, learning how to navigate competition and manage interpersonal relationships. Furthermore, golf often transcends age and occupational boundaries, providing young people with a broader perspective and social network, enhancing their social adaptability.

Golf is a sport suitable for all lifespans. Learning during adolescence can lay the foundation for a lifelong exercise habit. Compared to short-term, exam-oriented sports training, golf focuses more on cultivating interest and sustainable participation, aligning with the educational philosophy of "health first." Furthermore, golf blends modern Western sportsmanship with traditional Eastern philosophy (such as "Tao follows nature" and "combining movement and stillness"), helping young people understand the diversity of sports culture and enhance their cultural confidence.

To fully leverage the educational potential of golf, coordinated efforts are needed across multiple aspects, including curriculum design, teacher training, and facility development. For example:

- integrate golf fundamental movement training into physical education classes, using gamified instruction (such as putting challenges and simulated racetracks) to stimulate interest;
- develop interdisciplinary golf-themed projects (such as parabola calculations in physics and turfgrass ecological analysis in geography);

- expand venue resources through school-enterprise collaborations, utilizing technology like simulators to lower barriers to entry;
- organize campus tournaments and public welfare experience events to strengthen the integration of rules education and practical experience.

**Conclusion.** The value of golf for young people goes far beyond skill acquisition itself. Its core lies in cultivating qualities such as self-discipline, integrity, and resilience through the medium of sport, fostering harmonious interaction between individuals, society, and nature. In the future, we need to further break the stereotype of "aristocratic sport" and promote the deep integration of golf education with school sports goals, so that it can become an effective way for the comprehensive development of young people.

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## FEATURES OF SPORTS TRAINING OF FOOTBALL PLAYERS AGED 12–16

**Guo Jiulong,**

*master's student Vitebsk State University named after P.M. Masharov,  
Vitebsk, Republic of Belarus*

*Scientific supervisor – Shpak V.G., PhD in Pedagogy, Associate Professor*

**Keywords.** Football, sports training, football players, aged 12-16 years, physical development.

This paper focuses on the features of sports training for football players aged 12–16. At this stage, the physical and psychological development of young football players shows unique characteristics. Physically, they are in a period of rapid growth, with significant changes in body height, weight, and physical functions. Therefore, training should pay attention to promoting balanced physical development, including strength, speed, endurance, and flexibility training [1]. Psychologically, they are in the process of forming values and self - awareness. Training needs to stimulate their interest in football, cultivate teamwork spirit, and enhance psychological resilience. In terms of technical and tactical training, due to their relatively low level of physical development and cognitive ability, the training should be step - by - step, starting from basic ball - control skills and simple tactical cooperation. Moreover, considering the differences in individual development, personalized training programs should be designed to meet the needs of different players.

*The purpose* of the research: to develop a system of exercises to increase the effectiveness of the training process of football players aged 12-16 years.

**Material and methods.** In order to solve the tasks, this study comprehensively and scientifically explores the characteristics of sports training of soccer players aged 12 to 16 by using a variety of research methods to ensure the accuracy and reliability of the results.

*Literature method.* The author utilized electronic resource databases from university libraries such as China National Knowledge Infrastructure (CNKI), Wanfang Data, VIP Information, as well as foreign databases like EBSCO and Web of Science. Additionally, attention is paid to official guidance documents and research reports on youth football training issued by organizations such as the International Football Association Federation (FIFA) and the Union of European Football Associations (UEFA), providing solid theoretical support and rich practical references for the study [2].

*Questionnaire survey method.* A specialized questionnaire was designed to survey football players aged 12-16, coaches, and sports education experts. The athlete questionnaire focused on