

## **Play for fun: forgotten piece in current football puzzle**

Zoran Milanović

Faculty of Sport and Physical Education, University of Nis

### **Abstract**

Football is the most popular sport played in almost all countries of the world. In addition, football is the most popular recreational activity with more than 200 million recreational players worldwide (Milanović, Pantelić, Čović, Sporiš, & Krustrup, 2015). The popularity of football and the great economic power make children start with organized forms of training very early to make an advantage over their peers. In addition, we have a large number of competitions and competitive activities even for the youngest age categories nowadays. A large number of competitive activities increases the pressure from coaches and parents, mostly due to unrealistic expectations and the desire to achieve success and enormous earnings (Myer et al., 2016). Very quickly, the primary parents' idea to keep the child away from the TV or mobile phone is replaced by the desire to achieve success. Due to that, the fun character of children's football training has almost disappeared. 70% of children leave organized training at the age of 13 due to inappropriate approach and high pressure (Brenner, 2016). In addition, due to early specialization and a large number of competitive matches, accompanied by great pressure, the number of injuries in children has increased dramatically. Consequently, children who leave football early due to injury or lack of fun during training leave the sport forever and become physically inactive (Milanović et al., 2019). It is clear that football has a significant social role and that much more attention needs to be paid to proper and systematic training in order to avoid unwanted consequences.

### **Sažetak**

Fudbal je najpopularniji sport koji se igra u gotovo svim zemljama sveta. Pored toga, fudbal je i najpopularnija rekreativna aktivnost sa više od 200 miliona rekreativnih igrača širom sveta (Milanović et al., 2015). Popularnost fudbala i velika ekonomska moć čine da deca počinju sa organizovanim oblicima treninga veoma rano u nadi da će tako ostvariti prednost u odnosu na svoje vršnjake. Pored toga, danas imamo veliki broj takmičenja i takmičarskih aktivnosti čak i za najmlađe uzrasne kategorije. Veliki broj takmičarskih aktivnosti povećava pritisak od strane trenera i roditelja najčešće zbog nerealnih očekivanja i želje da se dođe do uspeha i enormne zarade (Myer et al., 2016). Vrlo brzo se primarni motiv roditelja da dete bude daleko od TVa ili mobilnog telefona zameni željom da se ostvari uspeh po svaku cenu. Zbog toga je gotovo nestao zabavni karakter fudbalskog treninga dece i potpuno zaboravljene činjenice zašto deca zapravo igraju fudbal. Kao posledica lošeg pristupa i velikog pritiska, 70% dece napušta organizovani oblik treninga već u 13-oj godini (Brenner, 2016). Pored toga, zbog rane specijalizacije i velikog broja takmičarskih utakmica, praćenim velikim pritiskom, broj povreda kod dece se dramatično povećao. Sve navedeno čini da deca koja rano napuste fudbal zbog povrede ili nedostatka zabavne komponente u toku treninga zauvek odlaze iz sporta i postaju fizički neaktivne osobe (Milanović et al., 2019). Jasno je da fudbal ima značajnu društvenu

ulogu i da je potrebno mnogo više pažnje posvetiti pravilnom i sistematskom treningu kako ne bi došlo do neželjenih posledica.

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