

EDITORIAL: COMPREHENSIVE TRAINING THROUGH FOOTBALL-SOCCER**David Almorza**

Soccer's current social impact makes it a very powerful tool for the comprehensive training of those minors who come to practice it. It is especially valuable among young people of school age, who may otherwise lose motivation and begin to frequent places that lead them away from their studies. For young people with their dreams, soccer can focus their attention and contribute to their overall education.

During the 2018–2019 season, an interesting program developed by the Aula Universitaria de Fútbol of the University of Cádiz (Spain) and the Delegation in Cádiz of the Real Federación Andaluza de Fútbol (Andalusian Royal Soccer Federation), aimed at the comprehensive training using soccer as a basis, was launched.

The program was developed with three soccer teams located in the province of Cádiz, in the south of Spain: C.D. Olímpico U-7, C.D. Olímpico U-9 and C.D. Olímpico U-13, 24 players. The following aspects were analyzed in each of these teams during the 2018–2019 season: 1. Academic training; 2. Fair play; 3. Health, hygiene, and nutrition; 4. Training for coaching staff; 5. Training for parents, and 6. Social responsibility.

Academic training refers to the academic qualifications that the players obtain at school. Academic aspects are included during the soccer training sessions so that players realize that soccer and school are not two separate worlds, but that they each form part of the same world.

Fair play is one of the main parts of comprehensive training. Players play soccer in the same way that they train for soccer, but they live their lives in the same way they play soccer. By awareness of the penalties arising from the yellow and red cards and the additional sanctions, players note that attitude is important. What is more, a green card (a special distinction for fair play during the match, provided by the referee) is a very valuable additional award.

Health, hygiene, and nutrition are an important set of activities. Absenteeism from matches and training sessions because of illness or injuries provides a profile of player health. During the season, several discussion sessions on aspects of hygiene and nutrition were organized for players and parents, and there were also sessions on the different ways that parents could help if their children had any injuries.

Training for coaching staff is an important aspect, and not only in a sport sense. During the season, several improvement sessions were organized for coaching staff. One valuable contribution was providing first aid training to coaching staff so that they could help the players in event of an injury or an accident.

Training for parents is a key issue within basic soccer. Parents must be aware that training their children for life is even more important than sports training. During the season, several discussion sessions were organized on comprehensive training itself, and on related topics such as the dangers of using social media.

Social responsibility activities were developed by the players and the clubs. Comprehensive training includes knowledge of the social reality surrounding these players and the opportunities to improve it.

The results were very encouraging. The interest on the part of the team officials, players, and parents was clear. The coordination between the University of Cádiz, the Andalusian Soccer Federation and teams was very positive. All those who participated learned from the experience. The main beneficiaries

were the children who participated and experienced a different approach to basic soccer training. A strong commitment was made by all those involved to continue with the comprehensive training and promote its benefits for society.

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