

Improvements in performance of young Asian soccer players – Survey of performance level in U-17 selection teams in three countries –

Hiroaki MATSUYAMA, Hiroshi NINOMIYA,
Takahiro MATSUTAKE, Katsuhiko MUTO

Abstract

The performance of young Asian soccer players that are coached by Japanese coaches dispatched overseas as a part of the JFA Dream Asia Project were assessed using JFA physical measurements and DIPCA. 3, and compared between two countries. The comparison of JFA physical measurement confirmed the main effect of 6 among 14 items. It indicated that players in the Commonwealth of Northern Mariana Islands (Northern Mariana Islands) had high shuttle run ability and agility and players in the Kingdom of Bhutan (Bhutan) had a high jumping ability. However, players in these countries had low physical abilities required for soccer compared to players in other countries. The comparison of DIPCA.3 indicated a main effect of 3 among 12 items. Bhutanese players had high self-control, self-confidence, and decision-making scores. However, players in the Northern Mariana Islands and Bhutan had low psychological abilities required for soccer compared to players in other countries. Nevertheless, players in the Northern Mariana Islands and Bhutan are improving rapidly as a result of coaching by Japanese coaches. It would be necessary to train the physical and psychological aspects of these players with a middle-to long-term vision, which should include the positive experience of international games from young people.