



REVIEW

On the dissertation for the acquisition
the educational and scientific degree "doctor"

On the topic "**Specialized methodology for sports training of 14-15 year old female football players**"

Author of the dissertation:	Bozhya Mitkova Noeva
Scientific supervisor:	Prof. Lachezar Dimitrov, PhD
Doctoral Program:	Theory and Methodology of Sports Science
Professional field:	7.6 Sport
Department:	Football and Tennis

Reviewer. Assoc. Prof. **Emil Atanasov, PhD**

I. Data about the PhD student

Bozhya Noeva was born in 1991 in Gabrovo.

She graduated in the National Sports Academy, "Vasil Levski". She graduated in "Bachelor" with three specialties "Sport - Football Coach" "Physical Education" and "Kinesitherapy". She graduated from two master's programs "Conditioning Coach" and "Sports Management" at the same university.

She has been coaching football since 2012.

The information presented about the PhD student shows consistency and coherence in interests as well as experience in the field of research. This explains the choice of topic and creates the necessary prerequisites for the completion and presentation of a complete and sustained scientific work.

II. Characteristics of the submitted

The dissertation is developed in 152 pages, plus appendices. It is illustrated with 47 figures and 79 tables. It includes a bibliography with references in Bulgarian and English, etc. The work has the typical structure for this type of scientific work - it consists of four chapters.



The chapter "Theoretical Setting of the Problem" provides an important basis for the research by examining five key areas related to the specificity of women's football and the peculiarities of the training process for girls aged 14-15. The author demonstrates a holistic approach to the analysis of the problem, incorporating historical, physiological and pedagogical aspects. This section presents an analysis of the theoretical and methodological foundations of the problem in the following thematic areas:

1.1. History of women's football worldwide

The author skilfully traces the development of women's football from its origins to the present day. The exposition is systematic, focusing on key moments such as the organization of the first official international tournaments and the introduction of women's football into the programme of major sporting forums such as the Olympic Games and the World Cup. *I believe that the only factual information in this section relates to the development of sport.*

1.2. History of women's football in Bulgaria

The section provides an overview of the development of women's football in Bulgaria. The author focuses on the founding of the first women's teams, the organization of national championships and the participation of Bulgarian teams in international tournaments. Here the uniqueness of the Bulgarian context and the challenges related to the promotion of this sport are highlighted.

In terms of content, these two sections lack an in-depth analysis of the reasons, challenges and barriers (social and cultural) that have hindered the development of women's football in different regions, especially in our country. It would have been useful to include data on recent trends in the development of women's football in the country, and how they correspond with global developments.

1.3. Anatomic-physiological and age-specific features in children and girls

The author demonstrates a general knowledge of the physiological and anatomical features of adolescent girls that influence their athletic performance. Emphasis on differences in skeletal-muscular development, energy metabolism, and recovery processes is helpful in understanding the specifics of the training process.

1.4. Sensitive periods for the development of motor qualities

This section is valuable in that it looks at the key periods for developing strength, speed, endurance and coordination in girls.

1.5 Contemporary issues in the process of sports training with 14-15 year old girls

The author identifies a number of challenges associated with sports preparation for girls in this age group, including sport selection, conditioning, etc



Given the importance of this issue, I believe that the theoretical and practical basis can be enriched here by sharing the authors' theses, analysing case studies or sharing empirical research data.

My overall impression of the literature review presented is that it is too brief and does not fully fulfill its research purpose. The individual thematic areas, especially are 1.3, 1.4 and 1.5 are too superficial, lacking specificity, contemporary vision, richness of author's concepts, worked on the fundamental problems related to the preparation of female football players at this age.

On the basis of the presented analysis, the formulation of the working hypothesis deserves attention. In a meaningful way, the predicted directions in which better results can be achieved in terms of training program and preparation are presented.

Chapter two outlines the characteristics of the research. I believe that the formulated aim fully corresponds with the topic of the research thesis. The stated tasks complement the framework of the research work, following technologically the fulfilment of the stated aim. It is noteworthy that for their solution an appropriate toolkit of research methods was used, correctly complemented with the technology of their implementation. The research methodology is also accurately described with information on each of the tests used. *I would like to draw attention to one test from the test battery used - the triple jump. In the age group studied (14-15 yrs) without specialized jump training the test is difficult to perform technically.* My shared reservations of internal defend for age-specific purpose were taken into account and the necessary adjustment was made. The organizational framework of the study is also presented, with specific activities for each stage.

Chapter III presents an extensive analysis of the data collected, using a variety of approaches to interpret and summarise the results. The section is well structured and covers the key aspects of the study.

3.1. Analysis of the national survey on girls' and women's football

Bozhya Noeva systematizes the data from the national survey, identifying the main problems and trends in the development of women's football. An impressive contingent of 482 persons was surveyed. In my opinion, some of the graphs presented in the appendix, supported by expert analysis, should be presented in this section.

3.2. Analysis of anthropometric test results

This section demonstrates depth in the analysis of the anthropometric data, highlighting the specific characteristics of the participants.

3.3. Analysis of sport-pedagogical research

3.3.1. Variational and comparative analysis



Here, the author uses a variety of statistical methods to analyze changes in participants' motor performance. The results are presented clearly, with emphasis on the significance of the differences observed. In places, there is a discrepancy between the graph presented and the analysis that was done (p.105).

3.3.2. Correlation analysis

Correlation analysis is justified and shows the relationships between different indicators. The author successfully interprets the correlations and offers practical guidelines for improving the training process. The presented network diagrams perfectly illustrate the strength of the relationship between different quantitative variables (moderate, significant and high dependence).

3.4. Regulatory system for control and evaluation of the SFP and the TTD

This section is a significant contribution to the research, as the author develops a practically applicable evaluation and control system. The presented norms are clearly formulated and tailored to the age characteristics of the participants.

For the sake of precision in illustration, it is recommended that the results presented be formatted and presented in the language in which the thesis is defended.

Attention should be paid to the created experimental methodology for training in four mesocycles. The key points in the individual mesocycles are thoroughly, with particular precision: the purpose of the preparation, components, etc. The proposed six-week training program can serve as a starting point for the preparation of other teams.

I. Critical comments, questions and recommendations

All comments and recommendations have been shared in the previous sections of the review.

II. Evaluation of scientific and applied contributions

The study provides a systematic and comprehensive overview of the development of women's football globally and in Bulgaria, identifying key milestones and challenges.

The specific sensory periods for the development of motor skills in girls aged 14-15 years are analyzed, which contributes to more accurate planning of the training process.

A normative system for the control and evaluation of sport-physical training (SPT) and technical-tactical actions (TTD) in girls has been established. This system is practically applicable and adapted to the age characteristics of the participants.

Practical guidelines for the optimization of the training process in girls are proposed, based on the results of the pedagogical experiment and the analysis of the sensory periods.



Significant correlations between various indicators of physical training and technical-tactical efficiency are derived, which enriches the understanding of the relationship between the training process and the results achieved.

III. Conclusion

In conclusion, as a result of my own research, I would like to point out that a significant scientific work for theory and practice has been presented. On the basis of the above, I strongly support the awarding of the PhD in the professional field 7.6 Sport, doctoral programme Theory and Methodology of Sports Science to Bozhya Mitkova Noeva.

04/04/2025

Reviewer:

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