

## **STATEMENT**

**by Associate Professor Galina Stoyanova Ocheva, Ph.D.**

**On a dissertation work for the educational and scientific academic degree  
“Doctor of Philosophy”, professional field 7.6. Sport, doctoral program  
“Theory and Methodology of Sport Science”**

**Topic of the dissertation work: “Specialized Methodology for Sport  
Preparation of 14-15 Year Old Female Footballers ”**

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**Supervisor: Professor Lachezar Dimitrov, Ph.D.**

In terms of its structure, the presented dissertation work has a volume of 253 pages, including – an introduction, four chapters, a bibliographic reference of 106 sources/ 74 in Cyrillic, 32 in Latin letters/ and two appendices. The visualization is achieved through 47 figures and 38 tables. The Introduction promptly guides the reader to the main part of the research work. Football is pointed as one the most widely spread and significant sports worldwide. It is noted that in the last decades, women’s football has registered significant progress and there is an urgent need for scientifically supported specific methodologies for the preparation of young female footballers. It is also noted that the age 14-15 marks a very important stage in the development of the physical, technical and psychological characteristics of young female footballers.

In Chapter One – Literature Review, the doctoral student makes an in-depth analysis of rich literary material. An analysis is made on the history of female football in Bulgaria and all over the world. The anatomical, physiological and age characteristics of children and adolescent girls are analyzed. The development of young female athletes, including females aged 14–15 is marked as a complex process. The natural stages of female footballers’ growth and development involve changes, influencing the capabilities of young athletes to deal with physical loading. Attention is paid on the psychological aspects of their development and suitable recommendations are given on the specifics of the training process. The doctoral student has also accentuated on the sensitive period in the development of physical qualities. The current drawbacks in the process of sport preparation of 14-15 year-old female footballers are very well presented. The existing problem areas in this age group with reference to the limited number of licensed female coaches, the small

number of quality terrains and sports facilities, the insufficient interest in professional clubs to develop junior female football, create great difficulties. Another problem is the lack of specialized methodologies for coaching junior female footballers. The number of publications in this area of football coaching is also limited. The working hypothesis is very well formulated and it is based on the necessity of creating a scientifically grounded methodology for optimizing the sports preparation of female footballers aged 14-15.

Chapter Two – Aim, Tasks and Methods of the Research. The aim and tasks of the research have been correctly formulated. The basic tasks which the author has stated are five. There are 30 female footballers in the research - from the “NSA” football club, Sofia and from the “LP-Supersport” football club, Sofia. The research methods used are related to the tasks stated by the doctoral student, and are a prerequisite for the realization of the research. A test battery of 15 tests is offered to establish the changes resulting from the application of the experimental methodology for specialized sports preparation of female footballers aged 14-15 in the two research groups.

Chapter Three – Analysis of the Results. In my opinion, this chapter deserves high evaluation. All data are very well interpreted and the acquired results provide better opportunities for multi-aspectual analysis. The conducted survey reveals the main drawbacks in popularizing football among girls and women. The results from the anthropometric studies show a trend of positive development. After the conducted sports pedagogical testing, an improvement in the achievements is demonstrated and there are positive changes with reference to the effectiveness of the applied complex methodology for development and improvement of the specialized physical preparation and of the technical and tactical activities. The established significant dependencies between the results from the control tests after the second study are indicators for the better general integration of skills and activities of the experimental group. A normative system is also created for control and evaluation, which provides opportunities for efficient current determining of the level of improvement of technical and tactical skills, and of the development of specialized physical preparation.

Chapter Four - Conclusions and Recommendations. The conclusions and recommendations made are based on the conducted research and experimental work, and they provide useful directions for the theory and practice of the studied age group.

All above mentioned arguments give me good reasons to express my final opinion on the dissertation work created by doctoral student Bozhia Noeva, which is a complete scientific research work with significant theoretical and practical contributions, and which will certainly be useful for an effective methodology for training 14-15 female footballers.

**I propose to the honorable members of the Scientific Jury to award Bozhia Noeva the educational and scientific degree “Doctor of Philosophy” in scientific area “Theory and Methodology of Sport Science”, professional field 7.6. Sport.**

Sofia

21.03.2025

**Member of the Scientific Jury:**

**/Associate Professor Galina Ocheva, Ph.D./**