

OPINION

on a dissertation work for the acquisition of an educational and scientific degree „PhD“ in the field of higher education 1. Pedagogical sciences, professional direction 1.3. Pedagogy of training in..., doctoral program „Theory and methodology of physical education and sports training“

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TOPIC: „Optimization of the psychophysical training of
the football referee“

Author of the dissertation: Georgi Nikolov Kabakov – doctoral student of independent training at the Department of „Theory and Methodology of Physical Education and Sports“ of the Faculty of Pedagogy at Plovdiv University „Paisii Hilendarski“

Scientific supervisor: Prof. Veselin Margaritov, DSc

I. General presentation of the procedure and the doctoral student

The competition has been announced for the needs of the Department „Theory and Methodology of Physical Education and Sports“ at the Faculty of Pedagogy at Plovdiv University „Paisii Hilendarski“, according to the Decision of the Faculty Council of the Faculty of Pedagogy according to protocol № 5 / December 06, 2022. I participate in the composition of the scientific jury for the competition according to Order № RD-21-2093 / December 13, 2022 of the Rector of Plovdiv University „Paisii Hilendarski“.

The set of materials presented by the doctoral student is in accordance with Art. 36 (1) of the Regulations for the Development of the Academic Staff of Plovdiv University and includes all the required documents. All requirements under the Law on the Development of the Academic Staff in the Republic of Bulgaria have been met.

Georgi Kabakov was born on February 22, 1986 in the city of Plovdiv. In 2000, he completed his primary education at the „Dimitar Talev“ Elementary School – Plovdiv, and in 2005, his secondary education at the „Professional High School of Food Technology and Technology“ – Plovdiv. In 2010, he graduated from the European College of Economics and Management – Plovdiv with the professional qualification „Manager“. In 2018, he graduated from Plovdiv University „Paisii Hilendarski“ with a second bachelor's degree with a professional qualification „Pedagogy of Physical Education“. In 2019, again at Plovdiv

University, he graduated with a master's degree in „Sports at School“. Since October 2020, he has been a doctoral student at the Department of „Theory and Methodology of Physical Education and Sports“ at the Faculty of Pedagogy at Paisii Hilendarski University of Plovdiv, and since September 2021 he has been appointed as an assistant at the same department. He has been a football referee since 2001, and since 2013 he has been in the ranking of the international leading referees of the Republic of Bulgaria. At the moment, he is the most quoted and authoritative football referee of ours, both in the Bulgarian championship and on the international stage.

II. Actuality of the topic

Refereeing in football is an extremely topical problem in both theoretical and practical terms. With the continuous development and improvement of the football game, its role is increasing more and more. It is a major factor not only for the proper running of the game and for the regulation of the relationships between the players, but also for its qualitative stimulation. Therefore, refereeing is the subject of extremely high attention among the world sports community. Football refereeing is an area of strategic importance in the policy of FIFA, UEFA and all their member national football federations.

Improving the theory and methodology of the football game has an important role in the development of football refereeing. That is why the optimization of the means, methods and forms of training, improvement, control and management of the training and sports refereeing activities of football referees are of particular importance for positive expectations in the future. Because of all this, I consider that the topic under consideration is extremely relevant, both in a scientific and a scientific-applied sense, bearing in mind that this is only the second dissertation of its kind in our country, examining the extremely complex topic of „soccer refereeing“.

III. Knowing the problem

With over twenty years of experience in the field of football refereeing, Georgi Kabakov knows the state of the problem very well. The author has creatively researched the publications on the subject. The study of the state of the problem was carried out competently and in the necessary scientific style. For the preparation of the theoretical part of the dissertation, 251 sources were used, of which 163 in Cyrillic, 72 in Latin and 16 Internet sites.

IV. Research methodology

The author has described the subject and the object of his research, and the applied research methods provide an opportunity for an objective analysis towards the achievement of

the goal and tasks of the work. The organization of the study and the tests for sports-pedagogical control are described in detail. The selected research methodology includes:

1. Research, analysis and summarization of literary sources;
2. Survey;
3. Methods for measuring and evaluating physical development – weight and BMI;
4. Pedagogical monitoring;
5. Pedagogical testing for physical capacity:
 - 5.1. Explosive Strength test;
 - 5.2. Slope depth test;
 - 5.3. FIFA fitness test;
 - 5.4. Singles-doubles-singles test;
6. Mental tests:
 - 6.1. Self-confidence, activity and mood test;
 - 6.2. Situational Mental Readiness test;
 - 6.3. Proofreading test;
 - 6.4. Time Perception test.

V. Characterization and evaluation of the dissertation work and contributions

The dissertation work is formed in one book with a volume of 175 pages, of which 135 main text containing 45 tables and 97 figures, 9 pages of used literature, as well as 31 pages of appendices. In terms of structure, the work is properly constructed, including an introduction, three main chapters, conclusions and recommendations formed as a fourth chapter, declaration of originality, bibliography and appendices. In terms of structure, volume and sequence of the presentation, the proposed dissertation meets the basic requirements for this kind of development.

In chapter one in a volume of 49 pages, the author successively introduces us to the history and origin of the football game, the history and stages in the development of football refereeing, the mental, physical and psychophysical training of the football referee. Here, the creative research of the publications on the subject by Georgi Kabakov makes an excellent impression.

In the second chapter, in its logical sequence in a volume of 15 pages, the hypothesis is presented – short, clear and well-constructed, which forms the concept of the dissertation work. Following is the objective and the resulting six main tasks, formulated clearly and precisely and giving a clear idea of the doctoral student's intentions. The author has described the subject, object, methodology and organization of his research.

Structurally, the development of chapter two is scientifically sound and fully satisfying, and its content contributes to the high value of the dissertation work. In general, the positive points about what was written in this chapter refer to the clearly constructed methodological setting of the research, the appropriate and versatile research methodology. A very good impression is made in this chapter by the sequence in which the organization and implementation of the experiment is presented and the precisely selected and detailed tests for control and evaluation of the achieved results. The doctoral student solves the set tasks to achieve the intended goal of the research, through a well-chosen methodological base and the used technical means and methods for collecting empirical data.

The third chapter, „Results and analysis of the obtained results“ is developed at a very good scientific level. In this part of the dissertation, which is in a volume of 66 pages, the results of the survey with 92 football referees are analyzed. The results and the analysis of the indicators for establishing the physical development, the results of the study of the physical capacity, mental qualities, the combined video test and the psychophysical capacity of the football referees from the experimental and control groups are successively presented. On the basis of the statistical processing, an accurate interpretation of the objective indicators from the conducted tests was carried out. A significant contribution to practice is the correlation analysis of the results, determining the correlation dependences between the indicators of the physical qualities of the experimental group at the end of the research period. The results of the conducted tests unequivocally show that the experimental training models for physical, mental and psychophysical training in the annual cycle increase the effectiveness of the training work in the experimental group.

The training model for physical training during the different periods of the sports competition year, the model for mental training before, during and after leading football matches, as well as the model for psychophysical training of football referees, are a significant contribution to practice.

From the extended scientific search, the researches and analyzes made in this part of the dissertation allow me to point out the following main contributions to practice:

1. The theory of the psychophysical training of football referees has been enriched.
2. Rational training models for physical, mental and psycho-physical training were created and experimented in the annual cycle in terms of content and structure.
3. An appropriate test battery with high informativeness and complex assessment was used in the three spheres of referee training. Objective results as well as statistical analysis have proven the effectiveness of the applied models.

4. The created models, the conducted experiment and the results obtained in it would be a starting point for football referees in connection with the planning of their year-round training.

VI. Assessment of the doctoral student's publications and personal contributions

The doctoral student has four publications related to the dissertation work. Three of them are independent and one is co-authored. In the publications, the author indicates the modern trends in the construction of the football referee. It presents the mental and physical training of the football referee, as the main components in the overall training of football referees, as well as the basic requirements for the activity of the video assistant referees. The presented publications fully reflect scientific research on the subject. The author and I have no publications in common.

VII. Abstract

The content and quality of the abstract is prepared according to the requirements for this type of work and reflects the main results achieved in the dissertation.

VIII. Recommendations for future use of dissertation contributions and results

In view of the fact that the majority of football referees in our country plan and organize their training by themselves, I suggest to the doctoral student that the training models for physical, mental and psychophysical training created and experimented by him should be formed in the „Help for the preparation of the football referee”, which would be particularly useful in conducting their comprehensive training.

CONCLUSION

Georgi Kabakov, in his entire more than 20 years of football refereeing, pedagogical and scientific activity, has shown dedication, hard work and professional competences to work in accordance with modern educational trends.

Georgi Kabakov is a respected professor at Plovdiv University. My personal positive evaluations of the doctoral student as a researcher are also complemented by his refereeing and instructor activity in working with young football referees. These positions allow him to have not only detailed information and a comprehensive view of the state of refereeing in Europe and the world, but also of referees in professional and amateur football in our country, incl. the planning, management and control of sports training and the possibility of direct participation in organizational and management processes. All this has enabled the doctoral student to make his choice of research.

Based on the above and taking into account the personal qualities of the author, I believe that the dissertation work on the topic: „Optimization of the psychophysical training

of the football referee“ has been developed at the necessary scientific level and is of high theoretical and applied value.

The in-depth analysis of the effect of the created experimental training models for physical, mental and psychophysical training in the annual cycle of football referees, the experiment carried out and the results obtained in it, enriching the optimization of the training process of football referees and the increase of the professional competence of the sports-pedagogical personnel , working in the field of football refereeing, as well as the topicality of the problem chosen for research give me grounds with conviction to propose to the respected members of the scientific jury at Plovdiv University „Paisii Hilendarski“ to award **Georgi Nikolov Kabakov** the educational and scientific degree „PhD“ in field of higher education 1. Pedagogical sciences, professional direction 1.3. Pedagogy of training in..., doctoral program „Theory and methodology of physical education and sports training“.

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Sofia city

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