

## **ANNOTATION**

from

Prof. Dr. PhD Kiril Zahariev Kostov, South-West University "Neofit Rilski" Blagoevgrad

regarding the qualities of a dissertation  
to acquire the educational and scientific degree

**„DOCTOR“**

field of higher education **1. Pedagogical sciences**

professional direction **1.3. Pedagogy of training in...**

PhD program: **"Theory and methodology of physical education and sports training".**

**Author:** GEORGI NIKOLOV KABAKOV

**Subject:** "Optimization of the psychophysical training of the football referee"

**Supervisor:** Prof. Ph.D. Veselin Zhelyazkov Margaritov

### **1. General presentation of the procedure and the PhD student**

By order RD-21-2093 dated 13.12.2022 of the Rector of the Plovdiv University "Paisiy Hilendarski", I have been appointed as a member of the scientific jury to ensure a procedure for the defense of a dissertation work on the subject: "Optimization of the psychophysical preparation of the football referee" for the acquisition of the educational and scientific degree 'doctor' in the above-mentioned field of higher education, professional direction and PhD program.

The author of the dissertation is a PhD student of independent training at the Department of "Theory and Methodology of Physical Education" at the PU. The set of online materials presented by PhD student Kabakov, as well as on paper, is in accordance with Article 36 (1) of the Rules for the Development of the Academic Staff of the PU and includes the following documents:

1. application form to the rector for opening a procedure;
2. curriculum vitae in European format;
3. protocol of the preliminary discussion in the department;
4. abstract;
5. declaration of originality and authenticity of the attached documents;
6. certificate of compliance with the minimum national requirements;
7. list of publications;
8. dissertation work;
9. copies of the publications on the subject of the dissertation work;
10. GC document for paid fee, according to the Tariff.
11. set of paper documents from item 1 to item 10 — 3 pieces;
12. set of documents from items 1, 2, 3, 4, 6, 7, 8 (possible indication of other documents from items 5 and 9 on electronic media) — 7 pieces.

Georgi Nikolov Kabakov was born on February 22, 1986. He completed secondary special education with the professional qualification of technologist, and he completed his higher education at "Paisii Hilendarski" PU as a "Bachelor" (2018) and "Master" (2019) with the specialty "POFV" and "Business Administration" as a professional bachelor with the qualification - Manager. In parallel with his studies at the PU, the PhD student participates in "Association with a non-profit purpose for public benefit DFK "Talanti" city of Plovdiv, as the manager of the Management Board of the association.

Georgi Kabakov also has many years of experience as a football referee. He started in 2001 as a referee in amateur football, in 2005 he switched to professional football. Since 2013, he has been an International Football Referee at the FFA.

In the period 2020-2022, Georgi Kabakov is a PhD student of independent training at the "Theory and Methodology of Physical Education" department under the scientific supervision of Prof. Veselin Zhelyazkov Margaritov, and from 2021 he was elected assistant to the same department.

PhD student Kabakov speaks English at a very good level and has excellent computer literacy. He also has many years of experience in the field of sports, where he has categorically proven his social and organizational competences in this field.

## **2. Actuality of the subject**

The problem of optimizing the process in the preparation and implementation of football referees has its significant place, both in a purely theoretical (scientific) plan, and also, above all, in its practical implementation. Moreover, when it comes to a markedly significant social phenomenon, such as football, the issue becomes even more relevant and complex. And as noted by the author himself "...the magic of the football game has captivated the world since ancient times, and it is not by chance that nowadays this sport is considered the most popular in the world."

In this regard, we will note that the problem developed in Georgi Kabakov's dissertation work on "Optimization of the psychophysical training of the football referee" has its modern sound and place not only as a research, but above all as a practical-applied activity with the aim of optimizing the mental and physical training of football referees. In this way, higher efficiency and professionalism will be ensured in their highly responsible work.

## **3. Knowing the problem**

The author knows in depth the problem he researches, related to the need for purposeful work to improve the qualification of football referees. He was able to achieve this after a thorough analysis of the essence and development of the football game and refereeing in it (pp. 8 - 24), as well as from the analysis of the current state of the problem and its solution in more advanced football-related countries such as England, Italy, Germany, Holland, Spain, etc. (p. 24 52). On the one hand, this speaks of a good knowledge of the researched issues, and on the other hand, it gives the author the opportunity to express his view on the rich facts and its creative interpretation in connection with the number of innovations related to modern technologies. (Goal Line Technology) and (Video Assistant Referee) – VAR.

I would also point out that any attempt to improve the theory and methodology in the training of football referees deserves approval and encouragement. This is also the starting point from which the current dissertation work should be evaluated, which I will note at the very beginning that it is a useful study, supported and realized by tracking the interrelationship between the mental and physical training of the football referees who participated in the study.

## **4. Research methodology**

The complex research methodology chosen by the PhD student Georgi Kabakov, the successfully selected mathematical and statistical tools for processing and quantitative analysis of the experimentally obtained data, as well as the overall logic and sequence of the experimental work carried out by him, allow the PhD student not only to ascertain the current state of researches from his problem, but also to build a logically constructed methodology for improving psychophysical training, to follow it in real practice, and to get answers to all the questions posed in the dissertation work.

**All this, as well as the data obtained and analyzed further in the dissertation, give me reason to conclude that the research methodology used by the author allows to achieve the set goal and to realize the specific tasks of the research.**

## **5. Characterization and evaluation of the dissertation work and contributions**

The dissertation is in a volume of 175 pages, including an introduction, 4 chapters, 45 tables, 97 figures and 12 diagrams, as well as a bibliography, which consists of 235 literary

sources, of which 133 are in Cyrillic and 102 are in Latin. Attached to the dissertation are 7 appendices in a volume of 31 pages.

**In the first chapter** ("Literature review") the existing domestic and foreign literature on the researched issue is examined and analyzed. The analysis made of the historical aspects in the origin and development of the football game and in particular of football refereeing, as well as the nature and role of the psychophysical training of the football referee, are a very good basis for planning and implementing the dissertation research. The argumentation of the reasons for the development of this topic with the aim of creating and testing models for the psychophysical training of football referees and increasing the degree of their complex training is also successful.

**In the second chapter** (17 pages), in its logical sequence, the methodological characteristics of the study and its organizational and time parameters are presented. Regarding what is written in this chapter, we will point out that it is in accordance with the requirements for similar kind of scientific developments, where the sequence of the research work carried out is described in time and organizational order. Structurally, the logic of the presentation is followed, indicating the purpose and tasks of the research, its object and the subject area, as well as the research methods with which the primary empirical information was collected and processed. The author has done a relatively good job of clarifying and formulating these mandatory methodological parameters of any scientific study. The appropriate mathematical-statistical analysis used to process the obtained experimental data is also impressive.

**The third chapter** is 53 pages long. It is devoted entirely to the analysis of its own experimental results. It was built logically, entirely on the basis of the results obtained from the conducted survey and experimental research /February 2021 to March 2022/. On the basis of these data, training models were created using variable methods and means to optimize psychophysical training. These results are presented and analyzed sequentially and show the expected impacts of the created and experimented work models.

The mathematical-statistical processing used in this part of the dissertation provides a very good opportunity for in-depth quantitative and qualitative analysis of the obtained experimental data.

The graphical layout and display of the obtained results are done competently and correspond to the data obtained and presented in the tables.

On the basis of the obtained results and their analysis in the dissertation work of PhD student Georgi Kabakov, the following more important contributions can be highlighted:

**1. A successful attempt was made to substantiate the need for a scientifically based theory for optimizing the psychophysical training of the football referee and to lay the foundations for its creation.**

**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.**

**4. For the first time in our country, an innovative approach was used for evaluation, training and purposeful training of the referees, related to their psycho-physical preparation under the increased requirements of modern football.**

**6. Evaluation of the publications and personal contribution of the PhD student**

As proof of the significance and applicability in practice of researched in the dissertation problem, are the 4 articles presented by the author, which reflect certain aspects and results of the research. They are published in the UI "Paisii Hilendarski", with ISBN 978-619-202-279-2.

Regardless of the fact that the overall structuring and shaping of the results of the conducted dissertation research, as well as the published articles, are the result of the expert guidance of the scientific supervisor, given the fact that the dissertation was realized in an

independent form of study and without me being a direct witness during the development of the dissertation work, I can confidently state that the presented dissertation and the conducted research is primarily the result of the PhD student himself, with his personal participation both in the planning, implementation and writing of the work, as well as in the analysis of the obtained results and the formulation of the contributions of them.

In addition to my categorically positive attitude towards the peer-reviewed dissertation, I would also make one recommendation for future implementation, regarding the publication of the results obtained in the dissertation, for the use of a wider circle of interested specialists in this field.

### **7. Abstract**

The abstract for the dissertation reflects the main points and results of the research. In terms of volume and structure, it has been made according to the requirements for summarizing similar types of developments in accordance with the rules of the PU.

### **CONCLUSION**

Georgi Kabakov's dissertation mainly contains scientific and applied results and contributions to the training and preparation of football referees. It meets the requirements of ZRASRB and its regulations, as well as the regulations of PU "Paisiy Hilendarski". The presented materials and dissertation results are in accordance with and correspond to the specific requirements of the Faculty of Pedagogy, adopted in connection with the Regulations of the PU for the application of ZRASRB.

The dissertation shows that the PhD student possesses the necessary theoretical knowledge and professional skills in the scientific specialty "Theory and Methodology of Physical Education", demonstrating qualities and skills for independent conduct of scientific research.

Due to the above, I confidently give my positive assessment of the conducted research, presented in the reviewed above: dissertation work, abstract, achieved results and contributions. I propose to the honorable scientific jury to AWARD the educational and scientific degree "doctor" to GEORGI NIKOLOV KABAKOV in:

- field of higher education: 1. Pedagogical sciences
- professional direction 1.3. Pedagogy of training in... PhD program: "Theory and methodology of physical education and sports training."

15.01. 2022 г.  
Blagoevgrad

Prepared by: .....  
(Prof. Ph.D. Kiril Kostov)