

## OPINION

by Assoc. Prof. Eng. Ognyan Tishinov, PhD Regarding:

A dissertation has been submitted for official defense by Bozhia Mitkova Noeva, part-time doctoral student at the Department of Football and Tennis at the National Sports Academy "V. Levski", on the topic "Specialized Methodology for Sports Training of 14-15 Year-Old Female Football Players" for the award of the educational and scientific degree "Doctor" in the scientific specialty "Theory and Methodology of Sports Science", professional direction 7.6 "Sport", scientific supervisor Prof. Lachezar Dimitrov, PhD.

The dissertation examines the training of football players and the peculiarities of this process. The relevance of the chosen topic is undoubted, considering that the sports result as a means of public assessment stimulates the process of individual and social development and improves the motor and intellectual capabilities of adolescent football players. The topic is interesting, with a practical focus and is dissertable.

The development is 150 standard pages long. The results are presented in 26 tables and illustrated with 47 figures. The literature used includes 106 titles, of which 34 are in Latin and 72 in Cyrillic. The dissertation follows the classical structure of this type of scientific work: an introduction in a volume of 2 pages; the first chapter of 26 pages, divided into 5 sections, the second chapter of 26 pages including the goal, tasks, organization and methodology, the third chapter, results and analysis 96 pages, conclusions, recommendations and 4 appendices.

The development provides a very detailed description of the sports pedagogical methodology, illustrated comprehensively. The development proposes

a number of scientific tasks, answers a number of questions about early football training, anthropometric features and physical capabilities of adolescent football players, training, effort dosing and solves current problems for the assessment of sports and technical skills by developing a normative table for the calculated parameters through a system of tests.

A correlation structure has been developed including both physical fitness tests and technical and tactical exercises with a soccer ball. A normative system for control and assessment of special physical training and technical and tactical actions has been provided. The success in the development of the topic is largely due to the good scientific preparation of the dissertation candidate. It should be noted the competence demonstrated by him in the development of anthropometric analysis, sports and pedagogical testing, the development of new training methodologies, existing normative documents, statistical methods for analysis and interpretation of the results obtained.

The work is very well illustrated in tables and graphics. In Chapter One, the dissertation links the requirements for training methodology to the anatomical and age-related characteristics of adolescent soccer players. However, the factors accompanying muscle mass and strength, energy needs, hormonal and biomechanical adaptation, cardiorespiratory endurance, and psychological aspects of development are provided in a rather abbreviated manner.

In chapter two “Goal, tasks, organization and methodology of the study: The goal is clearly and precisely formulated. The tasks in a correct logical sequence outline the path of the scientific research to achieve the set goal. The tests and mathematical and statistical methods used are described in detail. The analysis has a number of creative aspects, it was conducted with scientifically justified criticality from the position of an established specialist. The problems that have not been

sufficiently studied have been systematized and an answer will be sought in the dissertation work. The derived working hypothesis stems from the review.

The chapter “Results and Analysis” is undoubtedly of great importance. The results obtained in the studied football players have been analyzed in detail. The correlation structure of the included tests has been proven through mathematical and statistical methods. The working hypothesis has been scientifically proven. The applied detailed sports pedagogical methodology shown in the appendices leaves an excellent impression. The list of literature generally follows modern sources, but the literature provided would be better covered in more detail in the literature review.

The conclusions and recommendations are specific and logically follow from the results obtained and the analysis made.

In my opinion, the theoretical and scientific-applied contributions of the dissertation are the following:

1. The performed anthropometric, sports-pedagogical and technical-tactical tests correspond to the real state of development of sports-technical mastery in adolescent football players.
2. The developed normative table for regarding physical development and technical readiness satisfies the peculiarities of the selection of adolescent football players.
3. The detailed sports-pedagogical methodology is excellently illustrated and comprehensively described.

In conclusion, I must note that a completed scientific work has been proposed, meeting the requirements for a doctoral dissertation. The doctoral student has shown himself to be a knowledgeable and capable specialist and researcher. Based on all of the above, I give a positive assessment to the dissertation of Bozhia Mitkova Noeva, a part-time doctoral student at the Department of "Football, Tennis" at the National Sports Academy "V. Levski", on the topic "Specialized methodology for sports

training of 14-15 year old female footballers" and I propose that she be awarded the educational scientific degree "doctor" in the scientific specialty "Theory and methodology of sports science", professional direction 7.6 "Sport".

05.04.2025

Signature:.....

(Assoc. Prof. Eng. Ognyan Tishinov, PhD)