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Methods For Developing Physical Preparedness Of Young Football Players At The Initial Training Stage

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ABSTRACT
The article is about the methods of one year cycle in the training process of young football players on the preparation stage.

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physical education, cycle, loading, experiment, control, sport, training, football player, physical quality, technique, tactic

Резюме; Мақалада басланғыш таярлықтағы жас футболшылардың тренировка процессин бир жыллық циклда алып барыў методикасы ҳаққында сөз етилген.
Резюме; Мақолада бошланғич тайёргарлик босқичидаги ёш футболчиларнинг машқ жараёнини йиллик циклда олиб бориш услубияти ҳақида сўз борган.
Резюме; В статье рассматривается методика построения тренировочного процесса в годичном цикле на этапе начальной подготовки юных футболистов.
Таяныш сөзлер; дене тарбия, цикл, жүклеме, эксперимент, қадағалаў, спорт, шынығыў, футболшы, физикалық сапалар, техника, тактика.
Таянч иборалар; жисмоний тарбия, цикл, юклама, эксперимент, назорат, спорт, машқ, футболчи, жисмоний сифатлар, техника, тактика.
Ключевые слова; физическое воспитание, цикл, нагрузка, эксперимент, контроль, спорт, тренировка, футболист, физические качества, техника, тактика.

The physical preparedness of football players is one of the most important factors on which the activity and effectiveness of team, group and individual technical and tactical actions depend. No matter how technical and tactically competent a football player is, he will never achieve success without good and versatile physical preparation. A team in which the physical training of even one player does not meet modern football standards will not achieve success. The reason for this is that in each game episode several football players simultaneously solve a certain game problem. To do this, they must perform movements consistent in speed, space and game actions. In the game, every football player must quickly and accurately assess tactical situations, make accurate decisions and instantly implement them. Modern football is becoming an increasingly athletic game, rich in martial arts.

To win the fight for the ball, avoid a dangerous collision, and stay on your feet after being pushed by an opponent, a football player needs good strength training.

It should also be noted that a football player with a high level of endurance can show a high level of technical and tactical actions throughout the entire football match and tournament. A football player must have good muscle flexibility, as he must perform many movements with maximum amplitude: shots, tackles, feints, etc.

All of the above qualities taken together constitute the physical preparedness of football players. Therefore, increasing the level of physical preparedness is one of the most important tasks that football team coaches try to solve every day during training sessions.

In the system of training young football players, it is also necessary to resolve issues related to the development of special physical qualities (quickness, speed, agility and endurance).

Currently, there is a large amount of scientific and methodological literature on football, which provides methods for developing the physical training of young football players.

They emphasize that at the stage of primary education, physical training is necessary for the comprehensive development of children's bodies and for the correct formation of basic motor functions.

It has been experimentally shown that the strength of mastering ball possession largely depends on the level of development of physical qualities.

The age characteristics of children of primary school age make it possible to specifically influence the development of such qualities as agility, flexibility, speed and speed-strength.

In the educational and methodological literature, various means, the procedure for their use, etc. are given to train the above-mentioned qualities.

But, unfortunately, the lack of complete and high-quality methods for programming and organizing appropriate training loads in the chosen direction reduces the effectiveness of the physical training of young football players. Evidence of this is the fact that the physical condition of young players in the Republic of Uzbekistan lags behind the required level, which generally affects the quality of the football game.

Our analysis of the training process in many groups of initial training of young football players showed that the development of physical qualities is carried out in classes with a complex or complex-parallel orientation. The essence of this is that at a specific stage of preparation several types of loads are applied simultaneously. At the same time, the differentiated adaptive reactions of the body to specific components of the load are weakly expressed, since its adaptive restructuring is of a generalized nature. As a result, the training impact of the load is quickly exhausted, the adaptation process slows down, and the level of the athlete's special performance stabilizes or even decreases (Yu.V. Verkhoshansky 1988, 2005).

Yu.V. Verkhashansky suggests using the principle of superposition or conjugate-sequential organization of the form of loads instead of a complex-parallel organization.

Figure 1 shows the forms of complex-parallel and conjugate-sequential organization of loads.

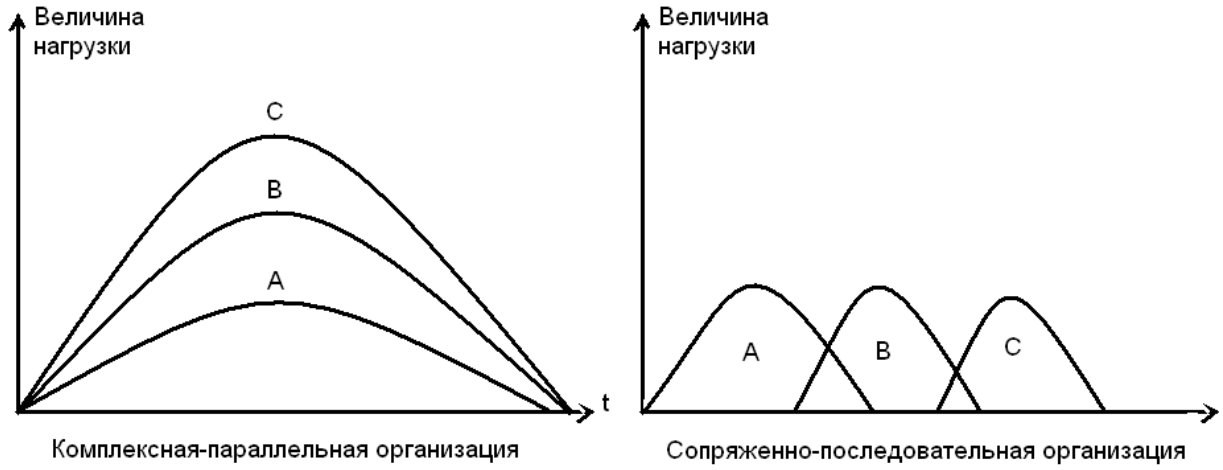

Figure1. Schemes of complex and conjugate-sequential organization of loads.
Note: A, B, C – types of loads of different directions.

The conjugate-sequential organization of loads is essentially a complex organization of loads (A, B, C), but unfolded in time. Consistency in this case means a strict order and sequence of introducing loads into training with constantly increasing strength and specificity of their training effect on the body. Conjugacy presupposes expedient continuity in the order of use of loads, based on the awareness of such conditions under which some loads (for example, A) create a favorable basis for solving problems provided for by other (B and C) loads.

According to the recommendations of Yu.V. Verkhoshansky (1988, 2005), V.N. Platonov (1986, 2000) and others, in the process of physical training, the use of selective loads in a conjugate-sequential organization should have the following character:

1. First, apply loads primarily aimed at developing endurance. The training effect from the use of such loads occurs after the expiration of a two-month period.
2. Then, in a certain sequence, speed-strength loads and loads developing agility (coordination) should be applied.

For the physical training of young football players 9-10 years old who train in primary training groups, we have developed the following methodology.

In our case, five classes were planned for the football players in a weekly micro cycle: on Monday, Tuesday, Wednesday, Thursday and Friday.

On Monday and Thursday, classes were planned using general nonspecific loads of the same selective focus (endurance, strength, speed, agility, etc.).

The share of such loads reached 70-80% of the total volume of workloads.

On Tuesday and Friday, bilateral games were held in a simplified version (30 minutes each on a small field) and also technical and tactical training of young football players.

On Wednesday, theoretical classes were held and then strength training in the training room with unlimited weights.

The general structure of the conjugate-sequential organization of physical training for young football players at the stage of initial training is presented in Figure 2.

In this scheme, a block of loads aimed at developing endurance is applied over 10 weekly micro cycles. The maximum value occurs at the 3, 4, 5, 6 and 7th week micro cycles.

Before using a block of loads developing endurance, testing should be carried out.

Figure 2. Scheme of conjugate-sequential organization of loads for the physical training of young football players at the stage of initial training.

We recommend using the following as tests assessing the endurance of young football players: 1) 300 m running time, an indicator of physical performance PWC150 determined under the influence of aerobic power loads and an indicator determining the value of maximum oxygen consumption (MOC).

Speed-strength training for young football players consists of two time-separated blocks: a strength training block and a speed or speed training block. The length of each block was 4 week micro cycles.

For strength training, you should use means that promote the harmonious development of all muscle groups, the formation of a "muscle corset," strengthening the respiratory muscles, the muscles of the upper shoulder girdle and the back of the thigh. To do this, use exercises with and without weights, exercises using the player's own weight and the weight of a partner. Exercises to overcome environmental resistance, etc.

For input and output control of strength training, we recommend using the following tests: the weight of a barbell raised above your head, to chest level, squeezing a barbell (50% of body weight) while lying on your back, the number of squats with a barbell (50% of a football player's body weight), the number of pull-ups bar and push-ups while lying down.

For speed training of young football players, exercises were used that developed speed, that is, exercises whose duration would not exceed 10-15 seconds at a heart rate intensity of 180-192 beats/min.

The following tests were used for input and output control of speed abilities: running time for 15 m, 30 m, 60 m, simple reaction time and complex reaction time.

Control of speed and strength capabilities is carried out before the block of power loads and after the block of speed loads. The following tests are recommended as input and output indicators of speed-strength training for young football players: throwing a medicine ball and throwing a soccer ball at a distance, long jump from a running start and from a standstill, triple and five-fold jump, kicking a ball at a distance.

After the block of speed loads, a block of loads developing agility is applied. This block is the final block in the scheme of conjugate-sequential organization of loads.

To develop agility, exercises from gymnastics, acrobatics, athletics, outdoor and sports games, etc. should be used.

To control agility, we recommend using the following tests: time for 10 somersaults forward and backward, time for 20 jumps on a gymnastic bench and back, time for jumping over 10 barriers 50 cm high, pedagogical assessments for the use of acrobatic exercises: forward and backward somersaults, bending forward somersaults , somersaults with a jump, etc.

To evaluate the effectiveness of the proposed methodology for developing the physical fitness of young football players at the stage of initial training, we conducted a comparative pedagogical experiment. In this experiment, 18 young football players from initial training groups, aged 9-10 years, took part in the control and experimental groups.

The control group trained according to the program used in children's and youth sports schools, and the experimental group used our method of developing physical preparedness based on conjugate-sequential organization of loads.

Before the start of the experiment, then after the end of the 10th, 14th, 18th and 22nd week micro cycles, the dynamics of indicators assessing endurance, strength, speed, speed-strength qualities and agility of young football players of both groups were determined.

Before the start of the experiment and after its completion, the volume (quantity) and effectiveness of technical and tactical actions during the football match were determined.

Analysis of the dynamics of control tests showed that among football players in the control group, the improvement in indicators assessing endurance, strength, speed, speed-strength qualities and agility was insignificant, up to 3-5% of their initial values.

In the athletes of the experimental group, the improvement in the above indicators reached 12-20% of the level of their initial values.

In the athletes of the experimental group, the improvement in the above indicators reached 12-20% of the level of their initial values.

At the beginning of the experiment, the volume and effectiveness of technical and tactical actions (passing the ball, tackling and intercepting the ball, dribbling and feinting movements, combat in the air and on the ground, shots on goal) among football players in the control and experimental groups in total was approximately at the same level. For football players in the control group, the number of technical and tactical actions was 138 units, and the efficiency was on average 58%, while for football players in the experimental group it was 132 units with an efficiency of 56%.

At the end of the experiment, the football players in the control and experimental groups had the following values of the above indicators: in the control group the volume was 142 with an efficiency of 60%, in the experimental group the volume was 172 with an efficiency of 79%.

Summarizing the above, we can draw conclusions that:

1. Better dynamics of the values of indicators reflecting physical qualities - endurance, strength, speed, speed-strength qualities and agility, as well as the values of the quantity and effectiveness of technical and tactical actions on average during a football match indicates the effectiveness of the conjugate-sequential organization of loads in comparison with the traditional, complex organization, which is presented in educational and program materials for children's and youth sports schools;

2. During the experiment, the appropriate duration or length of blocks developing the physical qualities of young football players from initial training groups was determined. For example, to develop endurance, at least 10 weekly micro cycles are needed, and to develop strength, speed and agility, at least 4 weekly micro cycles;

3. A stable and positive relationship has been determined between increasing the level of physical qualities of young football players and the volume and effectiveness of their technical and tactical actions during a football match.

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