

### Physical Training of Football Players at the Initial Stage of Preparation is the Basis of Sports Success

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#### Article Information

**Received:** February 15, 2023

**Accepted:** March 16, 2023

**Published:** April 17, 2023

**Keywords:** *physical training, speed-strength qualities, game, competitions.*

#### ABSTRACT

*The modern level of development of football requires the physical readiness of football players, one of the main aspects of which is high-speed and speed-strength properties. Childhood and adolescence is an important stage in the formation of these qualities.*

Football is the most popular and beloved game in most countries of the world. Hundreds of thousands of children, youths, adults play football, millions follow the game on television. A large number of articles, reports on competitions inform football fans about the state, development, prospects for the game, problematic issues, etc. The preparation of highly qualified football players requires multiple knowledge and high pedagogical skills from coaches. Science comes to the aid of coaches. The creative cooperation of coaches with representatives of science in the near future will undoubtedly be one of the main sources of the rapid development of football, its qualitative leap. One of the hallmarks of modern football is speed in the broadest sense of the word. Football has become fast. The sportsman must now have the speed of reaction, thought, movement, performance of technical techniques, quickly solve tactical problems in a wide variety of game situations, etc.

Now it is difficult to imagine the life of any country without football matches. People have always been interested in the question of who invented this game. But the history does not indicate the year or place of birth of football. Archaeological excavations have proved that a certain "ancestor" of football lived in ancient Egypt: scientists have found here not only images of ball players, but also the balls themselves. Historians also say that playing ball with their feet was a favorite pastime of Chinese warriors - this was two thousand years ago BC.

They believe that the origins of football are in ancient Rome and in equally ancient Greece. In

different countries, many, many years ago, people gathered in city squares or wastelands and played ball. These games resembled the actions of warriors seeking to infiltrate the enemy's camp. The winner was the party of players who brought the ball over a certain line more times. Sometimes several hundred people participated in such games.

When choosing training loads, coaches are guided by certain criteria, which should reflect the competitive level.

With varying degrees of justification, we are already talking about the lag in physical training, where we had leading positions. Now one thing is clear: in order to achieve positive changes, it is necessary to revise some of the recommendations on physical training and consider physical training as the basis on which planned football work is built.

The methodology for the development of physical qualities, the volume and intensity of funds at the first stages of a long-term journey is not the main condition for achievements. The increase in load indicators becomes the leading one at the stages of sports improvement, when there is a gradual moderate increase in all running means and intensity. The importance of all its components is so great that it is worth neglecting something, as the quality of training will gradually decrease.

But first, we will briefly consider the tasks of physical training at all stages and determine its place in the organization of the educational process. Physical activity is usually measured by two indicators: volume and intensity. Work on technique should go hand in hand with the growth of physical qualities in order to bring it into line with the strength, speed, agility that a football player possesses at a given period. It is very important to give not just a physical impact, but to fill it with an objective meaning for subsequent game improvement.

Physical qualities at 13-14 years old - the emphasis on the development of speed-strength qualities, the use of explosive exercises at this stage. At this stage, these are jumping exercises - jumps, jumps, jumps. Taking into account the peculiarities of the preparation stage - solving technical problems plus playing training, it is necessary to purposefully solve the problems of developing explosive strength, since exercises with moderate speed, as a rule, lead to a decrease in explosive strength indicators.

If we consider the quantitative indicators of physical fitness, we note that the level of development of children is different, so there can be no recommendations that are the same for everyone. The level of load is carried out according to the principle "do no harm" - only this condition should be guided by the coach in the initial training groups. 15-16 years old - development of speed-strength qualities. Work of a speed-strength nature with great muscle tension (running and jumping uphill, downhill, running in difficult conditions (sand, water). Selection of exercises with work modes, the number of repetitions of series, etc. General physical fitness - as a basis, on which technical training is stabilized. The volumes of exercises for flexibility, agility, coordination do not increase, and the volumes of running aids grow, as well as strength ones. At this age, young men experience various changes of a physiological and psychological nature, which require a reorientation of the training load, since at each stage of training the admissibility of training loads changes. 17-18 years old - physical training is characterized by the direction of influence: speed, strength, speed-strength endurance, special endurance, etc. The volume and intensity of training loads significantly increases in order to develop speed endurance. The ratio of the volumes of general and special physical training at different stages is gradually changing and by the age of 18 it will be 50 to 50. To understand the complexity of the relationship between the components of physical periods, we need to consider separately all the components that are well studied. At the same time, I would not like to give specific advice on individual physical qualities. They are fully adequate and are directly dependent on competitive games. It is from these positions that we must proceed. I wanted to outline the principal ways of planning and organizing the training approach. It is clear that it is

impossible to achieve high sports results without the use of large training loads. The load of football players in the game is the basis on which the amount of work in training is determined, taking into account the periods of preparation. And the division of physical training into general and special helps to plan the training strategy correctly.

Purposeful improvement is built taking into account the peculiarities of the age development of football players and can serve as the basis for the training process without injuries and a good level of skill in the future. A characteristic feature of the dynamics of loads is the uneven distribution of volumes of training means by stages. In each case, the load is determined individually, taking into account the volume of other funds and the contingent of those involved. There are generally accepted recommendations that are not subject to doubt. For example, the development of diametrically opposed qualities, speed and endurance, which are difficult to combine with one another.

In the physical training of football players, the advantage is determined by the level of speed-strength training, the increase of which requires the implementation of a volume of special strength and speed work. In football, it is not so much the size of the load that is decisive, but their skillful use. The above table on speed-strength work shows the amount of speed volume by year and at different periods of training. Of course, you can plan work from the required footage of high-speed work, but what's the point. The planned load should be adequate to the state of the player, he must and is able to "digest" and "assimilate" this load. It must be remembered that volume alone should never be a goal, it is only a way to increase the effectiveness of football training. And the growth of sporting achievements should occur at the expense of the main limiting link - the speed of football. The coach, planning for the next year to improve sports results, must raise all of the following components to a higher level. In the special literature, the methodology for educating all the physical qualities that are necessary for a football player is considered in detail. Here I would like to dwell not on specific numerical indicators, but on their significance and order in the weekly cycle and ways of improvement in the planning period. The entire preparatory training program is built on the basis of several factors, where speed is undoubtedly the main and main one. Running exercises at maximum speed are used at all stages of the annual cycle. Here you can already recall the speed of smooth running and the available speed of the reception. And it is obvious that both indicators are important, and both need to be worked on. In second place among the main components of physical fitness is strength training, which consists of special jumping exercises and strength exercises with a barbell. Recall that in order to increase the speed capabilities, it is necessary to lay the appropriate functional base. The increase in strength qualities obtained as a result of strength exercises does not lead to the expected increase in speed, but this provides the prerequisites and does not create obstacles for effective special work. In no case should an increase in speed be associated with an increase in the volume of training work. This is, firstly, an incorrect understanding of the specifics of working on speed, and the success of the process depends on a rational combination of speed loads. Secondly, excessive development of strength or endurance only hinders the disclosure of speed abilities. If we consider the weekly cycle, then work on speed takes place on days when the body of a football player is in a state of recovery or beyond recovery. The intensity of exercises during the development of speed abilities is near the limit, maximum. Here it is necessary to ensure full mobilization and concentration of strong-willed efforts. All these points must be taken into account when speed training. Work on speed is carried out at all stages of training, however, during the preparatory period, when significant strength work is performed, running at maximum speed is used in a small amount.

Strength training is the main component of physical fitness. It cannot be solved by means of tactical and technical training. It largely determines the quality of speed and endurance. Therefore, in the preparatory period, the development of special qualities should be preceded by strength training.

In turn, before the start of special strength training, it is necessary to pay attention to the aerobic capabilities of the body. This will speed up the adaptation of the body to physical activity. In the future, elements of strength training should be present throughout the year, and 1-2 sessions per week will provide the necessary level of strength indicators.

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