

FEATURES OF THE PROCESS OF TRAINING YOUNG PLAYERS IN BEGINNER TRAINING GROUPS

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Annotation. Football is taught in institutions of additional education in children's and youth sports schools (youth sports schools). For admission to the Youth School, parents of future students provide a written application, a birth certificate and, without fail, a certificate of the child's health status. After that, the children take exams in physical and special training, that is, they are diagnosed when they enroll in the Youth School.

The training process of preparing football players is divided into three stages:

Stage I - selection and initial training (7-8 years).

Stage II - specialization, which is divided into two periods: initial training (9-12 years), advanced – students aged 13-16 years.

Stage III - achievement of perfection – students aged 16-17 years are engaged in and students of 17-18 years of higher sports skills.

At the stage of initial training of football players, the following tasks are set: a steady interest in football, to teach discipline and organization; to educate physical abilities; to strengthen children's health and promote physical development; to teach the basics of football techniques and tactics; and the most important task is to determine the giftedness and abilities of younger schoolchildren to play football.

Therefore, one of the most important tasks in the selection process is to identify talented guys who have the necessary qualities to achieve great success in football. But talent is a rarity, so it is wrong to be guided only by this attitude when selecting children in the youth School. The study group for football should be formed to a greater extent of the capable from among the recruited boys, among whom the talented ones may later manifest themselves. In such a situation, there is an opportunity to reveal the most talented students, but looking at them and the maximum improvement of other young football players.

Planning at the initial training stage is very important, because further sports improvement will depend on how the training process will be built.

Table 1 shows the structure and occupancy of study groups at the initial training stage.

Training in the Youth Sports School is carried out on the basis of the sports training program for children's and youth sports schools, specialized children's and youth schools of the Olympic reserve in football. In the Youth School for.

The main forms of training in football at the stage of initial training are: group classes (training and theoretical); medical rehabilitation measures; diagnostics and medical control; participation in competitions of different levels and training camps.

Table 1 - Structure and occupancy of study groups at the initial training stage

Year of study	Age of students	Minimum occupancy of groups (people)	Number of hours
1	10	15	312
2	11	15	432

At the end of the school year, students take control and transfer exams, where the passing of standards for general and special physical training is included.

During the training at the initial training stage, it is necessary to work out the skills and abilities of football techniques with students, at the same time the beginning of sports specialization. At this stage, one of the main tasks is considered to be the preparation of a good foundation of technical skill and to form an independent and active training. Methodical work consists in the sequence of training sessions, that is, in maintaining the connection of any lesson with the previous one.

At this age, it is necessary to teach young athletes to practice the accuracy of movements, so that in the future there is no possibility of fixing incorrect skills. The habit of accurately performing each element in any conditions should be instilled precisely at the stage of initial training.

In the work plan of conducting classes, the coach-teacher must necessarily focus on the rapid performance of motor actions or elements of football.

When teaching young football players at the stage of initial training, a significant amount of training time is devoted to comprehensive physical training, combined with special physical training. At this stage, the time allotted to general physical training is 80-90% of the total amount of exercises, special physical training is allocated 15-20%. Therefore, together with the means of general physical training at the stage of initial training, it is necessary to include special exercises that are aimed at educating the physical abilities necessary in football.

It is rational to include in the training sessions special tactical elements and techniques that contribute to the development of young football players' skills and abilities that are important for the correct performance of tactical actions. To successfully master tactics, young football players need to participate in different competitions

With different conditions and composition. Participation in competitions is considered an effective means of mastering the tactics of football.

At the training sessions of young football players, special attention is paid to the development of speed. The use of special exercises to the greatest extent can lead to a violation of the basics of proper running technique. To do this, a variety of running options are used in the classroom.

The education of high-speed qualities occurs through a comprehensive training method involving the use of mobile and sports games, game exercises that are aimed at the development of physical qualities. With the increase in the readiness of students, the main role is played by the method of repeated exercises in its various variants: the method of repeated performance of speed-strength exercises (the method of dynamic efforts) without and with a slight burden; a method of repeated performance of a high-speed exercise with and near the maximum speed; the method of repeated performance of high-speed exercises in light conditions (it is desirable to alternate speed-strength exercises in difficult conditions and purely high-speed exercises, but in the smallest volume).

Running exercises at maximum speed are used at all stages of the annual training cycle. In the next place, one of the main components of physical training is considered to be strength, consisting of jumping exercises and strength exercises with a barbell.

Table 2 shows the approximate dosage of the training load when performing a number of exercises that are aimed at developing speed and speed-strength qualities.

Table 2 - Approximate dosage of the load when performing exercises aimed at developing speed of movement and speed-strength qualities

Exercise	Duration of execution	Number of repetitions	Rest interval
Exercises for the speed of motor reaction	Instant action	8-10	10-30 sec
Exercises for the speed of individual movements	From instant to 1-2 seconds	8-10	10-30 sec
Exercises for the speed of performing sequential movements (arms, legs, torso): without burdening with body weight	8-5 sec	4-6	10-30 sec
with partial weight of body	3-5 sec	4-6	10-30 sec
weight with weight of body weight	5-10 sec	2-4	1-4 minutes
Games, relay races, overcoming obstacle courses	from instant to 10 seconds	1-10 seconds or more	arbitrary

The role of competitive activity of young football players increases significantly at the stage of initial training. It is known that during the competition, the potential of

a young athlete is realized more fully. Systematic participation in competitions promotes functional and morphological regular participation in competitions stimulates functional and morphological rearrangements in the athlete's body, causes a significant increase in his overall fitness. However, with excessively frequent participation in competitions, such loads can become habitual and do not cause a proper increase in the special training of a football player.

The construction of a one-year training cycle at the initial training stage has its own characteristics. One of them is a very important role of the preparatory period, which rightfully occupies the main place in the annual training cycle of young athletes. Длительность соревновательного периода сокращена, ему отводится подчиненная роль.

Control competitions are held according to the general plan of training sessions, without particularly thorough preparation for them. Nevertheless, given the need for these competitions to ensure a steady increase in the fitness of young athletes, the annual cycle should include tasks for the competitive training of a young athlete.

During training sessions and competitions, the lower extremities carry the greatest load for young football players. Trainers- teachers need to take into account the fact that the ossification process in boys of primary school age has not yet been completed. Therefore, during training sessions, much attention should be paid to exercises that help strengthen the arch of the foot.

Muscle development in boys at this age is uneven: large ones develop faster, and small ones develop slower. Therefore, sometimes boys have a hard time coping with the training tasks of the trainer-teacher when performing precision exercises.

Thus, the functional capabilities of the body of boys of primary school age are low, the continuous development processes that occur in the body require careful pedagogical control when playing football.

The authority of a coach-teacher plays an important role in the success of a young football player. He becomes for young athletes the ideal of a strong man who knows the basics of their favorite sport. The instructions of the trainer-teacher who conducts training in the initial training groups should not be categorical in the form of "do as I say, and not otherwise." The role of a coach-teacher at this stage of training has, to some extent, a decisive role whether his pupil will continue his studies and whether he will be able to instill an interest in football.

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