

THE ROLE OF PHYSICAL TRAINING OF FOOTBALL PLAYERS

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Abstract: physical training is the development and improvement of the physical qualities and functional capabilities of a football player. A variety of tools, including games and special training exercises, help to better improve the general physical fitness of children and adolescents and, in particular, develop their basic physical qualities. Strength, speed, endurance, agility play a key role in the general and special physical preparation of a football player. Physical qualities represent the level of a player's ability to move.

Аннотация: физическая подготовка – это развитие и совершенствование физических качеств и функциональных возможностей футболиста. Разнообразные средства, в том числе игры и специальные тренировочные упражнения, способствуют лучшему улучшению общей физической подготовленности детей и подростков и, в частности, развитию их основных физических качеств. Сила, скорость, выносливость, ловкость играют ключевую роль в общей и специальной физической подготовке футболиста. Физические качества представляют собой уровень способности игрока двигаться.

Key words: sport, training, football, physical qualities.

Ключевые слова: спорт, тренировка, футбол, физические качества.

It is known that physical training is a long process, the purpose of which is to achieve a high level of preparedness by football players. This level of fitness must meet the requirements of the game. For example, if for effective playing activity a football player must run 12,000 meters in a match, and at least 2,000 meters of them with maximum power, then the levels of development of all types of endurance and speed-strength qualities should allow him to do this in every game.

The tasks solved in the process of physical training are diverse, and the specific formulation of each of them depends on the preparedness and age of the players, the period of training, etc.

We also note that planning the process of physical training of football players is based on three groups of principles. First, these are the general principles of physical training applicable to all sports. Secondly, these are the principles of physical training

in sports games (basketball, volleyball, handball, etc.). And, finally, thirdly, these are the specific principles of the physical training of football players.

To summarize all of the above, the most important of them include the following:

1. The unity of general (non-specific) and specialized physical training.
2. The unity of demonstrations of the physical qualities of football players in competitive games and training exercises.
3. Directed to the maximum demonstrations of physical qualities in competitive games and certain trainings.
4. Continuity of the process of physical training.
5. Variable change in training loads.
6. Reasonable individualization of means and methods of the process of physical training.
7. The cyclic nature of the process of physical training and the use of blocks of typical classes in a number of cycles.

The diversity of the content of playing activity in football requires a comprehensive development of basic physical qualities and functional improvement of all body systems involved. And this is possible only in the process of versatile physical training, when, along with the development of basic physical qualities, attention is paid to the development of special qualities of football.

The development of physical qualities in beginner football players and the mastery of various motor skills have a direct impact on all aspects of their training, but most of all contribute to an increase in the level of technical and tactical readiness. Physically prepared future athletes, as a rule, have both a more stable psyche and the ability to overcome mental stress. They have great confidence in their abilities, perseverance in action. High functionality allows them to more easily cope with fatigue, maintain the effectiveness of effective systems and, on this basis, achieve superiority in tactical activities. Physical training is divided into general and special training.

General physical training provides complete physical development and comprehensive physical fitness of beginner football players. It is a process aimed at developing basic physical qualities and improving vital motor skills.

The goal of general physical training is to create the foundation of special training for those involved in motor fitness. As a means of developing physical fitness, it is recommended to use physical exercises of general impact, exercises from other sports. Such a variety of exercises is aimed at expanding the motor capabilities of beginner football players. At the same time, it is necessary to take into account the patterns of transfer and interaction of various qualities and skills. They can be positive, negative or neutral. For example, with an increase in strength, the speed increases, the coordination of movements improves, the accuracy of strikes improves. Positive

transfer provides skills similar in structure to the main game techniques that coincide with the game mode of muscular work. General physical training will achieve its goals only when constancy and continuity are observed in the work of the trainees. It is exacted as an obligatory component of training sessions at all stages and during all periods of football players' training. Of course, general physical training occupies the largest share at the initial stages of the long-term training process. With age and an increase in the level of sportsmanship, its share decreases and, on the contrary, the share of special training increases.

Special physical training is a process of purposeful development of the physical qualities and functional capabilities of those involved, carried out in accordance with the specifics of football and ensuring the achievement of high sports results.

Special physical training contributes to mastering the technical methods of the game, improving the tactical skills of the practitioner, achieving their sports form, as well as improving mental preparedness. Its main goal is the maximum development of strength, speed, agility, endurance, flexibility in interconnection and unity.

To solve these problems, special preparatory exercises are recommended with the characters for playing football with tension, coordination, pace and rhythm of movement. For this, exercises of a technical and tactical nature, sports and outdoor games, exercises from other sports and, of course, the game of football itself are most suitable.

Special physical training is based on general motor fitness. It is recommended to move on to solving its problems only after the students have reached a certain level of general development.

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