



Analysis of the Magnitude and Direction of the Loads of the Preparatory Stage in the Preparation of Highly Qualified Football Players

Yusupov Nodirbek Mahmudovich

*Docent of the Department of Theory and Methods of Football,
Uzbek State University of Physical Culture and Sport*

Annotation: In the article, from a unified methodological position, the study of the magnitude and direction of the load in the preparation of athletes in the preparatory period in women's football is given. The effectiveness of training in football is largely due to the level of development of physical qualities, the versatile formation of which is facilitated by both the training process and the direct game. This study allows you to make timely adjustments to the training process at various stages of sports improvement.

Keywords: Sports training, preparedness of football players, physical qualities, technical and tactical action, pedagogical observation, training load.

Importance. At the present stage of development of sports training, the volume and intensity of training work have reached significant values even in women's sports. This fully applies to football, where a constant increase in the intensity of the competitive activity of football teams entails a decrease in the volume of functional training [2,6].

In football the effectiveness of competitive activity in football is largely due to the level of development of physical qualities, the versatile formation of which is facilitated by both the training process and the game itself. So, constant jerks and accelerations require the development of speed; power martial arts, hitting the ball; contribute to the improvement of speed-strength qualities; the desire for timely and accurate performance of technical and tactical actions determine the development of coordination. Finally, all actions in football are repeated many times over time, which cannot be effectively carried out without the manifestation of various types of endurance.

Purpose of the study. The study of the direction and magnitude of the loads of the preparatory stage in football players.

To achieve the goal, we had to solve the following tasks.

1. Analysis of the level of special physical qualities of highly qualified female football players.
2. Analysis of training loads aimed at developing the level of special physical qualities of female football players in the annual training cycle.

The period of preparatory is intended for the formation of the basic foundations of physical, technical-tactical and psychological readiness.

As noted [5,6], in most sports the preparatory period is the longest structural unit of the training macrocycle. Here the functional base is laid, which is necessary to perform large volumes of special work aimed at direct preparation of the motor and vegetative spheres of the body for effective competitive activity.



Experts say that the main task of the preparatory period is to form such a level of preparedness of football players and the team as a whole, which would allow, firstly, to successfully perform in the first round competitions of the national championship, and, secondly, to conduct volumetric and intense training [1,3].

A particular task of the preparatory period is to achieve a high level of physical fitness, and especially specific motor qualities, on which the efficiency and entertainment of the game depend.

The preparatory period consists of different microcycles that have their own functional tasks: retracting, basic, precompetitive. In the preparation of highly qualified athletes, a short pull-in cycle and a longer specially-preparatory one are usually planned. In athletes of low qualification, the opposite ratio is noted.

It has been established that the duration of the preparatory period for Bunyodkor football players is 72 days and includes four stages: retracting (10 days); general preparatory (28 days); special preparatory (24 days); precompetitive (10 days).

Table 1 presents the main load parameters performed by the team in the preparatory period.

Table 1. Distribution of loads by direction in the preparatory period of the football players of the Bunyodkor team

Indicators	Stages				Total
	1	2	3	4	
Number of training days	10	28	24	10	72
Number of training sessions	10	40	38	10	98
Number of games		4	6	3	13
Load volume (min)	650	1050	1000	840	3540
Orientation:					
Anaerobic-alactate		30	50	110	190
Anaerobic-glycolytic		130	250	100	480
Aerobic-anaerobic	250	610	650	600	2110
Aerobic	400	280	50	30	760

Note: stages - 1 retractor; 2 - general preparatory; 3 - specially-preparatory; 4 - precompetitive.

In the preparatory period, 98 training sessions and 13 control games were held. According to the direction of the load, they were distributed as follows: anaerobic-alactate - 190 min; anaerobic-glycolytic - 480 min; mixed - 2110 min; aerobic - 760 min.

In Figure-1, the ratio of loads in percentage terms by direction in the preparatory period for female football players of high qualification has been shown. It can be seen that the largest amount of time, 59.6%, fell on mixed loads. Anaerobic-alactic loads took 5.4% of the total time; anaerobic-glycolytic orientation 13.5% and aerobic exercise was given 21.4% of the time.

In our opinion, such a distribution of loads is not entirely justified, because the main emphasis in planning the loads of the preparatory period was made for loads of mixed orientation. With such planning, it is very difficult to selectively develop any physical quality of a football player, because loads of a mixed orientation are mainly only of a supporting nature.

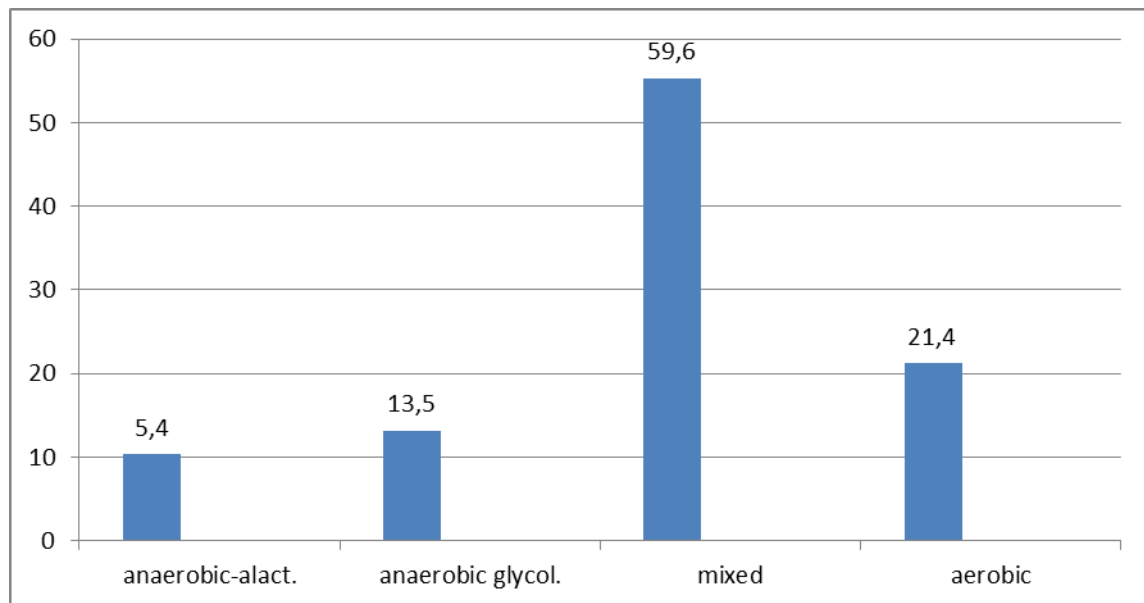


Fig.1. The ratio of loads by direction in the preparatory period in young football players (%).

The preparatory period began with a retracting microcycle which lasts 10 days. In this microcycle, mainly aerobic loads were carried out, the main training means used by the coach were cross-country runs and low-intensity game exercises. The total amount of load was 650 minutes, while aerobic exercises accounted for 400 minutes (61.5%) and for complex - 250 minutes (38.5%).

The next general preparatory cycle lasted 28 days. A total of 40 training sessions and 4 control games were held. The volume of load per cycle was 1050 minutes, of which 30 minutes were anaerobic-alactate orientation. (3%); anaerobic-glycolytic - 130 min (12%); aerobic-anaerobic - 610 min. (58%); aerobic - 280 min (27%).

Thus, in this cycle, the main amount of funds was occupied by mixed and aerobic exercises - 85%.

At the special preparatory stage, the volume of the load was 1000 min. Of these, anaerobic-alactate orientation was 50 minutes. (5%); anaerobic-glycolytic - 250 min (25%); aerobic-anaerobic - 650 min. (65%); aerobic - 50 min (5%). In this cycle, the main amount of funds was occupied by exercises of a mixed orientation - 65%.

At the pre-competitive stage, the volume of the load was 840 minutes. Of these, 110 minutes were of anaerobic-alactate orientation (13%); anaerobic-glycolytic - 100 min (12%); aerobic-anaerobic - 600 min. (71%); aerobic - 30 min (4%). In this cycle, the main amount of funds was occupied by exercises of a mixed orientation - 71%.

Basically, in the preparatory period, training loads of mixed and aerobic orientation were carried out.

Table 2 shows the distribution of the training load of the weekly cycle of the general preparatory stage.



Table 2 Load distribution in the weekly cycle of general preparatory stages at the Bunyodkor football players

Cycle days	Orientation	Duration (min)	Value
1	Aerobic (general endurance)	60	small
2	Aerobic TTZ (general endurance)	60	small
	Mixed, TTZ	60	average
3	Aerobic (general endurance)	70	average
	Mixed (all types of endurance)	60	average
4	Strength training equipment	60	small
	Aerobic, TTZ	70	average
5	Aerobic (general endurance)	65	average
	Mixed, TTZ	75	average
6	Control game	90	big
7	Rest, recovery measures		

Note: TTL is a technical-tactical lesson.

It can be seen that in the weekly cycle, mainly aerobic loads were planned, lasting from 60 to 90 minutes.

This distribution of the load indicates that the coach planned mainly loads for the development of general endurance. This meets the requirements of the theory of sports, in the preparatory period the foundation is laid for the development of all physical abilities.

It is known that at the special preparatory stage, the so-called "hit" microcycles are carried out - a characteristic feature of which is the implementation of volumetric and high-intensity training loads on the verge of exhausting the adaptive capabilities of the body of athletes. Their main task is to stimulate adaptive processes in the body of football players, to solve issues of technical-tactical, physical, psychological and integral training. Impact microcycles are the main content of the preparatory period, although in some cases, their use is also possible in the competitive period. In these microcycles, intense training work should be carried out.

However, as observations showed, at this stage only one large training load was used in the weekly microcycle. Of the 10 lessons, 3 were small, 6 medium and 1 large. This does not meet the requirement of sports theory for load planning.

Many experts suggested using training sessions in the structure of the weekly microcycle in this period against the background of incomplete restoration of the functional state of various "organs and systems" from previous training sessions. In their opinion, it is advisable to sum up the effect of several sessions (2-3, and possibly more) carried out against the background of incomplete recovery. At present, in the practice of sports, the "summation effect" for a large number of activities is becoming more widespread [1,2,4].

In this period, the foundation of special endurance is laid. As a rule, for this purpose, selective classes are held using specific and non-specific means.

The most effective at this stage of preparation are non-specific means. The use of non-specific exercises allows you to individually normalize the load of a training exercise, select individual parameters of the training load, on which the development of a particular physical quality depends.

In the practice of the leading teams, the use of two one-time lessons per day is observed during this period. In the training of women football players, two-time sessions were held only twice in a weekly microcycle.



Conclusions

Analysis of the study shows that in the preparatory period, the largest amount of time, 59.6%, fell on mixed loads. Anaerobic-lactic loads took 5.4% of the total time; anaerobic-glycolytic orientation 13.5% and aerobic exercise was given 21.4% of the time.

In the competitive period, the largest share was given to loads of a mixed orientation - 78%; the development of speed endurance was assigned 6%; high-speed - 6%; general endurance - 8% and strength qualities - 2%. Such a distribution of loads does not contribute to the development of special endurance of football players.

In order to increase the efficiency of training female football players, it is important to revise the structure of training loads, namely, to increase the specific loads aimed at developing and improving special endurance.

REFERENCE

1. Годик М.А. Физическая подготовка футболистов. - М., 2006. - 270 с.
2. Губа В., Скрипко А., Стула А. Тестирование и контроль подготовленности футболистов. Спорт, М. 2016. – 168 с.
3. Кириллов А.А. Исследование физической работоспособности футболистов: автореф. дис.канд. пед. наук. - М., 1978. - 18 с.
4. Исеев Ш.Т. Использование инновационных методов контроля физической подготовленности футболистов «Олимпийской» сборной. Материалы Международной научно-практической конференции «Актуальные проблемы развития спорта высших достижений». Ташкент, 2019.
5. Платонов В.Н. Двигательные качества и физическая подготовка спортсменов / В.Н. Платонов. — М.: Спорт. 2019. — 656 с.
6. Тюленьков С.Ю. Теоретико-методические подходы к системе управления подготовкой футболистов высокой квалификации. М., Физическая культура. 2007. – 350 с.