



## Optimization of Training Loads of Football Players in Primary Training Groups

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**Abstract:** *The article deals with the topical issue of the development of speed-strength abilities of young football players.*

**Keywords:** *football, training load, ball, kick, motor abilities, speed.*

The steady growth of sports achievements and the increase in competition in the world sports arena require a significant improvement in the process of training athletes in all its branches.

Traditionally, in the preparation of athletes of various levels and any kind of sports, physical, psychological and technical training is distinguished. The structure of preparedness of athletes also includes social training - factors of influence of the surrounding world on the motives of sports activities. This classification of types of sports training is conditional and is aimed at a certain formalization of the training process, as well as for the convenience of using the means and methods of physical education, determining the main goals and directions for the development of the athlete's readiness components. Physical training involves the development and improvement of the functions of the central nervous system, neuromuscular apparatus and vegetative systems, which provide motor activity in general.

Modern football is characterized by high motor activity of players, which is predominantly dynamic in nature and is characterized by uneven physical activity and arrhythmic alternation of work and rest. Among them, the main ones are actions with the ball and movement around the field (running, walking, juggling, hitting the goal). And the speed, accuracy and timeliness of the performance of a specific technical task depends on how well a football player knows his motor apparatus and how highly developed his motor abilities are. The intensification of competitive activity often leads to the fact that an increase in the volume of movements is not accompanied by an increase in their efficiency.

Numerous studies have shown the high effectiveness of football for the versatile development of the child's body. Running and jumping activate the growth of the body, the fight for the ball contributes to the development of muscle strength, physical activity during football contributes to the formation of posture, an increase in the vital capacity of the lungs. In American schools, football programs for boys and girls are included in the compulsory educational programs for schools.

In adulthood, playing football allows you to maintain the stability of the psychological state of athletes, maintains internal activity and joy, and helps to reduce psychological tension.

Football, like most game sports, is characterized by specific endurance - athletes run significant total distances in the form of short segments with submaximal and maximum speed. Speed endurance is one of the main qualities of a football player.

Muscular work in the game involves a large number of repetitions of the same type for a long time, which requires constant improvement of all basic physical qualities - strength, speed,



flexibility, endurance, coordination. The constant change of motor modes and great variability require neuromuscular efforts associated with a complex manifestation of physical qualities.

The main element of football is a technique - the result of psychophysiological processes. Throughout the history of football, there has always been a demand for football players with a wider arsenal of techniques, as well as the choice and implementation of which is appropriate for the game situation. Sportsmanship of a football player implies the presence of a wide range of complex motor actions that require a high level of development of the ability to manifest explosive efforts.

The basis of the actions of a football player is the response to a change in the game situation, in the conditions of a wrestling match. A football player who meets modern requirements is determined by the effectiveness of actions, as well as the effectiveness of decisions made on technical and tactical tasks, in conditions of tough combat, non-standard game situations, with a shortage of time and space.

A distinctive feature of modern football is the increased intensity of the game, tough athletic struggle throughout the field, as well as the lack of time for a player to make a decision. These features are a consequence of the rationalization of technique and tactics, as well as an increase in the physical performance of football players.

In connection with the development trends of modern football, new tasks arise that need to be addressed through the training process. A number of such tasks include bringing athletes to the optimal functional form.

The functional training of football players in the general plan of building the training process is based on the advanced material of scientific and practical methodologies. So far, the problem area is psycho-functional training, the scientifically based psychological and pedagogical material of which could optimize and improve the entire process of functional training.

Targeted functional training of football players is considered as a systematic process. This is necessary due to the fact that the use of intensity-limiting loads can adversely affect the implementation of the genetic program for the development of the organism.

The modern training of football players, as a long-term process, is divided into 4 stages - initial training, basic training, the stage of sports improvement. As a result, young football players should reach a new "adult" level of football - the stage of the highest sportsmanship.

In the course of mastering the game of football at all the above stages, attention is paid to a special block of the training process - the functional training of athletes. At the stage of initial preparation, a functional base is laid. At the stage of sports improvement, functional specialization is formed, the effectiveness of which is maintained at the stage of higher sportsmanship.

Today, in the functional training of football players, special attention is paid to the individualization and differentiation of the training process. Planning an athlete's training depends on his individual typological characteristics. One of the main conditions for the high efficiency of the functional training system is taking into account the age characteristics of athletes. This is due to the increase in physical and nervous stress, in the course of passing through all the stages of learning to play football.

The use of a wide range of targeted means of influencing the functional systems of the body creates additional functional loads, which act as a non-specific adaptogenic factor that stimulates an increase in the level of functional fitness of athletes. In addition, the presence of a variety of training means of preparation reduces the monotony of the training process.



The organization of the actions of a football team is associated with a clear distribution of functions between the players. The main task of the coach is the effective distribution of football "roles", in accordance with the anthropometric qualities of the athlete, as well as the level of his physical, technical, tactical, psychological, and hence functional fitness. Game specialization in football (namely, the goalkeeper, extreme and central defenders, forwards, midfielders) actualizes the individualization of the process of functional training in accordance with the game role.

The need to differentiate the functional training of players of various roles from an early age is of practical importance for the development of the level of football. The basis of functional training is the fact that the development of an athlete's fitness is achieved through the specialization of a complex of vegetative and motor functions, and the specialization of functions is expressed not only in the process of a specific activity, but also when performing other exercises.

In modern football, there is a clear trend towards an increase in training and competitive loads, which is associated with an increase in physical and nervous loads. This trend further actualizes the problem of optimizing all components of the training process. An urgent task is the functional training of athletes, capable of providing high special performance throughout the season. The solution of these issues by increasing the volume and intensity of training time is limited by the biological capabilities of a person, as well as social factors.

The way out can be the use of additional factors that ensure the optimization of the training impact from physical exercises, accompanied by extremely effective and pedagogically expedient methods of the training process.

Today, there is an awareness of the problem of insufficiency of functional training.

In domestic children's and youth football schools, the priority of all educational and training work is given to the effectiveness of competitive activity, although this contradicts the basic principles of football education. Sports achievements are required from children from a very early age, the effectiveness of the coach's work is determined by the achieved results of participation in competitions. Football schools make a profit by producing strong players by football standards who eventually have to join the first team or have to be sold to other clubs. Thus, football schools often "break" undiscovered talents. Coaches are forced to put a team game that will give results, and the individual development of the players is realized mediocre - like the process of building a team game for the result. Coaches devote more training time to technical and tactical training, while functional training fades into the background and is implemented as there is free time in the competition schedule. The educational programs of sports schools recommend taking into account the functional training of football players, the curriculum includes sections on general physical and functional training, coaches attend seminars, study for the appropriate categories, receive the necessary knowledge and skills to organize functional training. But due to the dictating conditions of the external environment, the football school does not receive the highest quality end product - by the age of 18-20, a young football player has a number of sports injuries and is uncompetitive in the international football arena. Functional training requires special attention and responsibility on the part of students for the training process, it is often monotonous, it has a lot of repetitions, its specificity of training actions is far from the gameplay, which means it is not interesting for young football players.

The proper level of functional training finds its place when an adult football player enters a football club. In the club, depending on its status, functional training begins to be implemented to one degree or another - qualified coaches appear, the training process is organized according to the competitive mode and the working hours of the Russian national team. But this happens by the age of 16-19, when the key periods for the functional development of a football player have already been missed.



The problem of insufficient functional training of football players of various levels can be solved by organizing additional training sessions. For this, the following conditions must be met:

- Availability of time for functional training.
- Availability of space for functional training.
- Goal-setting of functional training - definition of specific tasks for functional training.
- Justified choice of means, methods, and technologies of functional training.
- Load rationing – functional training and all training and competitive processes outside of it should be interconnected and be a single whole.

All of the above conditions can be organized within the framework of the work of a specialized institution of sports and health services.

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