



Training Loads Aimed To Develop Speed-Strength Endurance of Young Football Players

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Abstract: In the work, the influence of training loads on the functional state and speed-strength endurance of young football players was studied. The necessity of the ratio and variability of the load components, which determine the volume, direction, and also the admissibility for use, is shown. Based on the experimental material, a methodology for optimizing the improvement of speed-strength endurance of young athletes is presented.

Keywords: load, training, qualities, speed, strength, recovery.

Introduction. Prospects and trends in the development of modern football are due to the increasing level of sportsmanship, both individual players and teams as a whole. These factors ensure increased competition both in domestic football and in the international sports arena. Steadily increasing volumes and intensity of training loads come to the fore, significantly exceeding the resources of the adaptive capabilities of the human body [1, 2].

Uzbek football has somewhat lost its position in world football [3, 4]. Unstable performance results of national teams are largely due to the problems of training the sports reserve [5, 6, 7, 8]. The return to the group of leaders in European and world football will largely depend on the extent to which the preparation of high-class football players and, above all, the football reserve, will take into account the main trends in the development of modern football. Main trends in the development of sports and the system of sports training are closely related primarily to the development of the training process and factors that increase its effectiveness [9, 10, 11].

One of the main directions for improving the system of training football players is the further search for advanced technologies for planning and programming the training process [12, 13, 14]. It should be noted that the concept of programming training loads can be implemented only on the basis of objectification, formalization and modeling of these loads [15, 16, 17].

In our opinion, the development of a rational concept of the structural organization of training loads in the preparation of young football players at the stage of sports improvement is of fundamental importance. The provisions of the concept should be based on the identification of criteria that allow optimizing the necessary ratios of the components of the training load to solve various problems.

pedagogical tasks [18]. It becomes important to determine the most optimal and effective ratio of the components of the training load, allowing purposefully develop important for a football player quality and improve the process of training athletes.

Setting goals:

1. To identify the criteria for the admissibility of training loads aimed at the development of speed-strength endurance, and the degree of their compliance with the functional state of young football players.

2. To develop classifications of training loads aimed at the development of speed-strength endurance, taking into account the level of their adequacy to the age characteristics of 13-14-year-old football players. The studies were organized with the participation of football players aged 13-14

Age, students of sports improvement groups. The studies involved from 50 to 60 people. The work was attended by students and teachers, coaches.

The training load of low volume (40%) was a four-time run of a distance of 300 meters, overcoming 15 barriers, 100 cm high, spaced at a distance of 20 meters from each other. The intensity of the exercise was submaximal, and the coordination complexity was low. Heart rate after exercise reached 180-200 beats per minute. The rest pause between repetitions ranged from 1.5 to 3.0 minutes and was filled with exercises to relax and restore breathing.

The next repetition of the exercise began with a heart rate of 120-130 beats per minute. Running this distance six times was considered a medium volume load - 70%, and eight times a high volume load - 100%.

Performing a low-volume training load caused a significant increase in CV ($P_o < 0.05$). The state of speed and speed-strength manifestations had different dynamics of the indicators of the studied functions.

Significantly decreased the speed of running at 30 meters ($P_o < 0.05$) and the shuttle test ($P_o < 0.05$). However, standing long jump performance remained unchanged ($P_o > 0.05$). The state of coordination abilities according to the data of power and spatial differentiation of movement also did not have significant differences ($P_o > 0.05$). The results of the dribble and dribble tests, as well as the agility test, had a slight tendency to worsen ($P_o > 0.05$).

It can be said that the performance of such a load leads to a completely acceptable degree of fatigue that does not cause significant overstrain of the functions under study.

Performing a medium volume load caused the following changes in the studied functions. There was an increase in CV ($P_o < 0.05$). The indicators of speed and speed-strength qualities worsened, as the speed of running by 30 meters ($P_o < 0.05$) and the shuttle test ($P_o < 0.05$) significantly decreased.

0.05). The results of standing long jumps also significantly worsened ($P_o < 0.05$). The ability for power and spatial differentiation of movement significantly decreased ($P_o < 0.05$). The same negative dynamics was noted during the tests of guiding and tracing and the dexterity test ($P_o < 0.05$). Thus, it should be noted that the performed training load caused deterioration in all indicators of the studied functions. This may indicate the presence of significant fatigue of the body of athletes. It is these loads that can cause the necessary fatigue, which contributes to the development of speed-strength endurance.

Performing a high volume training load resulted in the following changes. There was a significant increase in CV ($P_o < 0.05$). The state of all the studied functions, according to all indicators, had a pronounced negative trend. Significantly decreased the speed of running 30 meters ($P_o < 0.05$) and shuttle running ($P_o < 0.05$). The results of standing long jumps had a clear tendency to worsen ($P_o < 0.05$).

The state of coordination abilities, according to the data of power and spatial differentiation of movement, also significantly worsened ($P_o < 0.05$). The results of the tests of leading and tracing and the test of dexterity, compared with the initial data, decreased ($P_o < 0.05$). All this, taken together, indicates that the load caused a significant stress of all the studied functions. Its use in the training process for the development of speed-strength endurance seems to be inappropriate.

Conclusions.

1. An increase in the amount of training load from 40% to 70% and 100% causes various responses of the body.

2. For use in the training process in the preparation of young football players, it is possible to recommend loads of small and medium volumes aimed at developing speed-strength endurance. Such loads do not lead to a large overstrain and are able to develop qualities associated with the manifestation of endurance.
3. High-volume training loads are not recommended for the development of speed-strength endurance in young football players. Performing such loads leads to significant overwork.
4. The implementation of a training load of various volumes aimed at the development of speed-strength endurance is accompanied by an increase in the activity of the cardiovascular system and deterioration in the coordination abilities of young football players.

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