

Development of General Physical Qualities of Girls Football Players in Higher Education Institution

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Abstract

Today the number of young people playing football is growing day by day. Undoubtedly, this is a sign of the correctness of the reforms being carried out in our country. Finding athletes who are currently talented among our young players is one of the urgent tasks of today in order to focus on long-term training. We know that physical exercise has a positive effect on the nervous and various systems of the body, elevates the soul, strengthening human health. Therefore, one of the main aspects is to develop the stamina of players to achieve good results in a sport like football.

Keywords: Football, human health, physical exercise, sports activity, personal characteristics, level of requirements.

Introduction

In modern women's football, a player makes special demands on the strength and speed-strength training of girls. The high level of maneuverability of the players, an increase in the force of impact, and energy savings when performing various styles of play contribute to improving the performance and skill of the players. The following rules are the main ones in the strength training of players

1. The use of such forms and methods of organizing training sessions, methods of reducing the muscle fibers of a football player, in which all components of strength abilities are most effectively developed.
2. Simultaneous development of contractile properties and oxidative abilities of the athlete's muscular system.
3. Parallel development of speed and rapidity, strength and endurance and various parameters of their components, coordination and strength abilities of the players.

The following methods of strength development are used in the practice of training football players:

The number of repetitions usually cannot be more than 10-12 times in a row. There are only 3-4 series, the interval in the sequence is 3-4 minutes with this method, the training effect is achieved in the last repetitions of the exercise. The main disadvantage of this method is the inefficiency of training exercises, which are not always adequate. Basically, it is often used at the stage of general preparation.



The processing method. The optimal effect is a maximum load weight of 60-80%.

The maximum force method is effective for increasing the absolute (maximum) force. 80-90% maximum, if necessary near the limit and external loads, involves working with 100% of the weight of the load. Its effectiveness depends on maximum muscle tension with low energy expenditure. The number of repetitions in the approach is 1-3, the number of repetitions (series) is 1-3, the sequence interval is 3-5 minutes. this method is used in the second half of 1-2 preparatory periods of the weekly cycle.

The method of developmental loads involves a gradual increase in weight from 50%, then 75% and finally 100% of the maximum weight. In addition, the movement must be carried out at a maximum speed of 10 approaches (except for 100% of the weight of the load). This method avoids adaptive reactions of the body, and the greatest effect is achieved as a result of movement.

The method of exposure is based on the stimulation of muscles trained by the kinetic energy of a falling body, or marble provides a quick transition from low-level work to overcoming difficulties. The greatest effect makes it possible to use body weight without additional loads, for example, when jumping into depth, from the base, at a height of 60-80 cm, touching the legs slightly bent at the knees, and then quickly and strongly jumping up, left and right. It is recommended to use this method at the end of general training 152 and at special preparatory stages of training, when the player's muscles are strengthened to have a "working position". Deep passes are performed in 2-3 series of 8-10 horses each, with a rest interval of 3-5 series. The combined method involves performing exercises directly in football movements with an optimal load on the structure of motor skills, there is a simultaneous and parallel development of special strength and improvement of the technique of playing football. It should be used at the stage of special training and during the competition period.

At the same time, the weight of the cargo must be selected individually. Excessive load weight can disrupt the structure of motor skills, which will negatively affect the manner of movement and eventually lead to the final result. The isometric effort method serves to increase the maximum (absolute) strength, but in general, intensive training is used, which is supportive in nature. Therefore, the training of their strength abilities should include various isometric exercises, the duration of which depends on the level of muscle tension (maximum muscle tension lasts 2-3 seconds). At the same time, the current state and dynamics of football development require athletes to have a high level of powerful and high-speed training, which cannot be achieved only by playing activities. the body quickly adapts to the standard manifestations of power. More effective means and methods are required for the successful development of the special power of the players.

During the training sessions, female football players can use various means and methods that improve the overall physical quality of athletes. Let's describe their priorities in the development of personal qualities.

Speed is a physical quality that gives a strong muscular response after the reaction rate phase. Exercises for the development of speed are performed after a general warm-up of the body. The basic method consists of several repetitions at the limit of feeling tired. All exercises are



performed with maximum amplitude (leg swings, knee lifts to the chest, and hakojo) and at a pace.

One of the few manifestations of the development of the speed of female football players is the use of the impact method, the essence of which is to purposefully influence the manifestations of speed and accuracy at the same time. In this regard, the movement of short segments should alternate with the execution of individual elements of the game at maximum or maximum speed, which requires the manifestation of specific features:

When performing exercises for the development of high—speed quality, the duration of rest intervals should be determined by the heart rate - start the next exercise (repetition) with a heart rate equal to 110-125 UR / min. During speed-oriented training (speed 160%), athletes can reach the required pulse volume, during speed—strength training (intensity 95-100%) - up to 96-100% - 170-180 RPM, and during speed-strength training (intensity 96-100%) -. Endurance (human) is the ability to perform any job for a long time without significantly reducing the body's performance. Football is a very active sport, this game requires 153 participants of the total endurance of the body and special working and coordination training. It's no secret that a good player should be able to withstand prolonged physical exertion, because the game lasts more than 90 minutes, and for an hour and a half the players are on the move.

The method of endurance training in football is mainly focused on aerobic exercise. Daily long-term workouts develop general, cardiovascular endurance, as well as special runs and jumps. In order to develop general endurance, they use: brisk walking, the transition from walking to slow running for 30-50 minutes, the number of heart contractions should not exceed 165 beats / min

The transition to slow running takes 30-50 minutes, the number of heart contractions should not exceed 150-165 beats per minute.

Swimming 20-30 minutes, the number of heart contractions should not exceed 150-165 UR /min. The

Fartlek consists of: 3-4 minutes of slow running; 2 km of running at a heart rate of 160-170 UR/min; 5 minutes of slow running, 4-5 accelerations for a distance of 150-200 m. the number of heartbeats at a level of 160-165 UR / min; 5 min slow running.

10-20 minutes the transfer of the ball from the beginning of the field to this head of 1 or 2 balls ends with a goal kick.

A two-way long-distance game with the task of completing without acceleration.

Running at distances of 100-500 meters over time can lead to a decrease in heart rate to 170 beats per minute and above.

Wet running at 70x50 meters with an intensity of 95-100%.

Performing exercises on carrying the ball, lifting the ball and hitting the goal with a heart rate of 170-190 beats per minute.



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