

Development of Endurance Qualities of Young Football Players with The Help of Types of Athletics Running

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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

The degree of resistance to overwork during physical exercise during muscular work is called the quality of endurance. When performing exercises that require endurance, human functionality depends, on the one hand, on the degree of mastery of the necessary skills of movement and technique, on the other hand, on the aerobic and anaerobic (oxygen-free, oxygen-soluble) capabilities of the body. The specifics of believers' breathing are not relatively high, they will not depend on the form of movement, even pronounced.

Develop the quality of endurance of young players. Endurance is necessary for players not only during playing time in factball competitions, but also to perform training work in a large hajj. It depends on the level of preparedness of organs and systems (especially the central nervous system, cardiovascular, respiratory systems and muscular apparatus), the evolutionary level of sports equipment and the efficiency of performing movements.

Endurance can be general and special. Overall endurance is an integral part of the overall physical development of any athlete and is primarily the result of serious positive changes in the central nervous system, cardiovascular, respiratory and other systems.

As a result of regular practice of walking and running exercises in athletics, the bone structure is strengthened, joints become mobile, muscle strength increases and metabolism improves.



In addition, walking and running exercises improve proper caddy formation, metabolic processes, blood circulation and respiratory control, resulting in improved physical condition and improved health.

In athletics, there are many athletics exercises that help improve the physical fitness of players, but do not use coaches to make the most of it. As we know, in athletics, a short-distance runner is 400 m. He is hardy in fast running. A marathon runner who can withstand many hours of competition, 1500 m.ga can be irresistible in running. The peculiarity of special endurance in each type of athletics is so special that each of them has its own methodology.

Middle-distance running is characterized by a sharp increase in oxygen consumption in the first 12 minutes. Soon, this peak reaches 168 degrees, which remains unchanged for a little longer. But such a "stagnation state" of the amount of oxygen consumed is the result of the fact that it is impossible to consume more of this, since the body wears out in the niche of oxygen consumption. Thus, running a medium distance increases the need for oxygen from the level of its consumption (even if it is bursa who has reached a physiological niche), that is, oxygen is a debt bandage. The higher the running speed, the greater the load, the faster fatigue occurs. Lack of oxygen negatively affects the central nervous system in the first place, as it is the most sensitive to this.

Its main function in middle-distance running is to increase special endurance, appropriate development of organs and systems by improving their functions, as well as to teach the body to use oxygen economically and efficiently. With such repeated runs, a much greater "oxygen debt" is formed, and the need for organs and systems increases. A runner who has grown up with the ability to deal with severe fatigue resulting from a load on running speed, after a sufficiently long workout it will be easier to do less work, even if the intensity lasts longer than in training.

General endurance is developed by almost all types of physical exercises included in the annual training.

To increase the overall endurance of young players with a high level of training, the running distance is 3-5 km.it can reach up to. The speed should not be high. Jogging classes are held 2 times a week, and students have 3-4 times a week.

General endurance is mainly developed during the preparatory period and is maintained only during the competition period. General endurance, along with determining the overall performance of young players and their level of health, serves as the basis for the development of special endurance. The higher it is, the better the special strength obtained on this basis.

Endurance should be developed in a certain order. Before the start (in the preparatory period), more attention is paid to the development of general endurance, then (in the competitive period) to the development of special endurance. At the same time, Ham will develop special endurance during the preparatory period, while in the competitive period the overall endurance will be reduced.

The main means of developing general endurance is prolonged low-intensity running. It creates favorable conditions for increasing the functional "limit" of all organs and systems and ensures their high level of organization/



Another effective means of developing endurance is the cross-country running grid in tozza Hava. An effective way to develop overall endurance is long-distance running, game and circuit training in one place in various variations.

The main way to develop the endurance of players is to repeatedly perform selected athletics exercises.

In conclusion, it should be noted that by using cross-country running for medium and long distances of athletics while developing the quality of endurance of young players, this makes it possible to train dexterity, strength, agility, endurance. This is necessary and useful for the activity of the players in the gameplay.

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