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THE STRUCTURE OF THE RELATIONSHIP BETWEEN THE KEY ASPECTS OF THE FUNCTIONAL TRAINING OF YOUNG PLAYERS IN DIFFERENT PLAYING ROLES

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Abstract
Taking into account the need for differential functional training of players of different game specialties from an early age, it is of practical importance to clarify the structure of the functional training of players depending on the chosen role. As a result, at the second stage, a correlation analysis of the relationship between the main aspects of the functional training of players of different game specialties was conducted.

Keywords: Weight, body length competition, functional, aerobic, anaerobic, speed, strength, endurance, reflexes. defender, attacker, goalkeeper, walking, running.

Introduction

The correlation analysis between indicators of functional fitness of young footballer-strikers shows that a number of parameters are very closely and widely related to each other (Table 3.2). It should be noted that indicators reflecting the qualitative aspects of functional fitness (PWCpo, MPC, VC, HRSp) are confidently linked not only with the parameters of physical development (weight and body length), but also with indicators of motor abilities. especially with speed ability indicators.

The number of trustworthy relationships for midfielders is slightly lower than for strikers (Table 3.3). Indicators of physical development (body length and weight) are strongly correlated with the results of tests reflecting speed capabilities, which in turn are reliably correlated with other motor test indicators. And all indicators of engine tests are reliably correlated with physical indicators and the level of aerobic productivity.

Table 3.2 Correlation relationship matrix of key parties predicted the functional fitness of attackers (n = 33)

	1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**
1	1															
2	**872**	1														
3	-282	**-383**	1													
4	**-460**	**-578**	**667**	1												

5	-135	-271	**501**	**691**	1											
6	-247	-231	175	-025	-021	1										
7	073	028	-287	-165	-182	043	1									
8	239	191	-284	-161	-012	-113	**394**	1								
9	**516**	**652**	**-575**	**-612**	**-521**	-211	**402**	266	1							
10	**511**	**632**	**-705**	**-717**	**-577**	-267	310	336	**850**	1						
11	-285	**-409**	**660**	**475**	**394**	116	-212	-212	**-718**	**-649**	1					
12	**359**	**363**	**-549**	**-546**	**-358**	015	265	**398**	**534**	**440**	**-431**	1				
13	316	231	-200	-023	243	-169	232	327	263	077	-252	199	1			
14	059	-126	-126	-180	-298	-003	209	-076	038	-020	118	-052	-020	1		
15	313	190	-209	-132	-077	069	-158	-072	125	-154	167	371	-154	171	1	
16	0,23	143	017	210	168	-102	157	122	132	-100	125	302	-100	-163	210	1

Note: further marking: 1 - body length; 2 - body weight; Distance from stopping 3 -15 m; 4-15 m from feeding; 5 - 30 m; 6 - 7 x 50 m; jogging for 7-12 minutes; 8 - 5-kr avenue; 9 - PWC170; 10 - MPC; 11 - heart rate p; 12 - vital; 13 -MVL; 14- ZDvd.; 14 - back extension; 15 - W max.
The correlation coefficients are multiplied by 1000.
Significant relationships are shown in bold letters ($P<0.05$).
The number of reliable correlations between functional fitness indicators among defender-players is the largest among all other groups (Table 3.4). There are broad and important associations between physical performance indicators (body length and weight, VL), motor tests (30 m run, 7 x 50 m moki run, 12 minute run, five-step jump), physical performance and aerobic performance. (PWCpo, IPC).

Table 3.3 Correlation relationship matrix of key aspects of midfielders' functional fitness (n = 38)

	1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**
1	1															
2	**858**	1														
3	**-682**	**-636**	1													
4	**-363**	**-412**	**513**	1												
5	**-577**	**-494**	**657**	**498**	1											
6	-197	003	**361**	322	319	1										
7	190	256	**-348**	-223	-118	-063	1									
8	-089	011	-047	228	169	075	169	1								

9	**394**	**650**	**-458**	**-336**	-238	209	**503**	157	1							
10	**393**	**533**	**-593**	**-479**	**-542**	107	**370**	016	747	1						
11	142	153	-079	119	-201	-045	-120	129	-026	126	1					
12	**324**	272	**-490**	**-656**	**-332**	**-409**	157	-106	267	180	-340	1				
13	-087	023	-122	-231	-144	-157	078	061	-014	128	-103	-046	1			
14	-303	-303	111	-048	-037	-061	-007	295	-012	049	178	110	-122	1		
15	-302	**-333**	135	-001	057	-014	-015	327	-216	026	-026	-044	-043	**696**	1	
16	021	-056	-273	**-345**	-190	**-373**	-056	-050	-097	015	-144	539	020	037	-080	1

The total number of reliable links between different indicators of functional fitness for football goalkeepers is wider than for defenders, but slightly less in number (Table 3.5).

Table 3.4Correlation relationship matrix of key parties

	1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**
1	1															
2	**875**	1														
3	-284	-292	1													
4	-194	-262	322	1												
5	**-446**	**-482**	**441**	-029	1											
6	**-506**	**-510**	**410**	184	**496**	1										
7	**362**	**380**	**-424**	-190	**-546**	**-335**	1									
8	**521**	**519**	**-498**	-271	**-528**	**-792**	**561**	1								
9	**643**	**674**	**-534**	-167	**-680**	**-459**	**636**	**653**	1							
10	**388**	**447**	**-560**	-152	**-487**	**-401**	**528**	**545**	**720**	1						
And	-033	-073	-069	096	-075	163	226	-170	-010	-013	1					
12	**384**	**422**	**-588**	**-507**	**-353**	**-489**	**402**	**465**	**379**	**368**	-104	1				
13	231	116	-091	-224	-221	-272	031	170	192	025	**-355**	234	1			
14	279	205	-302	-268	077	-269	263	166	149	102	154	**540**	-081	1		
15	291	273	**-399**	-096	-185	-191	261	260	**472**	**436**	-274	162	-030	216	1	
16	**353**	**304**	**-304**	**-508**	**-290**	**-319**	147	**352**	**331**	084	-058	329	191	189	-035	1

Functional fitness of defenders (n = 40)By comparing the correlational relationships of functional fitness indicators between players of all playing roles, it can be noted that they are correlated with the amount of physical performance at one level or another (Table 3.6).

It should be noted that physical indicators are considered as an integral indicator of the functional capacity (functional readiness) of the body (V.M. Zatsiorsky and others, 1982; V.V. Petrovsky and others, 1984; V.N.Platonov, 1984; V.S. Mishchenko, 1990). ;

Table 3.5 Correlation relationship matrix of key parties

Goalkeeper Functional Training (n=13)

	1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**And**	**12**	**13**	**14**	**15**	**16**
1	1															
2	**823**	1														
3	-397	-369	1													
4	-504	**-567**	**657**	1												
5	152	129	468	**600**	1											
6	-069	209	**554**	253	224	1										
7	**753**	**671**	**-684**	**-758**	-145	-273	1									
8	040	269	-328	-348	-352	335	244	1								
9	**635**	**704**	-184	**-595**	047	183	**587**	221	1							
10	626	803	-267	-416	-057	483	402	391	**677**	1						
And	363	331	336	-030	295	074	-014	-435	311	278	1					
12	409	443	-042	-480	-035	013	**536**	071	**521**	210	183	1				
13	**529**	472	-419	-467	-269	030	**541**	429	247	329	-408	457	1			
14	424	**518**	057	055	**516**	161	113	-158	**585**	**540**	**523**	283	-167	1		
15	-126	-199	259	**555**	**532**	164	-219	095	001	-130	-141	-446	-291	195	1	
16	082	241	-134	-061	-177	224	091	-139	125	436	117	-021	-074	304	-040	1

Physical performance is an important condition for the development of all basic physical qualities, the basis of the body's ability to withstand highly specific loads, the ability to realize functional capabilities for intensive recovery in all sports (V.N. Artamonov, 1989; A.N. Korzhenevsky et al. , 1993) and mainly determine sports results at almost all major stages of long-term training (A.P. Zolotarev, 1996).

Table 3.6 Correlation relationship matrix of physical performance with the main indicators of functional training of young people 13-15-year-old footballers from different game areas

Bullets	Strikers (p = 33)	Midfielders (p = 38)	Defenders (p-40)	Goalkeepers (P = 13)
Body length	**0,516**	**0,394**	**0,643**	**0,635**
Body mass	**0,652**	**0,650**	**0,674**	**0,704**
15 m from stops	**-0,575**	**-0,458**	**-0,534**	-0,184
15 m from movement	**-0,612**	**-0,336**	-0,167	**-0,595**
30 m	**-0,521**	-0,238	**-0,680**	0,047
7x50 m	-0,211	0,209	**-0,459**	0,183
12 minute run	**0,402**	**0,503**	**0,636**	**0,587**
Jump 5	0,266	0,157	**0,653**	0,221
IPC	**0,850**	**0,747**	**0,720**	**0,677**
Heart beats at rest	**-0,718**	-0,026	-0,010	0,311
vitality	**0,534**	0,267	**0,379**	0,521
MVL	0,263	-0,014	0,192	0,247
3D Breath	0,038	-0,012	0,149	**0,585**
3D breathing	0,125	-0,216	**0,472**	0,001
WMBKC	0,312	-0,097	**0,331**	0,125

Testing of physical indicators is the most important component of comprehensive monitoring of athletes, since with its help the functional capabilities of the body are identified, weak links of adaptation to stress and factors limiting performance are identified.

The role of the test is particularly strengthened in team sports, including football, where performance is difficult to assess due to the specific characteristics of movement activity (F.A. Iordanskaya et al., 1985; A.I. Shamardin, 2000).

Based on the above, we specifically analyzed the correlation relationships between functional fitness indicators of young players in all playing roles (Table 3.6).

It is important to note that physical development, aerobic performance, and endurance performance are strongly correlated with the level of physical performance of all young players. This is quite understandable, since it is known that the listed parameters of functional training serve as the main factors that determine and determine physical indicators (I.V. Aulik, 1979, 1990; V.S. Mishchenko, 1990; A.I. . Shamardin, 2000; I.N. Solopov, 2000).)

In addition, the amount of physical indicators among field players is significantly correlated with speed ability indicators.

Thus, an analysis of the correlation between indicators of functional fitness of young players in different areas of play showed the following. A number of parameters for strikers are closely related to each other. Indicators reflecting the qualitative aspects of functional fitness (PWCno, MPC, VC, HRSp) are confidently interrelated with not only the parameters of physical development, but also the parameters of motor readiness. The number of trustworthy relationships for midfielders is slightly lower than for strikers. Indicators of physical development (body length and weight) were strongly correlated with the results of tests reflecting speed capabilities, which in turn were reliably correlated with other motor test indicators. And all indicators of engine tests are reliably correlated with physical indicators and the level of aerobic productivity. Young player-defenders have the most trusting relationships between functional fitness indicators. There are significant correlations between physical performance indicators, motor tests, physical indicators, and aerobic indicators. The total number of trust relationships between different indicators of functional fitness for soccer goalkeepers is broader than for defenders, but the number is slightly smaller. Moreover, the results of correlational analysis make it possible to consider the use of physical indicators as an integral indicator of functional readiness of young football players aged 13-15 years in advanced specialist stage.

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