



TYPES OF COMPETITION LOADS IN FOOTBALL

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Abstract

The article shows and states the ideas on the tools and forms of technical and tactical training in the preparation of young players, and ways of developing styles and using them effectively by physical education teachers and sports coaches, the types of competition loads

Keywords: load, football, team, training, competition.

Introduction

Like other sports, football is characterized by collective and individual struggles against the opponent. These individual fights require the development of not only individual but also team play. Based on these principles, the time spent in the training process is estimated as follows: 20-25% for physical training, 30-35% for technical training, 40-45% for tactical game and competition preparation. These numbers are subject to change depending on age, skill of the players and the period of preparation. The planning of training football teams and individual players is based on the general objective laws of training. It includes the unity of general and special training, the continuity of the training process, the periodicity of the trend of limited loads, the direction of maximum achievement.

The level of development of the functional capabilities of the players gained during one season should be strengthened and developed in the following seasons. In planning, it is also necessary to take into account the physical and mental capabilities of the athlete's hormonal development. In addition, the age, gender, professional potential, stage of physical development, direction of training, schedule of future competitions, and other requirements for the organization of material base training should be taken into account.

First of all, it is necessary to determine the structure and scope of the work, the correct distribution of time, period, as well as to determine the final result. Planning can, of course, include changes, clarifications, and additions depending on time and circumstances. When making plans, the tasks of the plan, its structure, the stage of implementation, and the mistakes made are analyzed. Each created plan of action grows slowly.





The game of football should be facilitated in the startup training of technical skills and help players to quickly master the technique with appropriate techniques. Once young players have mastered the techniques they will be performing, it is important that they do not use the same techniques they used in their primary training.

The unity of special and general training of athletes is based on the fact that they are inextricably linked and interdependent with the various functions of the human body. There are times when the use of only specialized loads, which apparently significantly increases the chances of competition, can lead to the athlete's "secondary" qualities hindering the growth of his athletic performance and making different demands on the athlete's condition. If running for 100 m requires maximum strength, power in a few seconds (there will be no fatigue), then the runner (sprinter) must have not only speed, but also endurance qualities to perform the exercise is done. There must be both special and general training, which is usually not possible for the competition, but without which the athlete cannot achieve positive results.

Implementing the unified basis of the training process is that the adaptation to the training loads is without breaks, that is, each incoming load begins as a continuation of the previous load. If the rest interval is too long, then the athlete's condition will reach the initial stage and it will not be possible to achieve an increase in training results. It is well known that breaking such a cohesive foundation is not enough to increase the athlete's chances of a load.

In addition, two more conditions need to be considered. First, the subsequent loading can be performed at different stages of recovery, as well as insufficient recovery. In this case, the effect of the sum of several loads leads to very large shifts in the athlete's position and significantly activates the recovery process. This type of training is for athletes who are well-prepared.

Second, recovery processes involving different loads do not take place simultaneously (slowly, sequentially) and in parallel. Because of these recovery processes, a highly qualified coach plans a workload in such a way that the athlete has to work in a certain direction during the recovery process after a different type of load. The athlete will not get tired (even several times a day) in the mode of large-scale work, with their consistency and intensity, and his athletic training will increase.

The basis of the unit of permanence and the limited load is based on the characteristics of the athlete's response to the load. In order to change the status of an athlete in order to increase the chances of competition, it is necessary not only to identify a certain area of skill, but also their sufficient size. It is known that small loads do not provide sufficient efficiency of training, which forces large loads. An increase in the volume and intensity of training in modern sports is the opposite. However, limited loads are



not always used not only when working with new students, but also in the training of highly qualified athletes, as excessive fatigue, excessive power loss, injury, and so on can be observed. Therefore, it is necessary to gradually move to limited downloads.

The basis of wave dynamics of loads is based on the fact that of all available loads, wave dynamics is the most effective in sports. Other types (graphic or staged growth) can be used in small volumes depending on the athlete's ability, which may not provide adequate adaptation processes. Trying to use large (limited) loads continuously can have negative consequences. This means that limited workloads should be replaced by regular rest. Similar load dynamics create "waves" (first increase, then decrease), the duration of which varies in size - from a few tens of seconds to several years. Each "wave" "there are objective reasons for load separation. The cyclical basis of the training process is inextricably linked with the basis of the wave dynamics of loads. The fact is that each wave of the load has two phases: an increase in size, and then a decrease. Therefore, the cyclical features of sports training can be seen here. However, it should be borne in mind that each incoming cycle should not look the same as the previous one, in order to solve the problems that arise in it. It is desirable to introduce new elements (the micro cycle is characterized by an increase in the intensity of the incoming load; in the mesocycle it is possible to move from general physical training to special physical training or from physical to technical training, etc.).

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