

THE ROLE OF PHYSICAL QUALITY AND ABILITIES IN THE FORMATION OF STUDENT TEAMS IN FUTZAL

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Annotation. *This article provides information on how students form a futsal team and thereby nurture their physical qualities and abilities.*

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Currently, our country pays great attention to futsal. Promoting the sport of futsal and its formation remains one of the most pressing issues. Therefore, physical training plays an important role in the development of futsal.

Develop strength. Two groups of exercises are recommended as the main means of developing strength in futsal players:

- Exercises with external weights (dumbbells, stuffed balls, expanders, barbells, sand, sawdust, running on snow, partner's weight or resistance);
- Exercises for trainees to overcome their own body weight (gymnastics, climbing, pushing, stretching, etc.).

It is recommended to use the first group of exercises to work the core muscle groups, especially the leg, back and abdominal muscles, when working with futsal players. In this game, they have to perform complex movements, as well as maintain balance in a support position.

The second group of exercises allows students to move from slow to fast, from simple to more complex movements. The more such exercises can be repeated, the shorter the body's path of movement, as well as the smaller part of the futsal player's body is used as a weight.

When working with futsal players, coaches should first and foremost use such exercises that provide a gradual and continuous increase in resistance. The speed of such exercises should remain optimal (approximately average). In our opinion, for the development of strength in young futsal players, it is advisable to use a methodological approach, such as overcoming unlimited weights (resistance), mainly with maximum repetitions.

Exercises with unlimited strength stresses allow you to control the technique of performing the movements and therefore perform the movements in a more coordinated way. The main ways to develop strength in futsal players are repetitive and consecutive interval training methods.

Methods of developing strength and speed-power skills. In futsal, the development of strength (for speed of movement) is of great importance. In futsal, as elsewhere, the issue of complex development of all physical qualities is acute. Therefore, while great attention should be paid to the development of absolute strength, this is done in conjunction with the development of speed and endurance. The main way to develop physical qualities, including strength, is the "in-line" method, which most fully solves complex problems in athletes' physical fitness. Mini-players, such as track and field athletes, need a great general and especially special power to move quickly on the field, develop jumping ability ("jumping power"), and control their body well, freely. mainly the lower leg muscles. Here a whole set of exercises and techniques should be applied to develop the strength of sprinters and jumpers [1,2,3,4,5,6,7,8,9,10,11,12].

Velocity development. Futsal players, characterized by constant and abrupt changes in game situations, are characterized by complex forms of speed demonstration, the main way to develop it is to repeat various cyclic exercises close to the maximum and maximum frequency. Such an exercise is basically a sprint in the form of repetitive acceleration [29,30,31].

In such an exercise, it is recommended to gradually increase the speed, smoothly and increase the amplitude of the movements, maximizing them. When increasing the speed of young mini-players, great care should also be taken to perform exercises in light conditions (e.g., running down, running after the leader, etc.).

In such exercises, practitioners, as if from acceleration, try to exceed the speed limit they have temporarily set, and at least achieve greater speed over short distances.

Speed exercises are more effective if sports school coaches have the ability to monitor and accurately assess the speed achieved by their students. It should also be borne in mind that the competitive method is of great importance in achieving maximum speed in exercise.

Thus, the basis of the methodology of speed development in young futsal players is running exercises performed at a maximum intensity of not more than 15 seconds. Before performing such exercises, it is recommended to warm up for at least 15-20 minutes.

The main means of training speed in futsal is high-speed exercises performed at maximum or near-limit speeds. A number of methodological techniques to help develop this quality:

Sprint exercises should be an integral part of futsal players' physical fitness, as sprint exercises and sprinting play a major role in developing speed qualities.

There are several ways to do this:

1. Stimulation of subsequent muscle activity of the athlete, performed under normal conditions, exercise under difficult conditions.
2. Perform the exercise at high speed and speed in light conditions.
3. Perform the exercise under normal conditions with slightly variable conditions.

The essence of the first method is easiest to reveal in the example of exercises with weights, because they are the most typical. Methods of applying strength exercises have been considered in two ways above: first, using them to increase the level of strength training; secondly, as a means of increasing muscle tone and improving the functional state of the athlete's motor apparatus [13,14,15,16,17,18].

The second way to increase the speed of movements is a little more widely known - to perform exercises in light conditions. The main task of this method is to increase the normal speed and velocity of movement using exercises performed faster in light conditions, and on this basis to master a new, more effective rhythm of movements. Facilitating the conditions for exercise also contributes to the process of improving the technique of sports movements.

This method is used for different purposes at different stages of teaching, depending on the teaching tasks. Thus, during the preparation period, it is mainly used to improve the technology and mainly to increase the speed of movement. In the first case, the exercises can be performed at different speeds, in the second - mainly at maximum speed, with full mobilization of voluntary movements. There are several options for the second method, which may be of particular importance for specific sports. Another option is to do exercises with a shortened range of motion, which will allow you to develop a greater frequency of movements [19,20,21,22,23,24,25,26,27,28].

A common way to increase the speed of movements is the third method. The athlete repeats the specialized exercise several times, performing it under normal conditions.

There are two options for using this method. The first is to do the exercises at maximum speed. Here, the increase in movement speed occurs with each subsequent repetition of the engine

movement. In this case, the training work is carried out in several sequences, each with 10-15 movements. All series end with exercises performed at maximum intensity. This option allows you to most successfully combine the process of increasing speed with the process of improving technology. In the second option, the repetition of the exercises occurs immediately after the start of the exercise with an increase in the maximum intensity of labor movements.

In order to mobilize voluntary movements during exercises aimed at increasing the speed of movements, the athlete should be tasked with exceeding the result shown in the previous exercise.

An important aspect of the process of increasing the speed of movements, as well as other qualities - this is the dose of speed exercises in general, which in many respects is determined by the amount of work performed with maximum force. Exercise performed with maximum intensity is a powerful tool that causes the body to get tired quickly. Therefore, training exercises related to the maximum speed of movements should be done frequently, but in small amounts. This also applies to exercises aimed at increasing the speed of movement. At the same time, in futsal, sports technique has a complex structure of movements, the main volume (just like strength development) in the exercises of their sport is performed at medium and then at high voltages (70-90%). maximum result) and much smaller - maximum.

Develop resilience. The main ways to develop overall endurance in young futsal players are uniformity and interval. Given the peculiarities of futsal, training with young futsal players should maximize the body's ability to breathe (aerobic) (this is required to maintain a high pace throughout the game). However, the player needs good development and anaerobic ability to perform repetitive shakes (many in futsal). To develop general endurance in young futsal players, it is recommended to use cross-country running, medium and long distance running, swimming, skiing, which should be done at a relatively flat pace. Cyclic exercises (circle exercises, sports and outdoor games) are also acceptable. As a high-intensity exercise to develop overall endurance in young mini-players, it may be recommended to run different length segments at a certain speed and at rest intervals of up to 6 minutes, as well as repetitions. general development exercises. In general, the optimal strategy for developing endurance in young mini-players is to use exercises that cover all major muscle groups during the training process.

Young players are advised to use repeated speed exercises (pulling, accelerating; shaking, stopping, accelerating, turning, repeated combinations of jumps; imitating game techniques and basic exercises) to develop speed endurance.

The interval method is key to developing speed endurance. The main criterion for such development is the time at which a certain speed or velocity of movement is maintained in the classroom. In this case, the dose of physical activity should have the following parameters: duration of one repetition 20-30 s, intensity maximum, rest interval between repetitions 1-3 minutes, number of repetitions 4-8.

Young futsal players are recommended to use a variety of methods to develop game endurance, the rationality of which has been proven in sports practice (extending the time of training games to 5-10 minutes than usual, the introduction of new games). or rivals resting in the game, training games with shortened teams, use of training games of exercises with different learning effects). The high speed typical of modern futsal requires coaches of young futsal players to overcome the significant fatigue from repetitive high-intensity loads during the game, to develop the ability to enter the game again and again, giving all their strength over a period of time. . It is recommended to widely use the interval training method to prepare the body of those involved in the implementation of such a game regime. For example, in high-intensity training games with increased game time, you can schedule breaks of up to 5 minutes to relax or perform some technical technique. However, after each such

break, players are given the task of moving with maximum activity and intensity. Or, instead of the usual 3-4 minute game time that players typically spend in their shifts on calendar games, it is recommended to use 5-7 minute segments in training games, and so on.

When working with young goalkeepers, it is also recommended to pay attention to the development of jump endurance, ie the ability to repeat high, side, forward jumps after the ball, including the ability to repeat in combat with opponents. When performing endurance training exercises, the nature and overall size of the load is determined by taking into account the age, gender, and physical fitness of those involved.

When incorporating endurance training into training, it is important to ensure that the training and competitive effects are appropriate to the player's functional capabilities and level of preparation. Loads can be boosted by the widespread use of funds that stimulate recovery processes in the athlete's body.

First and foremost, classes need to be built wisely. Of great importance here:

- the right combination of stress and rest;
- diversity of teaching tools and methods;
- spend an active rest the day after training with the maximum load;
- perform exercises in the breaks between the main exercises for active rest and relaxation;
- passive rest in a state of complete rest (preferably in water);
- use of music and rhythm leader;
- training in different conditions (stadium, forest, garden, river, etc.);
- ensuring good living conditions and eliminating negative factors;
- Provision of rational nutrition and vitaminization, massage, physiotherapy.

Develop agility. Tools to develop general agility include acrobatics and gymnastics, trampoline jumping, outdoor and sports games, relay, athletics exercises, wrestling elements. The development of general agility is also facilitated by the performance of familiar exercises by young mini-players in unusual conditions (different coverage of the area, exercises on the lawn, different placement of obstacles, etc.). perform exercises.

The main tools for developing special skills in young futsal players are imitation and basic exercises in futsal techniques, various relay races, acrobatic exercises and their combination, in which students must overcome unexpected situations with the help of clever and quick movements. When working with young goalkeepers (to develop body management skills in an unsupported position), it is recommended to make more extensive use of trampoline exercises using various spring bridges, as well as acrobatic jumps.

There are a number of factors to consider when using physical education tools in the interests of agility development. First of all, it is important that each exercise used to develop any quality (strength, speed, endurance) to master their movements simultaneously serves the task of developing agility. To do this, in all exercises, no matter how far they are from the specialty, it is necessary to understand the same as in mastering the basic exercise, to master the technique of performing them. Only then can you increase the intensity of these exercises. Exercises that have been studied and mastered for a long time, no matter how difficult they may seem, are of little use in developing agility unless the external conditions and conditions of their use change. Agility develops successfully in the process of assimilating new coordination, performing actions in a new environment, as well as on the basis of new motor situations that arise unexpectedly. Therefore, one of the best ways to develop agility, which at the same time brings great emotional revival to the workout - is a variety of outdoor and sports games (volleyball and especially basketball). Along with the development of strength, the

richest opportunities to develop agility are also available in hardware gymnastics exercises, and especially acrobatic exercises.

However, despite the richness and variety of exercises to develop agility, it is necessary to use the method of complicating previously mastered exercises. To do this, you can make some changes to the composition of the movements or the technique of performing them, as well as change the terms and conditions of the exercise, as mentioned above.

The two-way mastery of exercises is more important to develop agility of movements. In this case, the exercises are performed with equal participation of both sides of the human body, ie: jumping while trying to bring the technique, pushing with both right and left legs, throwing with left and right hands, and so on. in both cases the quality of execution may be equal.

Develop flexibility. Stretching exercises in futsal are a tool to develop flexibility. It is recommended to perform such exercises in the spring, in a sequence of 3-5 rhythmic repetitions, with a gradual increase in range of motion (exercises with a partner, gymnastic equipment, gymnastic sticks, etc.). then with an increase in speed. The total number of repetitions for each group of joints should gradually increase. The amplitude limit of the movements is easily felt in the stretched muscles and especially in the area where the muscles pass to the tendons. The first sensation of pain should serve as a signal to stop exercising.

Convenient factors for developing the elasticity of muscles and ligaments using stretching exercises can be pre-warming, massage, relaxation exercises, warm showers.

The leading way to achieve maximum flexibility in such exercises is the repetition method.

Initially, it is recommended to do flexibility exercises every day (morning exercises, individual exercises). When the desired level of development is reached, the amount of stretching exercise decreases. Well-developed flexibility can be maintained with very stable and appropriate exercise; it is recommended to include them in training at a reduced dose 2-3 times a week. After exercising for flexibility, you should perform relaxation exercises.

The ability to relax the major muscle groups that provide game movements is formed in futsal players using the following exercises:

- shaking hands with different starting positions of the hands;
- shake hands freely lowered by turning the body to the right and left;
- Jumping in place or running loosely with arms lowered;
- without lifting the sock from the floor, alternately transfer the weight of the body from one foot to the other, quickly bend the knee of the free foot;
- raising and lowering the thigh with both hands (tires and legs loose);
- Jumping in place on one leg with a free swing with a loose leg;
- free swing of the torso bent forward, arms lowered freely.

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