

FAMILIARIZATION OF FOOTBALL PLAYERS' TRAINING SESSIONS

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Annotation. Basic and additional classes are planned and conducted in the training process. The main tasks of a certain stage of preparation are solved in the main classes. In additional classes, special training tasks are solved, in particular, the restoration of athletic performance. Based on the localization of the orientation of the means and methods used in the classroom, there are classes and complex orientation.

Keywords: sport, sports, study, coach, factor, methods, cardiovascular.

The training session consists of three parts: introductory and preparatory, main and final. In the introductory and preparatory part, organizational and methodological influences of the coach are carried out (communication of training tasks, familiarization with the structure of the training session, if necessary, an analysis of the previous lesson is done very briefly) and a warm-up is carried out.

Warm-up is understood as a set of specially selected exercises performed by athletes in order to prepare the body for the upcoming work. In the process of warming up, functional (acceleration of the period of the body's systems working into muscular work: cardiovascular, respiratory, etc.); motor (optimal inclusion of the muscular system, strengthening of efferent information and afferent innervation) and emotional (formation of a positive psychological attitude for the upcoming work) are solved.

In football players' training sessions, the warm-up usually consists of two parts: general and special. The general part of the warm-up consists of general developmental exercises. It provides activation of the cardiovascular, respiratory systems of the body, as well as the motor apparatus for specific work with the ball. A special part of the warm-up through special preparatory exercises contributes to the operational adjustment of the motor apparatus of football players, energy supply systems and psychological mobilization for the upcoming main work in the training session. In the main part, the main tasks of the training session are solved. Depending on the orientation of the training session, there may be several such tasks (preferably no more than four). The duration of the main part depends on two components of the orientation and the magnitude of the load.

Selective classes solve the problems of preferential development of individual properties and abilities that determine the level of special preparedness of athletes – their speed and speed-strength qualities, anaerobic and aerobic performance, special endurance, etc.

Classes of a complex orientation are based on the simultaneous development of various qualities and abilities. They are built according to two options. The first is that the program of a separate lesson is divided into two or three independent parts.

For example, in the first part, means are used to increase speed capabilities, in the second and in the third – to increase endurance when working, respectively, of an anaerobic and aerobic nature. Or, in the first part, the tasks of teaching new technical elements are solved, in the second – physical training, and in the third – technical improvement, etc.

Selective and complex classes are used in the training of football players. The form of classes depends on the tasks that are solved in a certain microcycle, as well as on the number of training sessions during the day. Usually, if two-day classes are held, then one of them is unidirectional (for example, the development of speed and strength qualities), and the second is complex (improvement of technical and tactical skills and special endurance).

In the process of training football players, all types of classes are used, but mostly they are training, training, modeling and rehabilitation. In the training sessions, the tasks of improving technical and tactical skills and developing motor abilities are mainly solved. Most often, such classes are held during the competitive period.

Training sessions are more conducted in the preparatory period, where, along with improving the mastered material, new elements of the technique and tactics of the game are studied. Model training sessions are usually conducted in the pre-competition mesocycle and during the competition period. The main purpose of such classes is to test the plan of the upcoming game. In this lesson, the game is played by two teams, one of which represents the starting line-up for the upcoming game.

The task of the second team is to copy the game of the future opponent if possible. In the planning of the training process, such an activity is referred to as a "model game". Recovery classes are usually held at the end of the microcycles or after the game. Their main task is to stimulate recovery processes and contribute to the formation of so-called delayed training effects.

Depending on the specific tasks and content of the training session, as well as the level of preparedness of athletes, there are such organizational forms of training sessions. With an individual form of training, athletes receive tasks and perform them independently.

The group form of the lesson is characterized by the fact that athletes are previously grouped into several groups, each of which performs a specific task. With a frontal form, all athletes simultaneously perform the same exercises. The free form provides for the independent training of athletes without the supervision of a coach. From the point of view of organizational and methodological forms of conducting classes, there are stationary and circular forms. During stationary training, athletes perform tasks at specially equipped "stations".

Circular training involves athletes consistently performing exercises at various stations. During collective training, all players perform common tasks under the guidance of a coach who has the ability to control almost the entire team at the same time. The disadvantage of the collective form of training is the insufficient ability to influence each player. Most often, the collective form of training is used for warm-up, the development of motor qualities, when performing exercises of a restorative nature.

In group training, each group of players trains independently, performs different exercises, has a different load and uses their own auxiliary means. Usually, group training is conducted with players of the same line (goalkeepers, defenders, midfielders, forwards). Quite often, during group training, two groups of players are created in order to solve certain technical and tactical tasks: the first is a group of defensive players; the second is an attack.

During individual training, one or more players are given individual tasks, although the rest of the players can perform some kind of general task at this time. At the same time, the principle of group individualization is used, based on the fact that athletes with identified unidirectional features of gaming activities are grouped and engaged in the same program.

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