



CREATING A TRAINING WORK PLAN IN YOUTH FOOTBALL

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Anatasia : Young people in football training processes organize in reaching coach work plans make up and to the plan basically training organize to achieve Classes process young players physical situation to control get _

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The long-term training process consists of several stages, which have a certain degree of sequence:

- initial sports training ;
- initial specialization ;
- in-depth training ;
- improvement in sports .

If a brief description of all the stages of preparation is given, then it should be said that at the first stage, the means of preparation should cover the widest range of exercises and games. Preparation excludes specific exposure to one of the many necessary qualities.

In the second and third stages of training, football-related skills and football potential are formed by studying and strengthening individual technical elements and methods. a player needs to acquire and stabilize strong skills in order to solve technical and movement tasks in the game. The tasks of the fourth - improvement stage - are to ensure the mastered physical potential on the basis of technical and tactical skills. Improvement of all the qualities achieved in the previous stages and





implementation of individual opportunities of the players during the game .

A lot of players The principles of annual training are determined by age limits. If the above limits are conditionally determined by age, then it will probably look like this:

- initial sports training - 8-12 years old ;
- initial specialization - 13-14;
- advanced training - 15-16 years old ;
- improvement in sports - 17-18 years old.

The classifier is somewhat conditional and necessary to clearly see the difference during planning at various stages of preparation. Such a differentiated approach is necessary to see the fundamental difference between the stepwise and annual stages of preparation. The most important thing is to see the qualitative difference of goals in order to get a strategic orientation in multi-year planning.

Planning is one of the main elements of training process management.

The purpose of planning is to ensure that the organism is formed without difficulty in multi-year planning.

Training schedule is determined by:

- with tasks set in the annual cycle;
- with the rules of formation and development of sports uniforms;
- with periodization;
- with the calendar of sports competitions.

Training with young players is held throughout the year and is cyclical in nature. The annual training cycle is divided into three stages: preparation, competition, transition.

Analysis of the training process of players of different qualifications shows that the stages of the annual cycle of training have different durations in terms of time. The duration of some cycles will decrease or increase depending on age, training level and competition calendar.





Preparatory stage - in this, the technical and tactical skills, physical and voluntary readiness of young players are restored and improved.

This stage is characterized by a large volume of training compared to the competition stage. A large load creates conditions for shifts in all systems of the body and movement skills.

The preparation stage is divided into two stages: general preparation and special preparation.

At the stage of general preparation, the main attention is paid to increasing the functional capabilities of young football players, to general physical fitness in all aspects. Technical and tactical training is aimed at restoring movement skills and tactical skills, improving them and mastering new ones.

From the beginning, a large volume is divided into exercises that develop endurance, strength, agility, flexibility, and to a lesser extent, exercises that develop quickness and speed-strength exercises.

At the beginning, it is not recommended to hold friendly matches, because the body of young players is not ready for the big tensions of competitions. Friendly matches are recommended at the end of the round.

In order to develop general endurance (aerobic capacity), it is effective to train daily at the beginning of the phase. For this, at the end of the second training (in any direction) it is recommended to run cross-country for 10-15 minutes (YuQCh - 150 beats/min).

The combined use of such exercises increases the aerobic capacity of the body. In addition, aerobic loading increases the oxidation of lactic acid accumulated in the blood under the influence of previous loading at the end of training. From the middle of the phase, one training session can be done to develop general endurance and it is enough for support. For this purpose, continuous running in different conditions, at different levels of intensity, with a speed of 140-160 beats/min is used. This is mainly a continuous type of work





(uniform, variable).

At this time, attention is paid to special physical training, first of all, fast-strength training. Game technique and tactics exercises are performed in full volume, exercises that develop agility and all its components, special endurance exercises are used more widely.

Aerobic-anaerobic loads are planned. YuQCh is within the limit of 150-175 beats/min. For this, non-specific and specific exercises are used. The coordination complexity of the exercises gradually increases.

In the stage of special preparation, direct preparation for competitions is carried out. Special physical training and, in particular, speed-strength training, work on special endurance takes a leading place in training. Special attention is paid to the adaptation of movement skills to complex game conditions.

At this stage, it is necessary to pay great attention to the reconstruction of the movement apparatus to soil conditions and at the same time to the preparation to increase the intensity of the training loads.

The volume of work will be slightly reduced, but the speed will increase. Training methods also vary: from continuous and variable to repetitive and interval. Remastering of technical elements and options of the game is carried out extensively.

The competition stage - its duration (5-6 months) requires a goal-oriented distribution of tasks, because the fatigue that increases during the season can be eliminated only with a properly balanced planning.

Training at this stage is focused on maintaining general and special training.

Exercises in game techniques and tactics are primarily focused on increasing the strength and variety of technical and tactical actions.

During the competition phase, training loads are planned, mainly focused on the development of aerobic-anaerobic and anaerobic capabilities.

If, in young football players, a decrease in aerobic capacity occurs at this





stage, it will be difficult to carry out training work to support specific physical fitness. In this case, training loads aimed at increasing general endurance are planned.

The transition phase is necessary to eliminate the fatigue accumulated during the competition phase and to restore the functional and adaptive capabilities of the organism.

However, active participation in physical exercises is not stopped, which provides an opportunity to prevent a sharp decline in sports form. The size of the download will be reduced. Playing other types of sports (tennis, swimming, sports and active games, etc.) helps to maintain the ability to work, in which the motor apparatus is forced to perform various actions involving its passive parts, a specific competition the parts that are busy with type rest.

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