European Scholar Journal (ESJ)
Available Online at: https://www.scholarzest.com
Vol. 2 No. 3, March 2021,
ISSN: 2660-5562

ASSESSMENT OF THE SITUATION DURING THE TRAINING QUALIFIED OF FOOTBALL PLAYERS

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Article history:

Received: 28th February 2021
Accepted: 7th March 2021
Published: 30th March 2021

Abstract:

As you know, the physical working capacity (RF) of football players is manifested in the form of two integral properties of the body, different in physiological nature - aerobic and anaerobic abilities. It is these abilities that largely determine the achievement of high results in modern football. The assessment of RF will be objective only when comparing the result of the work done with its physiological cost. Unfortunately, this provision is often ignored in the practice of training football players. So, often the time of work and its volume is the only criterion in the assessment. Note that the criteria for assessing KSS, developed for athletes, cannot be used for football players. The point is that the specificity of motor activity forms the specificity of autonomic reactions.In football, the most important role for ensuring the performance of muscle work is played by the oxygen consumption and transport system, or, as it is often called, the cardiorespiratory system (KSS). Diagnostics of the KSS response to testing loads is the main task in assessing the RF of football players in laboratory conditions. [2]

Keywords: physical working capacity, athletes

PURPOSE:

To reveal the dynamics of the level of physical working capacity at different periods of the annual cycle of training qualified football players.

METHODOLOGY.

PS athletes were determined in the course of carrying out two stepwise increasing 5-minute loads of submaximal power on a bicycle ergometer. The power of the second load was selected in such a way that the pulse reached the maximum value for each athlete. The latter was calculated by the formula proposed by I.B. Aulik [1]

Heart rate max/min = 220 - age (years)

PS were calculated by the formula of V.L.Karpman [4]

$$PWC170 = N1 + (N2 - N1)\frac{170-f1}{f2-f1}$$

where PWC170 is the total physical work capacity at a heart rate of 170 per minute in kg/min; N1 power of the first load in kg; N2 is the power of the second load in kg; f1 is the heart rate at the end of the 1st exercise; f2 is the heart rate at the end of the 2nd exercise.

Using the equation proposed by V.L.Karpman [3], the value of the maximum oxygen consumption was determined by an indirect method:

maxVO2 = 2.2 PWC170 +1070 where maxVO2 is the maximum oxygen consumption in l/min; PWC170 per 1 kg of body weight (in kg/min) and BMD per 1 kg of body weight (in ml/min/kg).

RESULTS.

16 footballers of the highest league of the republican championship took part in the research. The table shows the results of a functional examination carried out in the concept preparatory period.

Table.
The results of a functional examination of football players in the preparatory period.

№	Surname	Weight (kg)	Height (sm)	O2%	IPC (ml/min)	IPC (ml/min/kg)	Pulse
1	K-v	74,5	173	3,20	4862	65,60	193
2	P-v	78	175	5,00	4770	60,40	182
3	K-y	79	181	3,60	4730	60,60	187
4	Ch-v	73	180	3,70	4514	57,80	200
5	G-v	67	169	3,70	4215	55,30	193
6	D-v	68	170	3,30	3980	59,10	200
7	I-v	85	174	3,90	3996	56,50	193
8	A-v	84	174	3,70	3980	57,70	200
9	U-v	74	170	3,80	3713	49,80	193
10	I-v	74	171	3,70	3861	51,40	200
11	H-v	76	170	3,60	3713	49,90	196
12	A-v	72	172	3,40	3614	51,90	193
13	O-v	76	171	3,10	3627	49,20	200
14	K-v	78	172	3,60	3882	51,90	193
15	Yu-v	78	173	3,40	3718	49,20	187
16	E-v	74	170	3,40	3886	49,80	182
	X	75,6	172,8	3,60	4066,3	54,50	193,2
	G	4,82	3,46	0,43	423,34	5,28	6,14
	V%	6,37	2,02	11,94	10,41	9,68	3,17

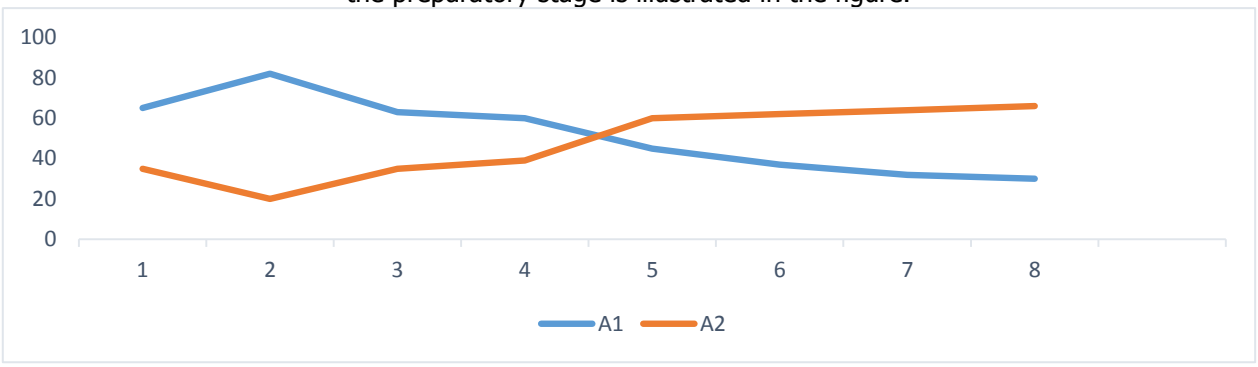
It can be seen that at the end of the preparatory period, the players differed in the level of RF. In this regard, they were conditionally divided into three groups: with a high relative MIC (65,6-60,6 ml/min/kg), medium (59,1-51,4 ml/min/kg) and low (49,9 – 48,2 ml/min/kg).

It is known that athletes of cyclic sports have the highest average values of relative VO2 max: skiers – 82,3 ml/min/kg, track and field athletes – 75,2 ml/min/kg. For the German national team, the IPC averages 73,3 ml/min/kg, for the Swedish national team – 68,0 ml/min/kg [6].

It can be seen that the footballers examined by us are significantly inferior in terms of RF. It should also be noted that the IPC indices, which characterize the aerobic capabilities of a football player, have a sufficiently high level only in 18,7% of the examined athletes. 50% of football players have an average level of functionality. 37,5% of footballers had low scores at this stage.

The above indicates that the majority of football players did not spend the transition period rationally. The change in the indicators of aerobic and anaerobic performance among players in the preparatory period largely depends on the nature and volume of loads. The dynamics of the volumes of training loads of different directions in

the preparatory stage is illustrated in the figure.



Period weeks

Drawing. Volume of directional loads in% (A1 - aerobic and A2 anaerobic direction)

As the graph shown in the figure shows, at the beginning of the prepared period, the anaerobic loads prevailed among football players. By the third week, the volumes of anaerobic load decrease, and, conversely, the private volumes of anaerobic load increase. By the middle of the preparatory period, the share of anaerobic load continued to grow, and that of aerobic load continued to decrease. Further, the largest share of the preparatory period loads fell on the exercises of speed-strength and complex nature. The volume of mixed impact loads has reached its maximum. By the seventh week (mainly due to the team's participation in the control games). When analyzing the construction of training microcycles in the preparatory period, it was found that already in the third week of training, the ratio of aerobic and anaerobic loads was 1: 3 and then throughout the entire period it changed towards the prevalence of anaerobic influences.

Apparently, such forcing of special speed-strength training became the reason for a significant decrease in the level of aerobic working capacity by the end of the first circle of the competition.

FINDINGS:

1. To create a fundamental base of football players' preparedness, aerobic capabilities play a big role. Unjustified forcing the development of aerobic qualities through the use of speed-strength training, not supported by sufficient functional reserves from the cardiorespiratory system, can adversely affect the sportsmanship of football players in the competitive period.
2. It was revealed that at the beginning of the preparatory period only 18.7% of football players had a relatively high level of functional training: 50% of athletes had an average level and 37.5% had a very low level.
3. The dynamics of loads in the preparatory period showed that in the training of football players, a forced increase in functional training was used due to the use of anaerobic means. This approach did not justify itself. In the preparatory period, it is necessary to use sufficiently large volumes of aerobic loads, allowing the development of the cardiorespiratory system of the body of football players.

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