



ANALYSIS OF THE STRUCTURE OF TRAINING LOADS IN ANNUAL TRAINING CYCLE OF QUALIFIED FOOTBALL PLAYERS

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Article history:	Abstract:
Received: 22 th March 2021 Accepted: 4 th April 2021 Published: 23 th April 2021	In sports, it is customary to allocate loads mainly of aerobic, aerobic - anaerobic, anaerobic - glycolytic and anaerobic - lactate orientation. In this case, the classification of loads is based on the degree of mobilization of the ways of energy supply of muscle activity. (2)
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In sports, it is customary to allocate loads mainly of aerobic, aerobic - anaerobic, anaerobic - glycolytic and anaerobic - lactate orientation. In this case, the classification of loads is based on the degree of mobilization of the ways of energy supply of muscle activity. (2)

The distribution of loads according to their predominant physiological orientation has found a wide note in the system of monitoring the training process of football players, which allows to compare the results of studies obtained by different authors on different continents of athletes. (1;3)

A clearer systematization of loads is facilitated by their division into training and competitive ones. When assessing competitive loads, it is recommended to take into account the number of competitions at the preparation stages, taking into account the responsibility of these competitions. (3)

When analyzing the construction of the process of training football players, we classified the competitive load as an independent type of load, since the variety of its influence on the body and the absence of stable quantitative characteristics of the ratio of work and rest in the game do not allow us to consider it within the framework of a certain predominant orientation. In addition to everything, competitive activity in football in terms of its psycho-emotional stress significantly surpasses training work and is close to extreme conditions of activity. It has been experimentally proven that the psychological factor of competitive loads in official games is the main factor in players' fatigue and largely determines the strategy of planning training influences. In this regard, we analyzed the observations of the training and competitive process of football players in the annual cycle. In particular, when studying the content of the educational and training process, the main parameters of the exercises performed, the methods of organizing the load, as well as the number of students and the size of the site were recorded. Based on the data obtained, the volume and focus of the work performed were calculated. Along with the analysis of the training process, the dynamics of the level and structure of physical fitness of athletes, as well as the effectiveness of the technical and tactical activity of the team in the official games of the championship of Uzbekistan, were assessed.

Figure 1 shows the ratio of training and competitive loads in the annual cycle. Noteworthy is the fairly stable dynamics of competitive loads throughout the playing season, with the exception of the seventh month, when the growth of training work was combined with a decrease in the volume of playing activity.

The number of training days during the monthly mesocycles ranged from 21 to 25, with the prevalence of one-time training sessions. Games were held at the end of each week. The volume of the load changed in waves with the presence of two peaks at the beginning (end of February) and towards the end (September) of the competitive period: The lowest volume of work was performed in April-June.

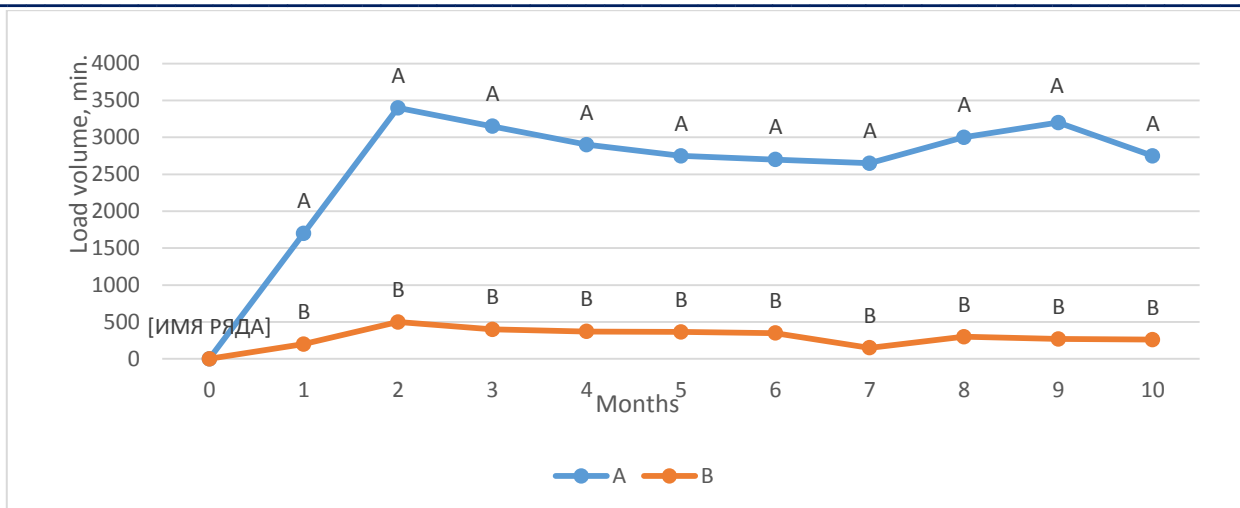


Figure 1 Distribution of the volume of training and competitive loads at the stages of the annual cycle (-A- training loads, -B- competitive loads).

According to the predominant directionality, the loads were distributed as follows (Figure 2). The largest volume was occupied by work aimed at developing endurance (aerobic and mixed modes of energy supply). The volume of work, contributing to the development of speed-power qualities, on average, amounted to 11%. Considering the fact that acyclic high-speed movements are characteristic of the motor actions of football players in the game, it is necessary to note the clearly insufficient volume of speed-power work in the competitive period. Here we note a very low volume of aerobic-glycolytic loads (4-5%), which is associated with the extremely rare use of non-specialized exercises in training football players. Modeling specialized exercises in the glycolytic regime is extremely difficult.

Observations of the training sessions showed that the structure of loads is largely determined by the methods of its organization. Thus, the variable method is the main form of training work for football players. The uniform method was used extremely little and the interval-serial method was practically not used. At the stages of the competitive period, there was no variability of the applied training methods.

Thus, the analysis carried out allows us to speak about a uniform distribution of funds and methods of training highly qualified football players at the stages of the competitive period and about the stability of the structure of distribution of partial volumes of loads of various predominant orientation in the dynamics of training.

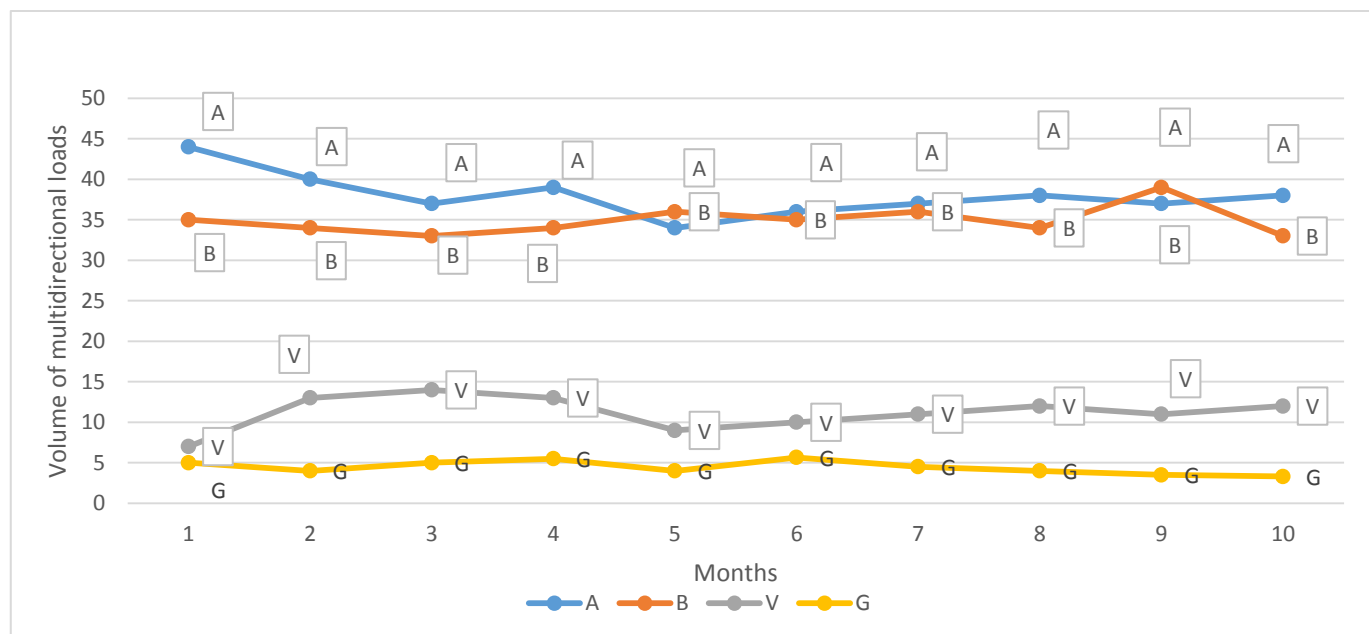


Figure 2. The dynamics of partial volumes (as a percentage of the total volume) of loads of various predominant directions in the annual cycle.

(-A- aerobic, -B-aerobic-anaerobic (mixed), -V- anaerobic-alactic (mixed), -G- anaerobic-glycolytic (total)).

It was found that in football players with low physical fitness, loads cause more significant changes in hemodynamics. They have a delayed course of recovery processes, a violation of adaptation processes is noted, many of them had an inadequate response to a standard load. Athletes with a high level of physical and functional readiness showed an adequate response to a standard load. They showed timely recovery, increased adaptive capacity.

The analysis of the structure of the loads of the competitive period made it possible to establish a uniform distribution of the training loads.

It is interesting to note that the discussion about the expediency of a relatively uniform or wave-like options for building the training process has been going on for many years and the opinion of specialists about a preferential or other approach is ambiguous. Most of them point to the high efficiency of waveform and load variability [5]. At the same time, there is an opinion about the high efficiency of a relatively uniform distribution of loads in the annual cycle [4].

The main arguments against the undulation of loads boil down to the fact that the wavy distribution of the training load, especially with a pronounced amplitude of drops, corresponds to an equally wavy state of the athlete's working capacity. In addition, the indicators of fitness in the cycles of the training process with a large amplitude of the waveform of the load. The corresponding difficulties are largely leveled out or tamed by using a relatively uniform training, which is easier to manage than a complex wave-like training system. In the team we observed, the loads were mainly of aerobic and mixed orientation and were evenly distributed throughout the entire annual cycle. In the competitive period, by the month of May, there was a "saturation" of the players' functional potential, which was replaced by its constant decline in the second round of the competition (March-May) are among the most rational ways of building the training of football players. In the future, the principle of uniform use of the load is accompanied by the emergence of an "adaptation barrier" which can be characterized as a relative non-perception by the body of football players of unidirectional, mainly specialized training influences. The constant ratio of the distribution of the latter (up to 90%) in the structure of the loads of the competitive training period of football players, repeated from year to year, leads to the consolidation of the existing motor stereotype, which, according to our data, determines the consolidation of its vegetative component, and this ultimately is a brake on further growth performance.

CONCLUSIONS:

1. Analysis of the structure of loads by orientation allowed to establish that in the competitive period of football players 85% of the training time was devoted to the development and improvement of aerobic abilities in a mixed mode. The development of anaerobic-glycolytic abilities (speed endurance) was allotted only 4-5% of the time, 11% of the time was allotted for the development and improvement of anaerobic-alactate abilities (speed and speed-strength qualities). Such distribution of loads, in our opinion, is not entirely efficient. Considering the fact that playing football is an acyclic sport, such a ratio of means of speed-power orientation in the competitive stage is clearly insufficient.
2. The analysis of the size of the load revealed that in the preparation of football players 72.3% of the time was devoted to medium and light loads. The loads of large magnitude in terms of the magnitude of the impact occupied only 27.7% of the total volume; specific was 35.6% and nonspecific 64.4%. This ratio of the magnitude of the loads is also not entirely rational.
3. The analysis of the size of the load revealed that in the preparation of football players 72.3% of the time was devoted to medium and light loads. The loads of large magnitude in terms of the magnitude of the impact accounted for only 27.7% of the total; specific was 35.6% and nonspecific 64.4%. This ratio of the magnitude of the loads is also not entirely rational.
4. It can be assumed that the solution to the problem of the existing stereotype, going beyond the limits of competitive loads in order to give them new qualitative and quantitative parameters that guarantee the growth of sports results, should be based on the development of training programs in which the principle of a rational combination of specialization and orientation is reasonably used players in an annual cycle.

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