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Theoretical Analysis of the Development of General Endurance in Young Football Players

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Abstract: The article examines the current issues of improving the general physical fitness of students of junior school age. Methods of developing children's physical qualities while playing athletics are recognized. The data obtained as a result of the conducted studies were analyzed, discussed in detail and conclusions were given.

Keywords: athletics, football, running, physical qualities, age-related characteristics, game method, youth level, recovery measures.

INTRODUCTION

Football, wrestling, and athletics are especially widely developed among children's sports in our country. Athletics is one of the most advanced means of all-round physical development of children's bodies. Athletics incorporates the natural, most widespread and vital exercises - walking, running, jumping and throwing, therefore it is considered one of the mass sports.

Based on the above, the changes that occur in the muscles based on the regular physical education of 10-12-year-old children are determined by morphological and biochemical characteristics. The metabolism of substances in the body adapts to the level of work performed. During the performance of such work, changes occurring in vegetative organs, in particular, improvement of thermoregulation of cardiovascular and respiratory organs are observed. This condition is mainly controlled by nerves.

METHOD AND METHODOLOGY

A number of experts have recommended their own methods for developing resilience. But today, little attention is paid to overall endurance in training young athletes. It is recognized by the need to pay great attention to the development of general endurance in the rational distribution of physical loads from childhood. In order for a person to be resistant, it is necessary to achieve good development of various systems in the body. Increasing the endurance level of children, firstly, to strengthen cardiovascular activity; secondly, to save energy generated during the operation of functional systems; thirdly, it implies the full use of functional possibilities.

Regular participation in athletics will increase the endurance level of children, and the above problems will also be solved. Therefore, the topic chosen for the dissertation is considered one of the topical issues. In children of small school age, the level of endurance is much lower. However, by the age of 10, their ability to perform high-speed work multiple times (repeated short-distance running) as well as relatively long periods of low-intensity work (slow running)

increases. Therefore, slow running can be successfully used to develop endurance starting from junior school age.

RESEARCH RESULTS

From the very first training, great attention should be paid to the development of general endurance. In this case, it is recommended to use a long slow run at one pace. The authors describe methods and techniques used to develop general endurance during exercise, as well as an experiment conducted by a group of trainers and its results.

The ability to resist fatigue in an activity is called endurance.

General endurance is a person's ability to perform unusual activities for a long time and successfully. The functional characteristics of the human body are the basis of the manifestation of general endurance. They form a non-specific basis for the manifestation of resistance to various types of motor activity.

This is, first of all, vegetative functions, including the productivity of the aerobic source of energy. For example, individuality is not so noticeable in the possibilities of human breathing. It does not depend so much on the external form of movement. Therefore, if someone can significantly improve their aerobic capacity through running, this will have a positive effect on the performance of other activities (walking, rowing, etc.). A non-specific, generalized level of training with exercise based on improving the work of the vegetative systems of the body creates favorable conditions for a wide transition from one type of endurance activity to another. Therefore, there is a basis for defining this type of endurance as "general". As the duration of muscle work increases, endurance transfer increases (N.I. Volkov et al., 2002). The positive transfer effect of general endurance is widely used in sports practice and professional physical education.

For the development of general endurance, exercises that are far removed from competition exercises or professional activities, but are considered highly effective for the cardiovascular and respiratory systems, are often used. The author states that the level of resistance to work of an aerobic nature can be increased by using appropriate modes of intermittent and alternating styles. The basic method of interval training is that the heart rate reaches its maximum values during the rest intervals after performing relatively strenuous work.

DISCUSSION

A similar relationship in the manifestation of endurance is observed at the level of development of other movement qualities. This is evidence that only when other physical qualities are optimally developed, it is possible to achieve a high level of endurance. The degree of manifestation of endurance in competitive activity also depends on the optimal tactics of sports fighting.

Variable speed training is widely used in aerobic work. In this case, alternating between relatively high and relatively low speed sections, increasing the intensity of the sections when the heart rate reaches 160-170 beats per minute, and finally reducing it in the low-intensity section when the heart rate is 140-145 beats per minute.

Endurance development tools. Various physical exercises and their complexes can be used to develop general endurance. They must meet the following requirements:

- relatively simple performance technique;
- active operation of most skeletal muscles;
- a high level of activity of functional systems limiting the manifestation of endurance;
- the ability to regulate and control the training load;
- the ability to perform for a long time (from several minutes to several hours).

The listed requirements include cyclic exercises: walking, running, etc. fits in many ways. Most circuit training techniques are easy and light for almost everyone. Almost all skeletal muscles are involved in their performance and the leading functional systems of the body are activated. But the most important thing about cyclic exercises is the ability to regulate the intensity and duration of the load in strict accordance with the health status and level of physical fitness of a particular person. Positive changes in the development of general endurance achieved by cyclical exercises have a positive effect on performance from movements that are different in structure. In other words, there is a high degree of transfer of endurance in exercises performed in small and large physiological intensity zones.

Sports and active games are a very effective means of developing general endurance. The high emotionality of game activity allows maintaining high motor activity for a long time. Sports and active games are very useful for comprehensive development of endurance (general, speed-strength), especially in childhood and adolescence. At the same time, it should be noted that the lack of ability to strictly regulate, control and take into account training loads is their significant drawback. A great effect can also be achieved with the help of acyclic exercises that meet the requirements listed in the development of general endurance. Usually, their effectiveness is ensured not only by the performance of some particular exercise, but also by repeating various exercises many times. Therefore, in return, the necessary level of influence on the leading functional systems is achieved.

CONCLUSION

Summary. It is advisable to use breathing exercises as an auxiliary tool for the comprehensive development of endurance: controlled change of breathing speed, depth and rhythm; pulmonary hyperventilation and moderate breath holding; synchronization of breathing with movement phases; Selective use of different types: mouth and nose, chest and belly breathing. Purposeful use of external environmental factors - air temperature, relative humidity, ultraviolet rays, atmospheric pressure, etc., for the development of endurance, allows to increase the effectiveness of exercises. Any change in climatic conditions causes physiological changes in the body. It is not important that the organism adapts to any climatic conditions. As a result of adaptation to changes in weather - climatic conditions, the reactivity of the vegetative nervous system increases, respiration and blood circulation accelerate, oxidation-regeneration processes increase, and as a result, endurance increases.

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