MAINTENANCE OF FOOTBALL PLAYERS WITH USE OF NONCONVENTIONAL MEANS AND METHODS

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ABSTRACT

In work the analysis and discussion of results of researches of efficiency of nature of influence relaxation – breathing exercises, on maintenance of football players are submitted during the pedagogical experiment. It was established that relaxation – the breathing exercises applied in the course and at the end of training occupations have the stimulating property: accelerating process of maintenance of football players.

Keywords: Training occupations, pedagogical experiment, relaxation, experimental groups, control group, year cycle.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Characteristic of modern soccer is the considerable duration of the competitive period during which players participate in regular boundaries the training occupations, various tournaments and cup competitions and also in games of national championship. Such mode of the physical activity of football players focuses on need of uniform distribution of the energy potential providing the high level of game working capacity throughout all year cycle of sports preparation that demands evidence-based approach to the organization of process of use of means of restoration and stimulation functionally – physical capacities of the organism. It is well-known that the main loading in soccer falls on peripheral executive bodies (muscles of legs) and on the central vegetative departments regulating process of food of these bodies power products. It is natural that daily training loads which duration averages 4-6 hours and loadings of each official match lasting 90 minutes are caused by considerable exhaustion in the above-stated bodies. According to M.A. Godik (1) data it is known that the football player throughout each official game overcomes the distance equal of 9000 - 11000 m with various speed. If to consider that the football player overcomes all loading (game, competitive, household), moving in the vertical position "legs below, the head above", then there is obvious the question of need of systematic use relaxation – recovery exercises for muscular groups of legs in antistatic provisions "legs above, the head below".

Outcome of importance of this perspective we put forward the following research problems:

1. To develop options of complexes reflection– the breathing recovery exercises performed in antistatic provisions for their application in the course of morning "physical exercises" after the training occupations and completion of official games.
2. To study cumulative effects of maintenance when using these sets of exercises during the pedagogical experiment made throughout the year cycle of training of football players of the AGMK team (Almalyk) participating in the national championship of Uzbekistan.

In the pedagogical experiment as control group football players of the Lokomotiv team (Tashkent) at whom trainings and competitive games were held in traditionally – the habitual mode were attracted. Researches were conducted at the beginning of the season, before the championship and at the end of the season with use of the following tests: run on 10 m, run on

50 m, the vertical standing jump, shuttle run 7kh50m, PWC170, the index Harvard – the step test. These tests are widely applied by scientists and experts of soccer to assessment of various qualities and abilities of football players. (1.2).

The analysis of results of researches showed that before the year cycle of preparation (at the beginning of the season) at football players of both groups the studied indicators of physical working capacity had no pronounced distinctions.

However, it is established that initial level their manifestation was much lower, than at the football players playing in foreign professional clubs. So, for example, at the football players participating in the championship of England the starting speed of run on 10 m averages 1.83 ±0.08 sec. It is known that in soccer the starting speed of run in certain situations (with the ball or without ball) can matter critically for achievement of useful result (2). Certainly, it isn't possible to keep high starting speed for 90 min. though each football player – the professional has to have high high-speed endurance. Also the fact that the ability to development of the maximum starting speed in football players at run on short pieces of the distance considerably decreases in the second half is known. However, M.A. Godik considers that the starting high-speed ability of the football player during the official games tends to decrease "in the ending" the first and second times. According to the author it is explained by increase of concentration of signs of exhaustion in muscular tissue of the lower extremities and delay of power exchange in them.

Other very important ability of football players – the remote speed which was estimated by us by test – run on 50 m at players of experimental group at the beginning of the season there corresponded 7.26 ±0.71 sec., and at control 7.23±0.62 sec. that it is necessary to consider the insufficient indicator of remote speed for the football players playing for professional clubs. A.V. Antipov and coauthor. (3), referring to results of the researches consider that such level of remote speed is characteristic of football players of 14-15 years. And at football players – masters of sports – this size has to be equal 6.34±0.23 sec.

In soccer cases when the player having high spring ability either scores the goal are frequent, or "saves" the goal, or creates the scoring chance. Unfortunately, initial indicators of spring ability at both examined groups of football players were much lower (42.8±2.27 cm – in experimental group and 43.4±3.68 cm – in control group) in comparison with data of football players of Russia - 47.0±5.0 cm.

One of distinctive features of modern world soccer is that the field player, irrespective of his game role, has to have great skills both in attack, and in the defense and in counterattack. In other words, it has to have ability with the maximum speed to run with the ball or without it from the goal to the goal of the opponent for participation in the attacking actions and to come back to the goal for neutralization of the scoring chance, created by the opponent. Experts are applied the test with shuttle run of 7x50 m to assessment of such ability.

The initial indicators of this test at football players of control and experimental groups registered at the beginning of the season made according to 66.4±5.02 sec. and 67.2±4.13 sec. It is established that at the Russian football players the average value of result of run on 7x50 m corresponds 58.8 sec. Therefore, there is the basis to believe that rather low level of starting and remote speed of run and also high-speed endurance found in football players of Uzbekistan at the beginning of the season testifies to insufficiency at them initial potential functionally –

physical organism opportunities to develop and provide uniform maintaining high game performance throughout the entire period of the competitive cycle.

Many of above-mentioned authors attach to results of this test very important applied significance as to the indicator of high-speed endurance of football players that it is necessary for achievement of useful effect of the technician – tactical actions in the conditions of the high tempo game characteristic of modern soccer. From this point of view the results received at the Uzbek football players before the season far don't correspond to the level inherent in players of foreign teams.

It is known that the physical activity of athletes is defined by extent of development of functionality of their organism which is dependent on the actual volume of reserves. In other words, if the functionality of the organism parries degree of "internal" readiness of bodies and systems, then the physical capacity represents extent of manifestation of "external" working capacity.

Level and dynamics of manifestation it is functional – physical working capacity at football players of control and experimental groups were defined by us by means of PWC170 and the index of the Harvard step test. The analysis of results of researches showed that initial indicators of physical working capacity at both groups had no fundamental differences. In particular, the PWC170 value in control group before the season was 1348.6±146.6 kg / mines, and at football players of experimental group it equaled 1362.2±132.4 kg / min. The GST index was equal according to 112.8±6.9 units and 113.8±4.6 pieces. It should be noted that according to V.L. Karpman. (1988) PWC170 at basketball players makes 1705±280, at water polo players 1856±302, at long-distance runners - 1605±239 kg / mines, and at football players the average value of physical working capacity is 1618±296 kg / min. At the football players participating in the championship of Russia among teams of premier league, size PWC170 min. are registered at the level of 1556±220 kg/.

The GST index at the Uzbek football players was also much lower, than at oarsmen, swimmers and marathoners at whom this value reaches 170 units (V.I. Dubrovsky, 2002). And at the Russian football players the GST index was equal to 119.5 pieces. The further researches of football players of control and experimental groups conducted before the championship (in months) allowed to reveal the trend of multidirectional manifestation of the studied indicators. So, if football players of control group have the difference between the indicators registered at the beginning of the season before the championship and at the end of the season were characterized by insignificance and instability, then in experimental group it differed brightly – the expressed progressing by the end of the season.

There is the basis to believe that the pronounced progressing dynamics of indicators of physical working capacity found in football players of experimental group is result of the stimulating influence daily used during the year cycle of preparation relaxation – the breathing exercises performed in antistatic provisions on activity it is central – peripheral mechanisms of regulation of the physical activity.

Recovery and the stimulating effect of these exercises is confirmed also on dynamics of indicators of volume and efficiency (TTA) of the technician – tactical, executed by football players of experimental group, throughout official games during various periods of national championship (table 1).

Table 1. Dynamics of volume and efficiency of TTA at football players of Lokomotiv and "AGMK" during the championship of Uzbekistan.

Volume of TTA and their quantity	At the beginning of the championship	In the middle of the championship	In the end of the championship
$\sum n$	72,09±11,83	71,32±8,85	75,23±8,58
	65,7865,78	70,18±10,12	75,82±10,25
$\sum n+$	45,20±7,24	47,40±7,02	50,71±4,89
	39,39±4,46	47,86±5,74	56,21±6,79
$\sum n-$	26,88±5,34	23,92±2,58	24,53±4,37
	26,39±5,93	22,32±5,15	19,61±5,25
E (%)	63±0,03	66±0,03	68±0,03
	60±0,03	68±0,04	74±0,05

The note – in numerators - "AGMK"; in the denominator – Lokomotiv

$\sum n$ – the total amount of TTA, $\sum n$ - the volume of useful TTA, $\sum n$-volume unsuccessful, E – efficiency of TTA.

It is established that at the beginning of the championship the level of total amount and efficiency of TTA for the game in experimental group ("AGMK", Almalyk) was much lower, than control group (Lokomotiv, Tashkent). In the middle of the championship the total amount of TTA in experimental group is almost leveled (the quantitative difference makes only 1.14), useful TTA and their efficiency were characterized by the tendency to prevalence. At the end of the championship the total amount of TTA already has superiority, and the volume of useful TTD (5.50) and their efficiency (6%) differed in pronounced domination in comparison with that, received in control group. The total amount of movements in experimental group both in the first half, and in the second by the end of the championship differs in the tendency to accurately expressed increase in comparison with the data obtained in control group (table 2)

Table 2. Dynamics of total amount of movements (in m) at football players for the game during various periods national championships.

Lokomotiv		"AGMK"	
1 time	2 time	1 time	2 time
At the beginning of the championship			
2298±246,75	2425±384,74	2038±257,62	1745,5±160,71
In the middle of the championship			
2431,0±267,86	2307,0±62	2539,5±293,83	2415,0±407,47
In the end of the championship			
2125,5±321,48	2141,0±297,08	2756,5±238,64	2591,0±227,27

Proceeding from the above-stated experimental materials, it is possible to come to conclusion that the complexes developed and used by us in the daily mode of the year cycle of training of football players of experimental group in the person of the AGKM team (Almalyk) relaxation – the breathing exercises performed in antistatic provisions possess restorative – the means stimulating physical and game working capacity and can be offered for realization in practice of training of football players of the highest categories.

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