

Methods of Training Young Goalkeeper Players

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ABSTRACT

The training of young goalkeepers has its own characteristics. It is necessary to take these into account in the proper organization of educational and training activities in the sports team of children and teenagers.

It is practically impossible to master the various technologies of the football game in a short time. The task of training players with a high technical level can be solved only as a result of proper perspective planning of training and training of players from 9-10 to 17-18 years of age.

The main goal of training young goalkeepers is to gradually turn children into skilled athletes at the age most convenient for achieving sports skills. However, the task of children's and youth football does not end with the training of professional players and specialists. They, i.e., the task of youth football is much broader, and the solution of the problem of hormonal development of children and adolescents from the physical and mental point of view, strengthening their health and increasing the body's resistance to various adverse effects of the external environment. is intended.

This process can be effective if the process of teaching children and their improvement is carried out systematically, on the basis of a prospective and scientifically based plan, developed taking into account the age characteristics of the growing organism.

When planning the educational training process, it is necessary to compare the means of preparation for sports from 9-10 years to 17-18 years, i.e., to the entire period until the transition of young players to adults, taking into account the main didactic principles.

The long-term training of young goalkeepers can be conditionally divided into four stages:

Stage I - preliminary training (8-10 years old).

Stage II - primary sports specialization (11-12 years old).

Stage III - serious training (13-16 years old)

Stage IV - improvement as an athlete (starts at 17-18 years old).

Naturally, there is no clear border between the stages. Each stage of preparation includes concrete goals and tasks, is characterized by specific features of raising, teaching and training children.

Supervise the training process of young goalkeepers and football players

During this period, the following tasks should be solved:

1. Increase the level of general physical fitness;
2. Further formation of the qualities of strength, speed, agility, endurance and flexibility specific to the game of football;
3. Enrichment of voluntary, mental and functional capabilities (qualities);
4. Mastering and improving the technique of game skills;
5. Solving tactical tasks;
6. Increase theoretical knowledge.

The preparatory period is divided into 3 stages:

1. The general training stage, at this stage, a mental-physical-functional basis (foundation) is created for all types of training, all physical qualities are formed, vital skills (running, walking, jumping, stopping, etc.) are improved.

At this stage, the amount of tools (exercises) related to types of preparation is distributed in the following ratio.

In the general preparation stage, the volume of training is large, and the intensity (speed of performing exercises) is slow.

2. Special physical training stage. This stage is devoted to the composition of most sports uniforms.

At this stage, special physical qualities (football strength-speed, strength-speed-endurance, agility, flexibility, jumping, resistance to jumping) are developed, mental qualities (vision depth, field of vision, will, attention, environment - environment, differentiation of the situation, thinking, feeling, etc.) are formed. The volume of exercises performed during training sessions is slightly reduced, and the intensity is accelerated.

The size of the types of preparation will be approximately in the following proportion:

3. Pre-competition preparation stage. This stage is represented by the process of preparing participants directly for the competition. The tasks set in all types of preparatory training are aimed at preparing volleyball players for competitive games. The intensity of training increases to the maximum level, and the volume decreases.

At this stage, the volume of games will increase, it is desirable for the team to participate in a number of preparatory tournaments.

The types of preparations are distributed according to the volume as follows.

Competition period

Tasks:

1. Continue to develop physical and psychofunctional qualities;

2. Improving and perfecting sports equipment;
3. Formation of game tactics and tactical combinations and gaining competition experience;
4. Maintaining general physical fitness indicators;
5. Increasing the level of theoretical knowledge.

During this period, all types of training are focused on helping volleyball players achieve high results in competitions.

Physical training during this period is designed to functionally prepare athletes for competitions, and is expressed by the further development of special work abilities. Technical and tactical training solves the task of perfecting game skills and competition activities, bringing them to the level of mastery. Application of competition exercises is carried out on the basis of modeling game situations. In this case, the intensity of training takes place at a very high speed. Competitions held during this period can be conditionally divided into three categories. First class competitions may include friendly matches, various tournaments (commemorative tournaments, blitz tournaments held on holidays).

Second division competitions can cover various scale and cup competitions.

Third class competitions: championship, internal championship and external competitions (district, regional, republican and international competitions, cup holders cup, champions cup, Asian championship, Asian Games, World Cup, championship, Olympic Games, etc.).

During the competition, the types of training will have the following ratio in terms of size.

Transition period

The main task of the transition period is to implement active recreation activities in order to prevent the body from getting tired and stressed as a result of the gross impact of the training and competition processes, stopping the use of specialized volleyball exercises and switching to other sports. (cross-track and field, swimming, rowing, tourism, etc.) consists of using exercises. In addition, during this period, it will be necessary to gradually reduce the intensity of training during the competition to the minimum level and expand the volume of tools for restoring work ability. It will be effective to spend this period on the slopes of the mountains, on the banks of rivers, seas, in forest conditions.

Starting from the second half of the transition period, it is appropriate to gradually create a foundation for the next training cycle.

Issues of recovery and strengthening of working capacity during sports training

It is a natural phenomenon that as a result of continuous exercises during sports training, the working capacity of the body of the participants sometimes decreases and sometimes increases. However, the need to eliminate complications of fatigue that arise after exercise, to regularly restore the functional activity of the body, and to increase the working capacity in a wave-like manner requires the timely use of restorative agents.

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