

METHODS FOR DEVELOPING SPECIAL ENDURANCE IN SOCCER PLAYERS

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Abstract. This scientific article is devoted to the study of the development of special endurance in soccer players. The importance of developing physical qualities such as endurance, especially special endurance, is associated with high-level competitions on the world stage. The purpose of the article is to analyze the existing literature on the development of special endurance and to find the most effective means and methods.

Keywords: General endurance, special endurance, exercises, soccer player, qualities, intensity.

Introduction

In the process of forming a soccer player's physical culture, one of the main tasks is to ensure the optimal development of physical qualities necessary for the ability to perform at the highest level. Physical qualities include strength, endurance, coordination, flexibility, and speed. It is worth noting that all these qualities are vital. Endurance is the most important quality for a person's physical fitness, and it is very important for life and the body's ability to work. Special endurance is largely specific to soccer [1,2]. The endurance of soccer players is the ability to move for a long time at a relatively high intensity. The level of endurance is determined by several factors: the functional development of individual parts of the body, the coordinating abilities of the muscles, the player's mental state, the optimal use of all organs, and so on. The manifestation of strength abilities, endurance depends on the factors that determine its level. It also has its own specific structure. Therefore, in soccer players, general and special endurance are distinguished. General endurance is determined by the player's ability to perform movements of moderate intensity for a long time (especially the cardiovascular and respiratory systems). All muscle groups work, which has a positive effect on special endurance. Special endurance is determined

by the soccer player's ability to perform complex motor actions (in accordance with the requirements of the game) with high intensity for a long time. This ability depends on the body's ability to maintain efficiency when moving at maximum intensity. It is characterized by the speed and stability of nervous processes. The ability to maintain physiological processes at a high level, even in anaerobic conditions, also belongs to special endurance.

The purpose of the study is to analyze the literature on the development of special endurance in order to determine the most effective means and methods, and the optimal sequence.

Literature Review and Methodology. The development of general endurance occurs from preschool age to 30 years, and then decreases in men and women by the age of 60. The most favorable period for the development of special endurance is from 14 to 20 years. An analysis of literary sources shows that at present, a large number of types of special endurance can be named. The characteristic of this type of endurance is to perform work in the zones of maximal, submaximal, high, and moderate power.

Based on the large amount of scientific data and extensive experience accumulated in sports practice, it can be argued that the optimal method for developing endurance is a consistent approach - first, to lay a solid "foundation," and then to develop special endurance. Their sequence is as follows: stage 1 - development of general endurance; stage 2 - formation of a special foundation; stage 3 - strengthening the special foundation; stage 4 - the development of special endurance aimed at achieving the best sports results. The duration of each stage should correspond to the abilities of the athletes and the level of work intensity [5]. Endurance is not only for those who are tired, but also for those who continue to act actively despite fatigue. This means that a high level of endurance involves a high level of moral and, especially, volitional qualities. Will is the active manifestation of the moral and mental qualities of a person: the player sees an obstacle and

consciously, by an act of will, overcomes it. It is very important to know the essence of the game activity of athletes and the load they experience in the game.

Research Results and Discussion

It is known that a soccer player's activity occurs in polar zones: on the one hand, short-term work at maximum intensity (accelerations, jumps, battling for the ball, etc.); on the other hand, the game time is 90 minutes, which implies moderate work. When you consider that training in a moderate regime negatively affects work at maximum intensity, the full complexity of the endurance problem in soccer becomes clear. In the first half of the preparatory period, when a soccer player's body more fully utilizes all the reserves of aerobic processes, special attention should be paid to the development of endurance. Subsequently, when the body gets used to working in an oxygen deficiency regime, we talk about the development of special endurance and the second stage of preparation. In the main period, special endurance must be maintained at the highest level. It is important to link endurance development with the leading physical qualities exhibited in the chosen sport. This is resolved through the complex of means used in training sessions (special exercises for the development of strength, flexibility, speed, and volitional qualities). The main means are also used as special exercises in their own sports training and in daily work performed in difficult, complex, light, and simple conditions. At the same time, the volume of training work in difficult and complex conditions should be approximately equal in terms of the amount of work in light conditions. This is necessary in order not to introduce "power breakdown" into the mastery of technique. In simple conditions, exercises in their own sports are performed with low intensity to stabilize skills and increase anaerobic capabilities, or with higher intensity if their goal is active rest. The intensity of work in difficult and light conditions is close to the future competitive pace, reaching a heart rate of 190 beats per minute. Along with general endurance, soccer players must develop special endurance. In soccer, special endurance is manifested in the player's ability to maintain a certain pace until the last minute of the game. A type of special endurance

is speed endurance. With a high level of development of this quality, the soccer player maintains the maximum speed of sprints and accelerations and effectively performs techniques during the game. The manifestation of special endurance depends on several physiological and psychological factors. The main physiological factor is the player's anaerobic capacity. In the development of speed endurance, repetitive, variable, interval, and competitive methods are used to improve anaerobic mechanisms. Circular training is also appropriate. Its advantage is that it successfully combines a strict regulation of load with individualization (3, 4). The individual load is determined using the test called "maximum test," i.e., by performing individual exercises to the maximum (repetitions, speed) for each exercise included in the circuit training complex. Creating a foundation for special endurance in the circuit training of young soccer players is carried out using a variable interval method with strict rest intervals. Circuit exercises performed at each individual "station" should be technically simple. The set of exercises should mainly include exercises recommended for the development of movement qualities of soccer players, as well as auxiliary exercises from other sports. The loads during physical exercises should be strictly individual.

Results. The speed of physical exercises should be 80-85% of the maximum, and by the end of the exercise, the heart rate should be in the range of 175-180 beats/min. The rest time should be at least 45-90 seconds and should not exceed 3-4 minutes. For ease of monitoring the load on the bodies of young soccer players, all exercises can be divided into three groups of intensity (low, medium, high) based on heart rate. Low-intensity exercises include exercises in which the pulse rate reaches 120-130 beats/min. The exercise speed is up to 50-65% of the maximum. Low-intensity exercises include normal running in a circle, dribbling the ball without acceleration, various gymnastics exercises, shots at the goal from a static position, etc. Medium-intensity exercises include exercises when the pulse reaches 130-165 beats/min. The speed of the exercises is 70-85% of the maximum. For example, various runs, various accelerations (20-30 m) and jerks (10-15 m), long jumps from

a standing position, jumping upwards while pulling the thigh to the chest, as well as passing the ball after dribbling, deceiving with the ball in a limited space, dribbling at speed with the ball, various relays with the ball. Among high-intensity exercises, there are exercises in which the pulse rate reaches 170-190 beats/min. at the maximum speed of exercise. For example, "shuttle" running, jumping from a squatting position, kicking the ball into the goal after an 8-10 m distance with opposition from the opponent, playing with a special task (maintaining a high tempo, reducing the number of players on the team), playing in limited areas 2 x 2, 3 x 3, 4 x 4, 5 x 5, 6 x 6 (5). For 15-16-year-old soccer players, endurance training with heavy loads can be carried out no more than once a week, and for 17-18-year-olds, twice a week. The ability to clearly define the energy "value" of each exercise included in the training for physical, technical, and tactical preparation allows a more precise and targeted selection of training tools and methods.

The task of training work close to competitive conditions is to increase the ability to perform exercises for a longer time in a particular sport compared to competitors. This helps to improve the coordination and interdependence of the functions of organs and systems, and to ensure confidence in carrying out competitive activities.

In conclusion, the means of developing special endurance are similar in many sports. The means of developing special endurance include special training exercises that are as close as possible to those of competitors. The main methods for developing special endurance include the interval method, the circular training method, the game method, the repetitive method, and others.

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