

STANDARDIZING PHYSICAL TRAINING FOR STUDENTS IN FOOTBALL

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Abstract

The article discusses the main aspects of assessing students' physical fitness in football.

Keywords: Football, student, physical training, futsal, strength and endurance exercises, increasing speed, running short and long distances, developing coordination and balance.

Introduction

Football is a sport played between two teams, in which the ball is kicked into a goal. Football is the most popular and most watched sport in the world. It is played in many leagues and competitions around the world, covering all ages and levels.

- **Team composition:** A football team consists of 11 players, including a goalkeeper. During the game, teams try to direct the ball into the other team's goal.
- **Game duration:** The game consists of two halves, each 45 minutes long. The full game lasts 90 minutes. If the scores are tied, extra time or penalty shoot-outs are played.
- **Ball control:** Players control the ball with their feet, but only goalkeepers are allowed to use their hands.
- **Goal:** A goal is a goal scored by a player, i.e., a player who scores more goals than the opposing team.

The history of football dates back to BC. The first football games may have been played in China, Greece, and Rome, but the formation of modern football began in England in the mid-19th century. In 1863, the Football Association (FA) was founded in England, and the first official rules of football were developed.

The most important football competitions are:

1. FIFA World Cup: The largest and most prestigious football competition in the world. It is held every five years and involves the national teams of 32 countries.
2. UEFA Champions League: A competition in which the best football clubs in Europe participate.
3. Copa America: A competition between South American countries.
4. Africa Cup of Nations: A football competition between African countries.

There are the following types of football:

- Real football (Professional football) - for high-level football competitions, teams and players.
- Amateur football - football played mainly by amateurs, intended for physical exercise and recreation.
- Futsal - a small-sided football game played on indoor fields.
- Beach football - a type of football played on the beach.

Football teaching methodology is a systematic approach aimed at teaching various technical and tactical skills to people who are learning to play football. Football teaching methodology determines what technical, tactical and physical preparation students need to be given in the learning process to achieve high results. Below are some of the main aspects of football teaching methodology:

1. Technical preparation

Technical preparation is very important for a player, because during the game, various technical skills are often required. The following methods are used to teach these skills:

- “Ball control” (dribbling, accurate ball control)
- Ball passing (low, long, transverse passing)
- ****Ball reception**** (controlling the ball and responding to it)
- Deceiving the opponent (implementing actions)
- Learning the basic forms of the game (kicking the ball, passing)

2. Physical training

Physical training is of particular importance in teaching football. The player tries to develop speed, endurance and strength. The following methods can be used for this:

- Strength and endurance exercises
- Increasing speed

- Running short and long distances
- Developing coordination and balance

3. Tactical training

Tactical training trains players to act effectively during the game. It directs players to understand the strategy of the game and implement tactical processes. This includes:

- Team strategy (goal-oriented game plans)
- ****Positional game tactics**** (building, attacking, defending)
- Analyzing the opponent and countering them

4. Psychological preparation

When teaching football, it is also necessary to take into account the psychological state of the players. Their self-confidence and ability to manage stress during the game should be high. Psychological preparation:

- Motivation (achieving goals)
- Increasing team spirit
- Managing stress and emotions (for example, in situations of dissatisfaction during the game)

5. Tactical training

In tactical training, players should be taught team tactics and skills on how to counter the opponent's actions. These trainings include:

- Attack and defense (execution of control)
- Joint action (teamwork)
- Tactical analysis and game management

6. Video analysis and control

It is very important for players and coaches to analyze games and training sessions using video footage, see results and correct mistakes. Through video analysis, students can better understand the game process and analyze their own games.

7. Team Management

Teamwork is very important in teaching football. The interaction of team members, cooperation during the game and communication within the group play an important role.

Thus, the methodology of teaching football requires a comprehensive approach aimed at teaching all aspects - technical, tactical, psychological, physical and team skills. An individual approach is needed for each player and team.

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