



METHODOLOGY OF USING SPEED-STRENGTH EXERCISES TO IMPROVE WORK CAPACITY DURING THE PREPARATORY PERIOD OF YOUNG FOOTBALL PLAYERS

Eshimov Temur Alijonovich
Fergana State University

Abstract

This article examines the methodological aspects of using speed-strength exercises to improve the physical work capacity of young football players during the preparatory period. During the research process, training sessions were conducted with football players aged 13–16, and the impact of speed-strength exercises on general and special work capacity was analyzed. The results of the study showed that properly planned speed-strength exercises adapted to age characteristics during the preparatory period significantly improve players' explosive strength, speed, and overall work capacity during matches.

Keywords: Young football players, speed-strength exercises, preparatory period, work capacity, physical training.

Introduction

Modern football is a sport that requires high speed, strength, and endurance. Especially in the training process of young football players, the correct development of physical qualities determines their future sporting mastery. Today, short-distance sprinting, sudden changes of direction, jumping, and powerful shots play an important role in football matches. These actions are closely related to speed-strength qualities.

One of the important tasks in improving the work capacity of young football players during the preparatory period is the scientifically grounded application of speed-strength exercises. Improperly planned training loads may lead to excessive fatigue or injuries among young athletes. Therefore, applying speed-strength exercises in accordance with age characteristics, fitness level, and training period is a highly relevant issue.



Purpose of the Study

To develop an effective methodology for using speed-strength exercises to improve the work capacity of young football players during the preparatory period and to determine its practical effectiveness.

Objectives of the Study

- To analyze the effect of speed-strength exercises on the bodies of young football players
- To determine the optimal volume and intensity of speed-strength exercises during the preparatory period
- To evaluate the dynamics of work capacity improvement through exercises

Research Methods

The following methods were used during the research:

- Analysis of scientific and methodological literature
- Pedagogical observation
- Pedagogical experiment
- Physical fitness tests (30 m sprint, standing long jump, 5×30 m shuttle run)
- Statistical analysis

Organization of the Study

The study was conducted with the participation of 24 football players aged 13–16. The participants were divided into control and experimental groups. The experimental group performed a set of speed-strength exercises three times per week during training sessions, while the control group trained according to a traditional preparation program.

The speed-strength exercises included:

- Jumping exercises from low and medium heights
- Short-distance running with resistance
- Explosive strength exercises using a medicine ball
- Reactive jumps

The training load was increased gradually, with special attention paid to recovery intervals.



Results of the Study and Their Analysis

At the end of the experiment, a significant improvement in speed-strength indicators was observed in the experimental group. In particular:

- 30-meter sprint results improved by an average of 4–6%
- Jump performance increased by 8–10%
- Delayed onset of fatigue and increased movement activity during matches were noted

In the control group, improvements were relatively low. This confirms the important role of speed-strength exercises in improving work capacity during the preparatory period.

Discussion

The obtained results indicate that the regular and scientifically based application of speed-strength exercises in young football players improves not only physical qualities but also overall work capacity. These exercises contribute to the activation of the central nervous system and the development of rapid muscle contraction ability. At the same time, adapting the volume and intensity of exercises to age characteristics is of great importance.

Conclusion

The application of speed-strength exercises during the preparatory period of young football players:

- Improves physical work capacity
- Enhances the effectiveness of game performance
- Develops speed and explosive strength qualities

Therefore, speed-strength exercises should be an integral part of the training process of young football players.

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