Research on the Physical Fitness Level and Functional Status of Young Football Players

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A B S T R A C T
Taking into account the dynamics of the development of important qualities for sports in young football players, an individual approach to the structure of the training process and the ability to make adjustments based on the level of development of the individual qualities of each athlete.

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The preparation of highly qualified reserves largely depends on the selection of young players and the organization of initial training. The successful solution of these tasks determines the effectiveness of the athletes' further education and training.

The current training programs for BO'SM, BO'OZSM in sports are, as a rule, brought to the control-passing standards for the academic year, developed on the basis of the average and standard deviation. This type is included in the comparison standards, since it helps to compare the performance of students belonging to the same group.

At the same time, in order to correctly consider the advantages and disadvantages of various options used in the organization of training (its individual parts, composition, etc.), it is necessary to have criteria that meet the required values.

When conducting the study, it was assumed that the standard indicators should meet the following:

- the principle of comprehensive physical training, which is considered the leading one in the initial sports specialty and advanced training stages in the selected sport;
- the requirement of the necessary sizes;
- the conditions of ease for widespread use in practice.

One of the main conditions in the development of the necessary standards is the perspective of normative ratios in accordance with the characteristics of the proportionality of the development of, in particular, the main physical qualities, which is carried out on the basis of relative sizes. It is applied to the standards of comprehensive physical training - this means that each of the indicators should be in a clear proportion to the other.

In the future, the best sports results or tests for assessing a specific specialty or points can be used as a "base" against which other control tests can be compared. The "base" is taken to be 100%. In cyclic and speed-power sports, such a "base" is selected as the main distance sports results.

The simplicity and ease of the methodology for calculating the necessary standards helps the coach to independently determine the individual indicators of the comprehensive physical fitness of each student, focusing on the predicted results.

The calculation of the coefficient of relativity and the necessary values in sports games is also carried out in a similar way, but the conditions of the specific conditions of the sport must be taken into account.

All tests were divided into two groups: tests related to the movement of the test subjects and tests not related to movement. The time spent by group 1 on performing specific control exercises was converted into speed (m / s). In the first group, the base value was “2 series of shuttle runs of 40 seconds”, in the second group “throwing from points”. Such control exercises have a high correlation with the effectiveness of competitive activity. The coefficient of relativity is calculated based on the formula above.

When developing the coefficient of relativity for calculating the training standards for the physical fitness of young football players for the basic size in running tests - 7x50m shuttle run, and in the remaining tests - long jump (Table 1). Thus, the coefficient of relativity and individual standards were calculated. Then the task was set to develop the transition standards for the physical fitness of young football players engaged in training groups of sports schools.

Table 1. Coefficient of relativity (CR) for calculating training standards for young football players in terms of physical fitness (%).

№	Control exercises	Training groups (ages 11-16)
1.	7x50m shuttle run	100.0
2.	10m run	1,07
3.	50m run	1,35
4.	3000m run	0,87
5.	High jump from a place	100.0
6.	Long jump from a place	4,7
7.	Fifth long jump from a place	23,0
8.	Throwing the ball far	0,32
9.	Ball with the "strong" leg to the maximum distance	0,85

To this end, a mass examination of adolescents aged 11-16 years was conducted to determine the level of physical fitness and determine the average height. When developing the standards for movement for each academic year, the average indicators in the 7x50 m shuttle run and high jump tests were used as the base size. Based on the calculated data, the standards for movement were developed (Table 2).

Table 2. Physical fitness standards for young football players in training groups.

№	Control exercises	Academic year, study group				
		1	2	3	4	5
1.	10 m run, seconds	2,00	1,98	1,95	1,92	1,90
2.	50 m run, seconds	7,95	7,85	7,73	7,62	7,53
3.	Maximum run 7x50 m, seconds	75,0	74,0	73,0	72,0	71,0
4.	3000 m run, minutes, seconds	13,46,5	13,35,5	13,24,0	13,11,5	13,03,0
5.	Standing high jump, cm	42	44	46	48	50
6.	Standing long jump, cm	195	205	215	225	235
7.	Standing five-fold long jump, m	9,65	10,10	10,60	11,05	11,50
8.	Throwing the ball far, m	13,45	14,10	14,70	15,35	16,00
9.	Ball strike with the “strong” leg to fly the ball to the maximum distance, m	31,50	33,00	34,50	36,00	37,50

The training of young football players is always associated with assessing the prospects of the players in

terms of determining their effectiveness (high, low) or achieving successful results. Undoubtedly, biological age affects effectiveness.

The range of fluctuations in biological age is sometimes 3-5 years in one passport. Biological age differences are usually observed in the morphofunctional indicators of the endocrine and analyzer systems and in the variability of sports results. Since coaches often focus on sports results, this, in turn, leads to an incorrect assessment of fitness for training without taking into account biological development. It is necessary to use the definition of somatic maturity (maturity of the body structure, maturity of individual systems of the organism) and morphological and functional indicators that affect different stages of biological age. This requires clarification of the process of selecting and training individuals (doctors or anthropologists) who are able to differentiate participants, taking into account their morphofunctional maturity, and participation in the process of assessing the suitability of participants in planning and individualizing training and competition loads.

In the special literature, there is clear information on the positive impact of specialized training in sports games on the pace of physical development, physical fitness and functional state of children of primary and secondary school age (1,2). Therefore, the data obtained during the pedagogical experiment will help to expand the existing ones and at the same time show the timeliness of the impact of football training on the development of basic physical qualities.

The initial level of physical fitness and functional state of the participants were assessed using tests. Analysis of the data obtained shows that in the initial tests, no reliable differences ($r>0.05$) were detected between the experimental groups. This indicates the equality of the groups.

Table 3. Test model for selection into sports games

№	Control exercises	Primary preparatory group (2nd academic year)		
		Ratings		
		High	Medium	Low
1.	10 m run, seconds	2,05	2,06	2,07
2.	50 m run, seconds	8,05	8,15	8,2
3.	Maximum run 7x50 m, seconds	77,0	78,0	79,0
4.	3000 m run, minutes, seconds	38,0	37,0	36,0
5	Standing high jump, cm	180	175	170
6	Standing long jump, cm	12,50	12,20	11,90
7	Maximum distance hit	28,5	26,0	23,5

The next phase of the study was conducted at the end of the initial training phase, one year after the experiment.

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