

## DEVELOPMENT OF SPEED-STRENGTH QUALITIES IN FOOTBALL PLAYERS AT THE ADVANCED SPECIALIZATION STAGE

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### Abstract:

This article presents theoretical information and practical recommendations for developing the speed-strength qualities of football players.

**Keywords:** Speed-strength, special exercises, general developmental exercises, movement speed, competition process, relative strength.

### Introduction

Significant attention is being paid in our country to increasing the popularity of football, selecting promising and talented players, implementing a new system for training them at a professional level, training coaches and referees according to international standards, improving their skills, enhancing football infrastructure, and developing highly skilled football players. However, the performance of our national teams in international competitions has not been at a commendable level. This highlights the necessity of scientifically planning the training process for young players and introducing new methods and tools.

It is known that the gameplay of football players requires the demonstration of strength and speed within short periods. Therefore, when choosing strength-training methods, it is crucial to understand the specifics and conditions under which the strength is demonstrated. A high level of relative strength and its impact on the development of speed-strength qualities is only effective in rapid movements where the speed is demonstrated within minimal time intervals. In football practice, this is vividly exemplified when kicking the ball.

There are frequent cases where players with well-defined leg muscles strike the ball weaker than those without such muscle development. This is often due to an imbalance in intermuscular coordination. When striking the ball, the muscles at the back of the lower leg must activate before contact with the ball to avoid interference from the muscles at the front of the lower leg.

Thus, to achieve the organic unity of speed and strength in football players and to avoid impairing coordination abilities and reducing endurance, it is necessary to use training methods and tools that match the requirements of football activities. An effective method of developing strength and speed in football players is dynamic exercises involving mixed eccentric-concentric (pushing and pulling) movements.

The following exercises are effective for developing speed-strength qualities:

Sprinting 15 meters from a stationary start;

- Sprinting 15 meters after walking;
- Sprinting 30 meters from a stationary start;
- Running 180 meters at maximum speed;
- Jumping vertically from a stationary position.



In the preparation process, the following stages hold particular importance:

General preparation stage:

Objective: Improvement of speed-strength qualities.

Methods and tools:

A) Dribbling, relay races, bypassing obstacles, passing the ball, achieving precision and speed in execution;

B) Two-sided games to develop all qualities.

Special preparation stage:

Objective: Improvement of speed-strength qualities.

Methods and tools:

A) General developmental exercises;

B) Starts with the ball from different positions, sprinting with direction changes, sprinting back and forth with the ball, passing the ball, shooting at the goal, square drills.

Development of speed-strength qualities using:

- Different variations of short, medium, and long-distance passes;
- Dribbling at maxim

The Third Stage of the Competition: Development of Speed-Strength Qualities Means:

A) General developmental exercises.

B) Speed-strength exercises with and without the ball, movement exercises directed in complex conditions.

All exercises are performed at a difficulty level close to maximum.

Means of improving speed-strength qualities:

A) General developmental exercises (GDE).

B) Improving players' skills by considering their strengths and weaknesses (exercises in pairs, heavy game exercises).

The duration of the training sessions is 2 hours.

Theoretical suggestions have been made that developing special speed-strength qualities in highly skilled athletes occurs primarily due to the formation of the necessary nervous and coordination relationships, including:

- a) Muscle strength coordination – improving this helps engage a large number of motor units for short-term work and increases the "explosive power" of individual muscles.
- b) Muscle synchronization – as it improves, the ability to withstand the main load increases, and the manifestation of "explosive power" in the muscles becomes more pronounced.

Classification of exercises for improving speed-strength qualities:

1. Non-specific exercises.
2. Analytical exercises aimed at developing muscle groups specific to the sport.
3. Strength-developing exercises within the framework of basic sports knowledge.

Key methods for strength training: Paying attention to the level of resistance used. Effective use of the following main methods for developing strength: Comprehensive development of speed during specific movements. Analytical improvement of the factors that determine maximum movement speed. When discussing methods for developing speed-strength qualities, it is proposed to use multi-directional speed-strength exercises at the initial preparation stage. Over



time, training becomes more specialized, approaching the specifics of the main exercises in terms of character and form. Two main objectives during the development of special speed-strength qualities:

- a) Increase the speed-strength potential of specific muscle groups.
- b) Improve the utilization level of this potential during the execution of key exercises.

Special strength development exercises:

- Kicking the ball over a long distance, introducing the ball during competition for ball possession.

To develop speed, the author suggests performing special exercises continuously and at maximum speed for 5-10 seconds (running in place, performing arm movements as during running).

Additionally, it is proposed to combine running speed exercises with strength training exercises (with weights).

Exercises to increase movement speed include:

- Jumping with both feet in place, performing squats (with bent knees) and jumping upward.
- Jumping forward and backward with both feet.
- Performing continuous long jumps from a standing position, etc.

When structuring the competition process, it is essential to pay attention to significant running intensity and, above all, increase maximum running speed.

Regarding strength training, the author suggests systematic exercises with weights. These exercises are selected to correspond to the nature of the player's movements and enhance the power of their movements.

The author believes that strength development exercises occupy a leading role among physical preparation tools for football players.

Throughout the year, systematic use of strength and speed-strength exercises is recommended during football training sessions to develop strength and speed in a comprehensive manner, thereby expanding the range of physical preparation tools.

When performing exercises with reduced weights, muscle coordination improves, as the duration of the movements is shorter than in competitive activities, while the power of individual muscles decreases. Therefore, it is necessary to use methods that allow for the synthetic, analytical, and varied development of individual parameters of speed-strength qualities under conditions that mimic the specific structure of football player movements.

Recommended sequence for performing speed-strength exercises:

Preparation phase exercises (activation and coordination focus). Main exercises simulating match-specific movement patterns. Specialized exercises targeting key muscle groups involved in explosive actions.

1. Duration of exercises: up to 10 seconds.
2. Intensity: maximum.
3. Number of repetitions: 6-7, in the first set 5-6 repetitions.
4. Rest interval: 1-2 minutes after exercises, 3-5 minutes between exercises.

Improving the speed-strength abilities of football players requires enhancing their physical and technical preparation. The following guidelines reflect the important aspects for improving the speed-strength abilities of football players:



1. **Physical preparation:** Physical preparation is crucial for football players. Such training helps players become strong and agile. This can include aerobic and anaerobic training, as well as exercises to strengthen blood vessels.

2. **Technical preparation:** Technical preparation is also essential for football players. Training should include technical and tactical drills involving the ball during the game. Passing, working within squares with other players, ball control, dribbling, and other technical exercises help improve the player's speed-strength abilities.

3. **Physical and psychological recovery:** Physical and psychological recovery is vital for football players. Athletes need walks in fresh air, rest, a proper sleep schedule, and stress management, which are key factors in improving their speed-strength abilities.

4. **Game experience and teamwork:** Game experience and teamwork are fundamental for improving a player's speed-strength abilities. To gain such experience, players should participate in games, engage in group drills with teammates, practice team tactics, and analyze game performances. This helps the player find their role in the game, adapt to the team, and achieve better results during matches.

*Key factors for improving speed-strength abilities.* These aspects can be implemented using the methods outlined above. To improve the speed-strength abilities of an individual player, patience, consistent training, a well-structured preparation plan, support from coaches, high motivation, and a forward-looking plan are essential.

1. The process of enhancing sports mastery requires cooperation between sports communities, organizations, and governments. The following stages are recognized as key steps in the development of sports excellence:

2. **High-level sports infrastructure:** A well-developed sports infrastructure is essential for improving sports mastery. This can include sports fields, stadiums, and gyms. Such infrastructure plays an important role in improving athletes' learning and performance.

**Improvement of sports education and training systems:**

2. To improve the sports education and training system, highly qualified trainers, coaches, and sports specialists are needed. This training helps provide athletes with strong tactical and physical preparation. Psychological preparation, monitoring athletes' personal development, and fostering motivation are also important components of this process.

3. **Development of youth sports:** To enhance competitiveness among young athletes, it is necessary to support youth sports. This can include establishing sports schools, sports boarding facilities, youth sports clubs, and other organizations. Supporting, training, and increasing young athletes' interest in sports ensures the development of future champions.

4. **Enhancement of international sports cooperation:** International cooperation is crucial for the development of sports mastery. Collaborating with international sports organizations helps strengthen relations between countries. Such organizations provide athletes with opportunities to gain experience, assist in organizing international tournaments and competitions, and contribute to the global development of sports.

These stages are just some of the key steps implemented in improving sports mastery. There may be many other issues and actions necessary for the development of sports.

The stage of improving elite sports mastery includes the highest and most professional levels of sports. The following important processes are carried out at this stage:



1. Professionalization of sports: At the stage of improving elite sports mastery, the professionalization of sports and the organizational management of sports organizations that encompass all analyses and experiences are of great importance.

2. Financing of sports: Financing plays a crucial role at the stage of developing elite sports. This means financing through commercial, sponsorship, and corporate funding models. Financial support from elite sports organizations, corporate partnerships, central and local organizations, as well as television and media organizations, is essential for the financial development of sports.

3. Organization and management of sports: At this stage, high-level systems for organizing and managing sports are formed. This involves the management bodies of sports organizations, federations, commissions, regulation, and monopolization, all of which contribute to the establishment of rules, procedures, and organizations that foster the development of sports.

4. Implementation of anti-doping measures and ethical foundations of sports:

At the stage of improving elite sports, anti-doping and sports ethics are of great importance. This includes ensuring trust, legality, and fairness in sports, creating necessary systems to support athletes and eliminate doping.

In summary, during the annual training cycle, it is important to pay attention to ensuring that a large portion of training sessions (up to 90% per month) consists of specialized exercises (with the ball). From the perspective of developing speed and speed-strength qualities in young football players, this approach may not always be advisable. Considering the participation of football players in many competitions throughout the year, consistent attention must be paid to improving speed-strength qualities during training sessions. When preparing football players, individual preparation, teamwork, game experience, and teaching tactical and strategic knowledge play a crucial role. These factors significantly contribute to players' performance during matches and their overall success.

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