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# INCREASING THE EFFECTIVENESS OF STRENGTH QUALITY DEVELOPMENT IN YOUNG FOOTBALL PLAYERS USING NON-STANDARD EXERCISES

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**Annotation:**The article tells about the ways of football efficiency preparation increasing. The football player's stress is speed-power character of work enough, demanding the high level of the general, highspeed and special endurance.

**Key words:** football, football players, training activity, game activity, efficiency of preparation.

**Introduction:**Football is known to be one of the most emotional and challenging sports activities. From a physiological point of view, it represents predominantly dynamic work of variable intensity. During the game in different sequences and exercises that are different in character and power are alternated at different intervals and duration. The continuous struggle for the ball involves a wide variety of movements (walking, running of varying intensity with sudden stops, jerks, accelerations, jumping, hitting the ball, various power and acrobatic techniques). One of the characteristic features of football is the unevenness of the load throughout the game, which depends on the current game situation, the balance of strength of the competing teams, and the level of preparedness of the players.The intensity of physical activity during the game ranges from moderate to maximum. Football is characterized by a constant combination of active actions with short periods of relative rest. The main part of a football player's workload is high-speed and high-power work, which requires the manifestation of a high level of general, speed and special endurance (Graevskaya N.D., 1969; Shamardin A.I. et al., 2000;Sologub E.B., 2003; Lyukshinov N.M., 2003). At the same time, performing physical activities in football always takes place in complicated conditions with the presence of a large number of unfavorable and knocking factors (opposition from opponents, combat with an opponent, tackling the ball, dribbling the ball, meteorological conditions, etc.)

Depending on the situations that arise during the game, the athlete faces various motor tasks that he must solve promptly, and the success of the actions will depend on the degree of speed and correctness of solving a particular task. Very often the current situation requires a completely new solution to the problem, the "invention" of a movement previously unknown to the athlete (Farfel V.S., 1975). The nature of the football player's actions, first In total, it is determined by interactions with the enemy or partners, is not regulated in advance and changes in accordance with the actions of partners and the opponent. However, during the game the actions of a football player can be, at certain moments, to a certain extent, stereotypical, cyclical. However, the basis of the actions of football players is, first of all, a response to changes in the situation and the conditions of sports competition.

In accordance with the classification accepted in sports physiology by V.S. Farfel (1970), football belongs to the group of non-standard or situational exercises. Here is the course of events in advance is not known to the football player and he has to act depending on the situation, and not according to certain programs. The situational nature of motor activity in football determines the leading importance of the functions of the nervous system, sensory systems and motor apparatus (Sologub E.B., 2003).

Despite the variety of forms of manifestation, the actions of a football player are constantly associated with the solution of situational motor tasks that require the use of extrapolation mechanisms. Extrapolation (a kind of prediction of future, upcoming events based on what is already available in information memory) is the most important mechanism for the functioning of a football player's nervous system. Extrapolation allows the athlete to effectively resolve

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difficult situations that arise in the rapidly changing environment of the game. A football player's ability to extrapolate to a large extent depends on his sports experience (Galochkin Yu.G., 1986; Sologub E.B., 2003). High difficulty the competitive activity of a football player places great demands on all parties athlete's preparedness: acting in conditions of tough combat, being in non-standard situations with a lack of time and space, a football player must reliably and effectively solve constantly emerging technical and tactical problems. He needs to quickly and correctly assess the constantly changing situation, create an advantageous situation and react effective actions in accordance with the tactical situation. The ability of football players to do with the ball at the moment, what the game situation dictates forms the basis of the so-called playing style.

Game and training activities have a complex and diverse effect on the body of those involved, develop basic physical qualities - strength, speed, endurance, agility, increase the functional capabilities of the body, and form various motor skills. Therefore, in addition to physical fitness and performance, a football player must have a high level of psychofunctional state, coordination abilities, technical and tactical skill, psychological stability and stress resistance.

In football, as in all other sports, the main criterion for the effectiveness of a particular Another training system considers the final sports result or the success of competitive activity. Sports results depend on many factors: the level of general and special physical, technical, tactical and psychological preparedness of the athlete and the team as a whole; that is, it is a generalized (integral) indicator of the functional state and functional capabilities of the body, determined, in turn, the state of the central nervous, neuromuscular, neuroendocrine, immune, energy supply, cardiovascular, respiratory, analytical, as well as digestive, excretory and hematopoietic systems.

For example, it has been repeatedly shown that mastering rational movement techniques is impossible without the corresponding development of basic motor qualities, such as strength, speed,flexibility, agility and endurance. The level of development of these qualities determines the rational form and coordination of movements, adequate degree of application of effort, speed of mastery motor skill, its stability and adaptability to changing conditions. On the other hand, a high level of development of physical qualities and the capabilities of the most important functional systems will not in themselves ensure high achievements if they are not based on a solid technical foundation: rational in form and coordination structure, economical technology.

In general, we can say that the widespread division of the structure of athletes' preparedness is largely schematic in nature. Any quality or property of the body related to one or another section of preparedness can only manifest itself in complex combination with a number of other qualities, largely depends on them, is determined by them and, in turn, determines their level (Platonov V.N., 1975).

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