

Research on Characteristics of Physical Fitness Training of Football Players

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Abstract

Football is an international sport, football clubs around the world are emerging in an endless stream, international and domestic competitions are gradually increasing. Football players are a key component of football, and their physical fitness directly determines the level and fitness of the entire sports team. Physical fitness is the material basis for football players to reach a high level; it is that people work continuously for a long time, with high intensity and heavy load, physical fitness is the basis of athletic fitness and the basis for players to withstand heavy load, high-intensity training and competition. Physical fitness is the basis for ball sports, especially the basis for ball sports to reach a high level; it is a comprehensive index, without scientific physical training and highly developed physical level, it is impossible for football players to give play to superb sports skills and complete effective tactical coordination in a fierce game. Superb sports technology completes effective tactical coordination. This paper analyzes the physical fitness characteristics of football players from the perspective of sports training and physiology, and puts forward the problems that should be paid attention to in physical training based on this, and provides theoretical references for football coaches to carry out scientific physical training.

Keywords

Football player; physical fitness; training.

1. Introduction

In one football match, the total moving distance of players in the stadium is generally 8.7~14.2km, and the average number of sprint is 110~145 in accordance with tactics change, the physical burst involved and the number of competitions between the two sides reach 120~155 times. This process requires players to have sufficient physical reserves to adapt to changes in football tactics and explosive force demand, and provide basic guarantees for winning the game. Physical fitness is one of the indispensable factors for players to participate in football games. In a high-intensity sports environment, football players have good endurance, which is the key to the game. This paper takes this as the goal, the purpose is to enhance the football players' physical fitness and optimize the physical fitness training structure. In modern football matches, the speed of the conversion between attack and defense has obviously accelerated, and the competition between the two sides is also very fierce, the combination of various aspects of football players' skill and other factors constitutes the characteristics of football match. The players' physical fitness is the guarantee for completing various skill and tactical tasks assigned by coaches in football matches, it can be said that the physical fitness training of football players is very important. For this reason, we must deeply understand the importance of football players' physical training and explore the characteristics and methods of football players' physical training, which are of great significance to improve the level of football.

2. The Connotation of Players' Physical Fitness Training

Physical fitness is the basic sports fitness of the human body. Physical fitness is the basis of competition and training for all players, the physical fitness training of players is the means and methods to combat fatigue in special training and competition. The physical training of players actually includes the physical training and psychological training of players, the physical training of players generally includes five physical qualities, speed, strength, endurance, flexibility and sensitivity, the psychological training of players generally includes: motivation, temperament, will and self-confidence.

3. Skill Characteristics of Football Sports

The most important and decisive part of football is technology. It can also be found from the current practice links of football sports that the skill value of football sports has a relatively high proportion in the development of the entire sport. Under the current environment of football development, the attack process of football matches requires the integration of football space, time, and skill application timing. Moreover, factors such as sports frequency and skill difficulty also constitute the skill framework of the development of modern football, faster skill frequency and rhythm conversion can also show the sports goals pursued by modern football, but it is physical fitness that supports the use and effectiveness of tactical skills. From the perspective of the technical characteristics of football, physical training is still crucial.

4. The Importance of Physical Fitness to Football Sports

Physical fitness is the basis for players to withstand heavy load, high-intensity training and competition. The physical energy consumption of football players is related to the distance they run on the field. Nowadays, football matches are high in intensity, so it is necessary to train football players to maximize their potential. The physical fitness level of football player in the game is also related to his performance in the whole game. The development history of football competitive sports proves that sports load and physical training are the foundation of its development. If the football players' physical fitness is sufficient, then he will have a great advantage in the fierce fighting on the field, then the whole team can change rapidly when attacking, constantly creating fighters to deter the enemy, when defending, they can also cover quickly, and have large running range,, and quick change between offense and defense is also the characteristics of modern all-attack and all-defense football, which also has very high demands on physical fitness. It can be seen from this that whether a football player has sufficient physical fitness is the basis for a football player to perform normally, and skill is an external manifestation whether a football player's physical fitness is good. The physical level and skill level of football players are related to the coach's tactical arrangements and the progress of the game. Therefore, enough physical fitness is a prerequisite for football players to perform normally in the game.

5. Physical Fitness Characteristics of Football Players

5.1 Intermittent characteristics of football players' physical fitness

The performance of football special physical fitness is different from other sports; it has obvious intermittent characteristics, football players always have different intermittent times in the process of running with various intensities. Therefore, we must not blindly follow the methods of physical training in other sports, but develop physical fitness suitable for the characteristics of football sports in accordance with specific methods. The physical fitness of football players, especially special physical fitness, can be said to be a very regular system, the handover of

aerobic and anaerobic endurance in football training and competitions can be said to be the main aspect of the contradiction in physical training, if we want to develop anaerobic endurance or aerobic endurance alone, it will cause the physical system to lose balance, which will affect the competitive level of football players.

5.2 The characteristics of individual differences in physical fitness of football players

In football training and competitions, football players must have various abilities of physical fitness; the abilities of each player are also very different in physical quality. For example, football players with faster speed tend to be worse in endurance; players with better endurance tend to be average in speed. Football players also show obvious differences in cardiopulmonary function, some data prove that in a football match, some football players' heart rate with more than 180 times can last up to 43 minutes; but some football players' heart rate with more than 180 times only last 4 minutes.

5.3 The characteristics of football players' physical fitness cycles

Special intensive training can greatly improve football players' physical fitness, but such improvement is unstable. Because this kind of reaction is often produced through high-intensity football special training, it is obtained through excessive recovery. The football players' physical fitness is also manifested in that everyone's physiological indicators and physical fitness conditions will change within a limited time.

6. Physical Fitness Characteristics of Football Games

6.1 The overall physical characteristics of football games

Modern football has developed rapidly. The activities of football players in the game have obvious characteristics, namely under the condition that the basic formation on the game field remains unchanged, the formation of the game can be changed continuously according to the various situations that appear on the game field, it requires football players to have a good physical fitness as a basic guarantee. In modern football matches, players have less and less space for activities on the playing field, it can be said that under normal circumstances, they are often pressed to an area with 40×30 meters to compete. It can be seen from the recent football World Cup matches that each team can enter the finals; only each player reaches a higher level in physical fitness, technical and tactical level. In view of the above situation, it can be seen that in order to improve the overall strength of each football team, every football player on the field must have super physical fitness.

6.2 The skill physical characteristics of football matches

Skill physical characteristics have a special status in football games, skill physical characteristics are the prerequisite for achieving better results in the game, good skills and physical fitness of players are the main indicators for judging outstanding players. The use of players' skills in football matches is mainly manifested in the mastery of time and space. The combination of fast frequency and high-intensity skill is the main performance of football players' skill characteristics in the game. The fast movement frequency of players is the main goal pursued by contemporary football players; one of the conditions for this goal is that players must have super physical fitness. At the stage of football skill training, players must lay a good foundation, especially young players, for this reason, how to combine skill with physical training in the process of players' physical training is a major problem in contemporary training.

7. Countermeasures to Promote Physical Training of Football Players

The countermeasures to promote the physical training of football players are considered under the background of the current rapid development of football sports. The football players' physical training needs to be combined with special training. Under the usual training

environment, the specific requirements of physical fitness testing are emphasized, and players should be arranged to carry out training reasonably, which effectively solves the correlation between general physical training and special physical training. The football club should also be fully aware that the formation of the physical fitness training structure is not just a pre-match preparation, it also needs to determine the main body of physical training in daily training, so that all football players maintain good physical fitness both in the game and in training, and achieve a conscious, long-term and uninterrupted improvement of physical fitness. The combination of skill training and physical training make football players have sufficient physical fitness to adapt to changes in skills. After determining the overall framework of the physical training structure, specific methods need to be clarified. In the process of technical training, the step-by-step training method is adopted to enhance the number and quality of individual exercises of the players during the exercise process, reduce the rest time between training, and adopt unequal interval methods to simulate the number of confrontations, and finally complete the tactical organization and cooperation. Tactics are the key to victory or defeat in football, and the accurate use of players is crucial. The practice of technique also increases the player's physical fitness.

The application of aerobic fitness training methods in football players' physical fitness training should focus on proper intensity adjustment. In order to meet the physical training requirements of football players, aerobic training strategies are as follows: continuous load, this is the most intuitive method of aerobic training, mainly improves the physical fitness of football players in a high-intensity, non-intermittent load environment. The practice of each load training method is maintained at more than 30 minutes, and this time is the basic training time. For professional football players, this intensity can be maintained between 60 and 90 minutes. Altitude training, this training method is consistent with its name, which is to carry out training in the plateau area. When the body is in a state of hypoxia, it will present a kind of stress response; blood lactic acid can rise to a level that cannot be achieved in traditional training, which helps to enhance the endurance of football players. However, this training method should focus on grasping the training intensity and providing medical protection. Repetitive training, the repetitive training method is a basic method of aerobic training, and its development process also includes the promotion of special fitness and competition fitness, and the load on players is relatively large. After completing each training recovery, football players need to enter the repeated training environment. The repetitive practice helps to enhance the football players' skill proficiency and physical fitness training. Alternate running training, this training method is the most traditional way of aerobic training. The development of football involves a large number of fast running, sprinting, etc., which requires higher football players' physical fitness. The training method of alternate running is to divide the football players into different groups, the court as the training center, the interval between each other reaches 30-60 minutes, different groups carry out alternate running, and the entire alternate running time is controlled within 20-30 minutes, so enhance the football players' maximum oxygen uptake.

Anaerobic physical training is an important part of the physical structure of football players. The following basic requirements should be paid attention to when developing training strategies: the basic requirements of anaerobic physical training require football players to maintain a high level of lactic acid during physical activities, high intensity and necessary time are essential. Under normal conditions, the training time should be kept above 10s and below 1min, and the time should be accurately grasped and controlled to meet the requirements of anaerobic training. Interval training is a typical anaerobic training method, reasonable interval time control helps to adjust the state of exercise and optimize the physical structure. This interval training should be adjusted according to the actual situation of football players to keep the body in a state of high lactic acid value. In order to continuously improve the training level and training fitness of football players, coaches should adjust the training structure and training

methods, such as effective handling and exchange of interval time and training time, and control the two within a reasonable range. The anaerobic physical training is a kind of high-intensity activity content in comparison with aerobic physical training. Football players should prepare for the work during the exercise; the interval time should pay attention to reasonable rest methods Avoid the impact of high-intensity exercise.

8. Conclusion

Physical training of football players is an important part of sports training. According to the competitive level of football players in the football match, it is the first condition to make the corresponding physical training plan. In the process of football players' physical training, we should pay attention to the transition and conversion of general physical training and special physical training; moreover, we should strictly monitor the quality and effect of physical training of football players, and carry out physical training in accordance with the steps of aerobic exercise and anaerobic exercise.

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