

THE STATUS OF PHYSICAL TRAINING AND COMPETITION DEMANDS IN FOOTBALL

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Abstract

The pace and intensity of the modern football game are getting bigger and bigger, and the requirements for the athletes' abilities are also higher. It requires more abundant physical energy to ensure the normal play of technology and tactics. The analysis of the real physical demands in training and competition is to carry out corresponding physical training only by analyzing the premise of training more accurately, can we carry out physical training pertinently and achieve the desired physical training effect. Different positions and different characteristics of the team's physical demand is different, in the overall arrangement of physical training on the basis of the specific analysis of individual characteristics. At the present stage, physical training is often ignored or not comprehensive enough, so as to fail to achieve the desired effect of training.

Keywords

Physical Training, Football, Competition Demand.

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Introduction

The popular game in the world is “Football” in recent days. It has a distinct style and attractiveness hence audiences across the globe for it. Physical fitness is one of the central points of the football training. In the advanced science and technology, multidisciplinary expertise in a football sport, the technical point of football physical training is more focused on the discipline of scientific research. Physical and competitive ability elements are independent and inseparable relationship. Still many deficiencies, especially in the design and arrangement of football physical ability, in the real-time simulation of the situation.

Review of Literature

Arrangement and control of overall sports load for football physical training & “A New Approach to Monitoring Exercise Training,” is important in physical training and examining the arrangement and regulations of physical exercises from the team impact and macro perspective of the exercise is explained by Carl et.al, 2001. The authors developed the basic method to load management in football training as a theoretical point. Now, it became the subject of physical research and promotion the advanced football training practice and theory. The training arrangement of calculations is the major point to create the periodic training and especially the management of high-intensity training load is difficult to precise the indicators said by Foster et.al, 2001. The authors used RPE - Rating of Perceived Exertion to investigate how many different styles of training measure athletes’ heart rate. RPE is a tool for monitoring physical training. This method is used for determining the amount and also strength of exercise during cycle training. The physical training load arrangement and implementation impact in football is become the most active topic.

Football Specific Physical Ability

Overall relationship analysis of the football-specific physical ability Football physical training exercises, including load management and monitoring and assessment methods, athlete performance characteristics and physical criteria and the design concept of training, and other training method aspects. These aspects are interrelated and independent. The specific football physical training creates to improve the performance of athletes in the game and their ability of athletic. Hence, arrangement of overall load and collection of training match information method will be carried out in the match.

Partial Relationship Analysis of Football-specific Physical Abilities

The aspects covered in the football physical training are in a specific order. The assessment of the corresponding and test may be carried out on the physical function. The state of players of football prior to the formula of training arrangement.

At the same time, the relevant information is collected for the evaluation of athletic performance and the physical demands.

Based on the outcome of the data gathered further step is to develop the training content and process. The arrangement and management of the load training may be covered in the training content, and subject process. The training phase will be updated in real-time with respect to current conditions and demands during the training.

Conclusion

The specific football physical training is based on the needs of the competition to improve the athletes' performance. It needs to address the content, training cycle, goals, methods, load and design of system. In the football training the fitness, the mode of training must correspond to the match. In the physical training, the test method must match with the characteristics of football. Currently, the specific football fitness is still a relatively weak phase. Simultaneously, the speeding up the evaluation system to a large amount of data to support the design of the training to improve football.

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