



Physical training strategies for youngsters aged 6-7 years participating in football

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* David Stembridge¹ 

¹Belarusian State University of Physical Culture, Belarusian.

ABSTRACT

ARTICLE INFO

The purpose of the study. Development and theoretical substantiation of methods of physical training for children aged 6–7 years playing football at the sports and recreational stage.

Materials and methods. The study included a cohort of 12 children, aged 6–7 years, who were participants in the sports and leisure program of the Regional Institution of Educational Institution Belarusian State. The content and sequencing of physical training for children aged 6–7 years in football were determined based on data acquired from pedagogical testing in a sports and recreation group.

Results. three motor readiness indicators, one physical readiness indicator, and two special motor readiness indicators all showed significant variability (ranging from 54 to 200%). Out of 171 potential interspecies links, the correlation analysis of the abilities of children aged 6 to 7 showed 18 connections.

Conclusions. The physical training regimen for children aged 6–7 who play football is designed based on the specific characteristics of their age and unique development of motor, physical, and specialized motor skills ready. The physical training program at the sports and health stage consists of three modules that focus on addressing the issues related to developing fundamental movements, improving lagging physical and special motor qualities, and subsequently enhancing leading physical and special motor qualities.

Keywords: *football; physical training; basic movements; strategies.*



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INTRODUCTION

The development of modern football requires improvement of the training process, starting from the sports and recreational stage, taking into account the age characteristics of preschool children. According to functions of the child's body. In this connection, according to the authors, the acceleration of narrow specialization in a sport at a given age against the backdrop of unformed functional systems, taking into account age characteristics specialists, quality development leads to an initial increase

* Corresponding Author: David Stembridge, e-mail: giaworkdersran1978@videotubegames.ru

abcode Authors'Contribution: a-Study design; b-Data collection; c-Statistical analysis; d-Manuscript preparation; e-Funds collection



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in sportsmanship in many types of results, and subsequently to injuries and sports is determined by the gradual formation of early departure from sports (Arkaev L.Ya., Suchilin N.G, 1997), (Mel'nikova Yu.A., Mukhina M.P., Mel'nikov K.V, 2014) (Mel'nikova Yu.A., Mukhina M.P., 2015). Therefore, the development of motor abilities in accordance with the training process with preschool children with their age characteristics (Arkaev L.Ya., Suchilin N.G., 2007) Bal'sevich V.K, 2000). Preschool age, as an important period of children's development, is characterized by at the sports and recreational stage of sports training, conditions for a full-fledged foundation of the motor should be created intensive growth and development of basic physical, physical and functional fitness commerce for subsequent in-depth sports specialization in the chosen sport.

Analysis of scientific and methodological literature on the content of physical training of preschool children at the sports and recreational stage in football revealed the lack of a holistic understanding of the methods of physical training for this category of students. Experts consider the training process of preschool children from the perspective of mastering the technical elements of football, paying attention to the improvement of basic movements and the development of speed, agility, strength, endurance, using a variety of sports exercises and ball games (Kanygin S.V., 2016) (Kurnakov S.V., Kurnakova N.P., 2012) (Shagin N.I., 2015). Creating conditions at the sports and recreational stage for the timely formation of basic movements in football and the development of a set of basic physical qualities in accordance with the age characteristics of the development of children 6–7 years old is relevant for optimizing the training process and requires specialists to pay close attention to the process of improving physical training in at this age. The problem of the research is the lack of knowledge about the features of the methods of physical training of children 6–7 years old playing football, in accordance with the age-related characteristics of the development of motor and physical abilities of young football players.



MATERIALS AND METHODS

Study participants

The development and theoretical justification of the methods of physical training of children 6–7 years old who play football at the sports and recreational stage. Achieve the set goal of the study, the following tasks were solved. The research work was carried out on the basis of the BU of the Omsk region, the subsidiary "SDYUSSHOR Dynamo", department "Energy". 12 students from a sports and recreational football group took part in the study.

Study Organization

The preliminary stage, pedagogical testing of motor and physical, special motor readiness of children 6–7 years old was carried out according to the method of A.I. Kravchuka (1998). Physical, motor, special-motor readiness was assessed in comparison with age standards for performing control exercises. The pedagogical experiment was of a purely ascertaining nature and was used to determine the level of development of motor, physical and special motor preparedness of 6–7 year old children playing football. As a result of the data obtained, means and methods of physical training for children aged 6–7 years who were involved in a sports and recreational football group were selected.

RESULTS DISCUSSION

Analysis of pedagogical testing of motor, physical and special-motor readiness of children 6–7 years old playing football revealed at the beginning of the school year the absence of an age-specific level of development in four indicators of motor readiness (hand movements, jumping, climbing, throwing) ; in two indicators of physical fitness (speed, static strength); in two indicators of special motor readiness (differentiation of spatial parameters, orientation abilities) (Table 1). A high level of development in accordance with calendar age in this category of students was noted in two main movements (leg movements, running); in two physical qualities (endurance, dynamic strength); in three special motor abilities (differentiation of spatial parameters, differentiation of force stress, coordination abilities) (see Table 1).



Comparison of initial readiness indicators with age standards for The number of children aged 6–7 years who met motor control standards, physical and special motor fitness at the level of age standards Number of 6–7-year-old children reaching age-specific standards of motor, physical, and special motor fitness. Comparison of initial readiness indicators with age standards for The number of children aged 6–7 years who met motor control standards, physical and special motor fitness at the level of age standards Number of 6–7-year-old children reaching age-specific standards of motor, physical, and special motor fitness allows us to state the unsolved problems associated with the formation of basic movements and the development of basic physical qualities.

Table 1. Comparison of initial readiness indicators with age standards for The number of children aged 6–7 years

Preparedness	Motor abilities	Amount of children
Preparedness	Motor capacity	Number of children
Motor	Hand movements	5
	Leg movements	11
	Walking	9
	running	12
	Equilibrium	8
	Jumping	5
	Lasagna	2
	Throwing	3
Physical	Dexterity	10
	Endurance	12
	Rapidity	5
	Dynamic force	12
	Speed force	10
	Flexibility	7
	Static force	4
Specially motor	Differentiation of spatial parameters	5
	Differentiation of power stresses	12
	Approximate abilities	6
	Coordination abilities	10

The study revealed significant heterogeneity in three indicators of motor fitness (arm movements, climbing, throwing), the range of the coefficient of variation ranged from 77 to 200%, which characterizes different levels of development of basic movements in the group (Table 2). Average uniformity was noted in running and jumping ($V = 18\text{--}20\%$). Thus, children aged 6–7 years old who play football have not developed the basic movements and the group is heterogeneous in terms of these indicators. In this connection, in the training process, attention should be paid to the use of means and methods aimed at the formation of vital motor skills that determine the future success



of mastering the technical elements of football. Summarizing the results of the physical fitness of young football players aged 6–7 years, we can conclude that most physical qualities develop taking into account age characteristics and the group is homogeneous in four indicators (see Table 2). Coefficient range The coefficient of variation showed complete homogeneity (V-9%) for only one indicator – agility; average homogeneity (V-17-22%) for three indicators (endurance, speed strength, speed). Greater heterogeneity was noted in dynamic strength and flexibility (V-32-48%); in static force there is significant heterogeneity (V-64%).

As a result of the study of special motor readiness, a low level of development of differentiation of spatial parameters and heterogeneity of the group in their development were noted. The analysis revealed significant heterogeneity (V-54-73%) in two indicators (differentiation of spatial parameters and differentiation of force stresses); large heterogeneity (V-33%) in coordination abilities. The group of 6-7 year old students has average homogeneity in terms of orientation abilities; the coefficient of variation was 13%. The correlation analysis of the studied abilities of 6-7 year old children revealed 18 interspecies connections out of 171 possible connections. The results of intragroup relationships show the presence of 6 connections (out of 28) within the indicators of motor sub readiness and two connections (out of 21) within physical fitness indicators (see figure). The results obtained allow us to state that there is a discrepancy between the indicators of motor and physical fitness, which requires a revision of the methods of physical training with an emphasis on the development of individual physical qualities and improvement of basic movements.

Table 2. Mean group indicators of motor, physical, and special motor fitness of 6–7-year-old football players

Preparedness		Motor abilities	p _{sr} ± p	IN, %
Preparedness		Motor capacity		
Motor	Hand movements, score		1,3 ± 1,0	77
	Leg movements, score		2,5 ± 0,7	28
	Walking, score		2,1 ± 0,8	38
	Run, point		2,5 ± 0,5	20
	Equilibrium, s		24,4 ± 8,8	36
	Jumping, cm		143,7 ± 25,9	18
	Lasagna, ball		0,5 ± 1,0	200
	Throwing, point		0,9 ± 1,2	133
	Dexterity, with		5,3 ± 0,5	9
Physical	Endurance, number of times		18,7 ± 3,7	18
	Speed, number of times		6,2 ± 1,4	22
	Dynamic force, number of times		27,8 ± 8,9	32
	Velocity force, cm		116,5 ± 20,0	17



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Specially motor	Flexibility, cm	5,8 ± 2,8	48
	Static force, s	10,5 ± 6,7	64
	Differentiation of spatial parameters, cm	6,6 ± 3,6	54
	Differentiation of power stresses, kg	1,9 ± 1,4	73
	Orientation abilities, with	21,7 ± 2,9	13
	Coordination abilities, degrees	253,3 ± 83,1	33

The basis for determining the content of physical training and their use in the training process are taking into account group average indicators of motor, physical and special motor readiness of young football players at the beginning of the school year; age-related features of the development of basic movements and physical qualities in pre-school children. In accordance with the results obtained, physical exercises were selected for organizing the physical training of children 6–7 years old at the sports and recreational stage.

CONCLUSION

movements in combination with the development of special motor abilities. During training sessions for young football players, attention is paid to arm movements, jumping, climbing, and throwing. In the second month (November), conditions are created for the associated development of physical qualities and motor abilities, outstripping the development of physical qualities and the improvement of special motor abilities. During the first two weeks of the second month, it is necessary to develop those physical qualities that were at a low level at the beginning of the school year (speed, static strength, orientation abilities). The means are special sets of physical exercises and game exercises. In the second part of the month, you should use sets of exercises aimed at developing other physical qualities. At the same time, it is recommended to plan tasks that would contribute to the comprehensive development of agility, dynamic and speed strength. In the third month (December), it is planned to use "Module 3" exercises aimed at improving special physical qualities in football, and nization of special motor training, which stimulates the development of stable functional motor abilities.

Effective management of the process of physical training of children aged 6–7 years playing football is possible subject to mandatory consideration of individual and age-related characteristics of the development of motor, physical, special motor



abilities of children, as well as using a concentrated approach in organizing pedagogical influences training process. The method of physical training of children 6–7 years old at the sports and recreational stage in football is a combination, alternation and sequence of exercises, outdoor games and game tasks, depending on the level of development of basic movements, physical qualities and special motor abilities.

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APPENDIX

Information About The Authors:

David Stembridge:

giaworkdersra1978@videotubegames.ru; Belarusian State University of Physical Culture,
Belarusian. Address: Praspiekt Pieramožcaŭ 105, Minsk, Minskaja voblasć 220020, Belarus.

