

Study on the Importance and Training Method of Special Physical Training in Football

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Abstract: Football has always been concerned and loved by people, which is called “the first sport in the world”. In football matches, the physical fitness of players plays a key role, so the physical training of football players is a topic of widespread concern in the football field. In order to improve the level of team in an all-round way, athletes improve their strength through special physical training such as speed, agility and strength. Therefore, how to carry out special physical training and how many importance of special physical training and other issues have become problems we must study.

1. Introduction

After a long period of development and the characteristics of football itself, football requires more and more for athletes' physical fitness. Only with a strong physical foundation can athletes better complete technical movements. At the same time, because football matches take a long time, the requirement of endurance in football is more stringent than other matches. In two teams with similar technical and tactical level, the key factor that determines the success of match is physical fitness. Even teams with strong technical and tactical skills will not necessarily achieve optimistic results if their physical training level and confrontation ability are weak.

2. Concept of Special Physical Training in Football

Physical fitness training is to make three elements of body shape, function and sports quality develop comprehensively through training. Specific physical fitness training is directly related to the performance of football sports and is the training to make athletes adapt to football sports and keep the functional ability of various parts of the body reach a higher level.

3. Importance of Special Physical Training in Football

Nowadays, the rapid development of football requires more and more for athletes' physical fitness. Physical fitness training can not only make the speed, sensitivity, strength and endurance of football players reach a higher level, but also make the effect of tactics and techniques play a better role. Therefore, the favorable guarantee of success in football matches is football special physical training, which includes basic physical qualities such as strength, endurance, speed, walking, running, jumping and other basic activities. Only with good physical support can we effectively cope with the changes in the field and make corresponding actions to ensure the normal play of all skills and tactics.

Football physical fitness training is the key to achieve good results in football matches. Football requires players to quickly understand the situation of stadium and then make an accurate response. While the situation of stadium is changing rapidly and the intensity of sports is high, to ensure the normal play of all skills and tactics, players must have good physical fitness. In physical training, we should infiltrate the theoretical knowledge of natural science and social science into the theory and practice of sports training, and constantly improve the scientific level of physical training, so as to improve the competitiveness and potential of athletes ^[1].

In football, special physical training has a greater impact on skills and tactics. Only good

physical fitness can play the role of skills and tactics. Special physical fitness training will maximize athletes' performance in special sports. Only when special physical fitness gets better and better, can the role of techniques and tactics be better played.

4. Problems Needing Attention in Special Physical Training in Football

There are two forms of physical training that one is general physical training and the other is special physical training. They are not the same. If the general physical fitness is good, the specific physical fitness will definitely good. It is wrong that many people confuse them. At different stages of physical training, general physical training and special physical training should be arranged according to different proportions. The higher the level of training, the more attention should be paid to specific physical training. Meanwhile, the training of special physical fitness in football is different from running circles in track and field, which fails to meet the needs of physical fitness in football. Therefore, these two can not be equated. Similarly, we should not only pay attention to the requirement of physical fitness test, but also train the overall quality of athletes from all aspects and angles, and make the special physical fitness training scientific and applicable, which conforms to the development ability of athletes. In addition, it is essential to pay attention to the following issues.

4.1 Re-recognize the Speed Training of Football Players

At present, football team generally does not pay enough attention to speed training, and equates speed endurance training with speed training. The speed training of foreign football teams can be divided into acceleration training, sprint training, special position sprint training and other categories, which need our reference and learning. To a large extent, good speed is an important factor to gain time and space advantage in the game, reflecting the threat of individual or team attack and the reliability of defense. Therefore, speed has increasingly become a decisive factor for the effectiveness of offensive and defensive tactics^[2]. Speed training should simulate the real competition scene. In this case, it is more advantageous to practice reaction speed, movement speed and displacement speed.

4.2 Understand the Importance of Flexibility, Coordination and Sensitivity

In order to combine physical fitness training with technology, it is required to practise coordination and sensitivity in competition or simulated competition scenarios, as well as pay attention to actual combat and competition needs. Coordination is the basis of football training, which has a great impact on speed, technology and so on. The best way to train coordination is to combine actual football training. Flexibility, stretching and sensitivity exercises can be put into the preparatory activities before the competition.

4.3 Stress Coordination Training in Strength Training

All situations on the field are changing rapidly, which requires football players not only to have absolute strength, but also to have enough explosive force, so as to adapt to the situation on the field. Moreover, football players also need to make good use of their explosive power and turn their strength into various actions, which also requires good coordination ability. Therefore, different training priorities should be set for athletes in different positions and special training should be carried out.

4.4 Combine Speed Training with Strength Training

In football, most situations require players to complete actions quickly, so it is very important to coordinate strength and speed, but it is also very difficult. Therefore, athletes are expected to pay special attention to static muscle training when doing movements requiring great strength and balance ability, such as guarding and controlling the ball.

5. Special Physical Training Method in Football

5.1 Training Methods of Special Strength Quality

Firstly, it is feasible to adopt the method of fast strength training, that is, the explosive force of football players under the condition of fast rhythm. There are two kinds of exercises. One is weight-free exercises, such as obstacle jump, standing jump, box jump, frog jump, etc. Most of them are exercises with low resistance and fast speed. The other is weight-bearing exercises, such as clean and jerk, squatting with load and so on, most of which adopt the “8M” load method. Secondly, strength and endurance training can be adopted, that is, athletes are able to work continuously while overcoming external resistance, such as side push, weight-bearing heel lifting, etc., and make use of fitness equipment for strength and endurance training. Thirdly, we can use the method of dynamic training, that is, when muscle contracting, we can change the direction of pulling force to complete the movement, so that strength will be developed. There are two kinds of exercises. One is a method of exercise with large weight and few times, which will increase muscle volume and protein content. The other is a low-weight and multiple-count exercise method, which can increase the number of capillaries in muscle and improve enzyme activity. Fourthly, static training can be applied, that is the method resulting no change in muscle. The purpose of this method is to compensate for the deficiencies in power training. Fifth, it is suggested to use the method of braking strength training, that is, the ability to stop abruptly in the course of action. It is a method of practice different from other instruments.

5.2 Training Methods of Special Speed Quality

Firstly is the method of response speed training, which is the key to improve the central nervous system, shorten the nerve conduction time and improve the response speed, for instance standing on the ground to start running, jogging in situ, running in front of oblique and so on. Secondly is the method of displacement speed training and is mostly practiced with the training methods of sprinters. Thirdly is the method of action speed training, i.e. repetitive training of technical actions, which will improve the speed of connection between technical actions, usually including the characteristics of reaction speed. Fourthly is the training methods to improve explosive force, such as single-foot jump, step jump, half squat jump, standing jump, etc. The basis of sudden speed is explosive force, so it is required to strengthen the training of explosive force.

5.3 Training Methods of Special Endurance Quality

Firstly is aerobic endurance training, which requires continuous training and has the effect of improving muscle contraction, for instance continuous running, cross-country running, variable speed running and other training methods. Secondly is anaerobic endurance training method, among which, mainly indirect training can improve athletes' anaerobic metabolic energy supply system functions, such as short sprint, short turn-back run, round-trip sprint passing and catching ball, etc. Thirdly is the method of long-term and medium-intensity training that is the long-term exercise in training. Fourthly is the method of medium-time and intensive training, which likes running a marathon.

5.4 Training Methods for Special Sensitive and Flexible Quality

Firstly is sensitive quality training. Influenced by the flexibility of cerebral cortex. it should be carried out in the first half of the training class, such as curve dribbling, ball-throwing, etc. Secondly is flexibility training, increasing the flexibility and coordination of muscles. Flexibility training is generally arranged after full warm-up exercises. The training methods include stretching straight legs to touch toes, splitting legs lengthwise and horizontally, imitating and combining the ball's large oscillating legs-shoveling-side kicking, volleying and overhead shooting, slowly pulling elbows, kicking-top-grabbing and other imitation exercises. The range, speed and difficulty of movements should be gradual in order to prevent muscles and ligament from being injured ^[3].

6. Suggestions on Special Physical Training in Football

Football is not isolated or single track and field physical training in physical training. The characteristics of football determine that its physical training must be a combination of various track and field items and technical items^[4]. Therefore, athletes in physical training are required to be based on the characteristics of football, which requires special physical training to make the training more comprehensive. According to the law of football development, it is supposed to adopt specific techniques and tactics as well as corresponding training means, and not be separated from the needs of game, so that special physical training will play a corresponding level. Football special physical training should stress the following points:

(1) Training emphasis and intensity should be arranged according to the position of athletes in the competition, because different positions play different roles and corresponding physical distribution will be different.

(2) While carrying out special physical training, it is also essential to train skills and tactics and not neglect skills and tactics because of physical training to shift training focus, which is not conducive to the overall development of athletes.

(3) It is feasible to formulate detailed intensity grading, testing and evaluation methods, achieve the unity of theory and practice, summarize different effects of different training intensity on athletes, and carry out specific training according to their own characteristics.

(4) It is required to pay attention to results of training, but also prevent athletes from being injured in training and ensure athletes' sports nutrition and adequate sleep time, so as to effectively restore sports fatigue, and enable athletes to achieve comprehensive and balanced development.

7. Conclusion

In a word, modern football is developing at a high speed, and the level of competition is getting higher and higher. In order to make football better develop and improve the level of athletes, special physical training is indispensable. In the process of training, we should have reasonable and suitable training methods. Only when players reach a higher level of physical fitness, can they give full play to the effects of techniques and tactics. Only by using reasonable training methods can athletes' physical fitness be improved continuously.

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