

On Physical Training Methods for Athletes in Promotion of Campus Football

Jie Geng

School of Physical Education, Nanchang Institute of Technology, 330044, China

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Abstract. With the rapid development of social economy in China and the continuous improvement of its comprehensive strength, sports industry in China has also made significant breakthroughs. Our country pays more and more attention to the development of football, and vigorously supports and develops campus football to strengthen the physique of students. Up to now, the development of football in our country is not satisfactory. On the one hand, the physical level of football players in our country is relatively low. Youth football players are the reserve force for the development of football in our country. The state and effect of physical training of campus football players determine their physical level. Junior and senior high school athletes are in the critical period of adolescent stage which is the critical period for the development of athletes' quality. Coaches should seize this period and formulate physical training plans for school football players according to their physical and mental development characteristics to develop their physical level and promote the level of football in our country.

Football is the mainstream sport nowadays, which is widely concerned in the society. Campus football is the collective name of all kinds of activities related to football on campus. It is of great significance to develop football for enhancing the physical fitness of teenagers, enriching students' extracurricular life and cultivating their teamwork spirit. Physical training is extremely important in the training of football players on campus. Physical training for football players can not only improve students' physical fitness, but also provide a large number of excellent players for the development of football in China. The physical training level of football players is closely related to their competitive level, so higher requirements for the physical training of campus football players are put forward in our country. Although our country often holds football league matches in the middle school stage, there is still a big gap between our students in middle school and those in the western countries in football technology and physical quality. In order to improve the competition skills of our school football players, effective measures are needed to carry out in physical training for campus football players to promote the development of football in China ^[1].

1. Problems in the Development of Campus Football Activities

(1) The Goal of Campus Football Training is not Clear Enough.

In the new era, we adhere to the people-oriented development concept. China adopts a combination of sports and education to cultivate high-quality competitive sports talents that are fully developed in the new era. Campus football is also carried out under this concept. However, at present, campus football in China is still based on "teaching", and ignores the training of athletes' "body". In the process of organizing campus football activities, the focus of the organization is on the number of schools and the number of people participating in the competition, rather than the potential of the students participating in the team, which has led to a large but disordered scale during the campus football leagues, and the number of participating students is large but the competitive ability is not strong. More importantly, in most campuses, organized group football activities are rare, even in some schools, the activities are in an unorganized state. Schools like to play football on their own, and the school does not carry out relevant guidance for training. Therefore, there is no significant increase in the time students participate in football activities.

(2) The School Lacks Process of Relevant Selection.

Campus football activities mainly play a leading role through the government, integrate various resources and advantages of the education system and the sports system, and rely on the school to

train sports talents. However, in actual life, a perfect and targeted competition system has not been established, and it is difficult to find outstanding sports talents in the activities. Due to the lack of relevant competition organization system, many schools only regard campus football as extracurricular sports activities, and there is no relevant football training course. The relevant sports authorities have not established a perfect talent selection system, resulting in no substantial progress in school football. In China, the training level of campus football players is very backward. According to statistics, young athletes mainly use the physical training methods of adult athletes, and the time for daily physical training is about one and a half hours. Because of the restriction of funds, athletes lack professional physical training equipment and training venues. In addition, the level of coaching in different places is different. In some places, the training concept is very backward, ignoring the importance of physical training in realizing the true level of athletes. If it is only one-sided pursuit of high-load, multi-group training methods, it will not only affect the training effect., but also damage the body of young athletes and is not conducive to the future development of athletes. Adolescence is a period of rapid development of human psychology and physiology. In this period, the physical training method suitable for athletes is very important for the development of athletes^[2].

2. The Way to Promote the Physical Training of Campus Football Players

(1) To Strengthen Aerobic Training and Improve Athletes' Endurance

For football players, endurance is essential. Long-term competitions and long-distance running require athletes to have good aerobic endurance to support. At present, the higher intensity of football matches requires athletes to have good aerobic endurance. The youth period is a crucial period for athletes to carry out physical training. Grasping this period of training, the aerobic endurance level of the athletes will be very stable and excellent in adulthood. The golden age of endurance training is mainly in the adolescent period when it is not only to train the athlete's aerobic endurance, but also to take into account the athlete's anaerobic endurance. In adolescence, because athletes are still young and their physiological characteristics are not well developed, they are not suitable for large-scale anaerobic endurance training, but they can perform systematic aerobic endurance training. Therefore, the endurance training of campus football players should be based on aerobic endurance training, which will lay a solid foundation for the athlete's future endurance quality^[3].

In the aerobic endurance training for athletes, the training intensity should be properly grasped. Under normal circumstances, the athletes should have a heart rate of 150 or more per minute when performing aerobic endurance training. When organizing athletes for training, each training time should be more than half an hour, and sometimes it can be adjusted according to the specific conditions of the athletes. For some athletes with higher level and better endurance, the training time can be lengthened accordingly. For athletes with special circumstances or low ability, the training time can be reduced appropriately. When performing aerobic endurance training, you can choose a variety of training methods to use alternately, such as repeated training method. This method has strong training intensity for athletes. It can improve athletes' aerobic endurance and improve their ability to compete to make the training effect more ideal. If the athlete's own situation is not suitable for the repeated training method, the alternate running training method can also be used. The athletes are randomly divided into several groups during the training. The coach can specify different training distances to guide the athletes to alternate running training within that distance, and alternate training between different groups is carried out. In general, the specified training distance is between 30 meters and 60 meters, and the training time is controlled within half an hour. The alternating use of multiple training methods can greatly increase the oxygen uptake of athletes, improve the physical fitness of athletes, and lay a solid foundation for the competition.

(2) To Strengthen Anaerobic Training and Improve Athletes' Endurance

In order to improve the team's chances of winning in football matches, coaches often arrange various offensive and defensive tactics before matches or players adjust their football tactics according to their opponents' tactical arrangements in the course of matches. Athletes need to make

a lot of repeated sprints in a short time to complete the corresponding countermeasures, which requires athletes to have a certain level of anaerobic endurance. Compared with aerobic endurance training, anaerobic endurance training is more intensive, so coaches should organize athletes to prepare for activities before anaerobic endurance training to ensure that athletes have a certain rest and recovery time between training intervals, and avoid athletes' syncope caused by high-intensity physical training activities. Indirect training is the most effective way for athletes to carry out anaerobic training. According to the physical condition of athletes, the intensity of training needs to be continuously increased. At the same time, the athletes should be guaranteed enough training duration to enhance the physical quality of campus football players through different forms of physical training to improve the physical ability of Chinese football players in essence.

(3) Enhance physical training density

Good physical fitness is not a short-term exercise. Athletes need to exercise a certain intensity every day to improve their physical fitness. If athletes are neglected, their physical fitness will decline rapidly. If the physical training that the football coach arranges for the athlete is too small, it will easily lead to the loss of the athlete's physical fitness, resulting in invalid training. Therefore, the football coach needs to arrange the physical training of the athletes reasonably. The football instructor should arrange a reasonable period of time between physical training to ensure that the athlete's body can maintain the state of training excitement and achieve satisfactory fitness training. The football coach can use the decreasing interval physical training method for the athletes, that is to say, after the athlete performs one or the first group of exercises, the adjustment and recovery are carried out according to the strict intermittent time, and then the second or second group exercises are carried out. The rest time after the second or second group of exercises should be shortened appropriately to enhance the athlete's physical training density, so that the athlete can gradually increase the amount of exercise, and finally fully adapt to physical training. When football coaches train speed athletes, they need to use high-density and high-intensity training methods to ensure the speed training effect. The football coach asks the athletes not to stop immediately after completing each speed training. The athletes are required to complete the speed training and then slowly transition to jogging. After the body adjustment, they can stop, so that the buffer of the internal organs of the athletes can be well adjusted. To enable athletes to resist fatigue. When the football coach arranges the interval time of the athlete's physical training, the athlete's heart rate and pulse need to be used as the reference basis. Time should not be used as the main reference basis to avoid the athletes endangering the body due to excessive fatigue.

3. Summary

Physical fitness is the premise and basic guarantee for the development of football competition. At present, the level of physical training of football players on campus in our country is still relatively low. Coaches and relevant staff do not know enough about physical training, which leads to poor physical training effect of athletes. The training level of campus football players is related to the coach's business level ability. In order to ensure the quality of campus football training, schools should regularly train coaches' professional ability to ensure that coaches can master the theoretical knowledge of professional football physical training and have certain practical ability. In addition, they can also train coaches. The relevant teaching tests and evaluations are carried out to find out the shortcomings and correct them in time to avoid delaying the training of athletes. The speed of modern football matches is getting faster and faster, and the time and space of players become urgent, requiring that athletes can complete a lot of technical actions under various conditions. Whether dribbling, passing, breakthrough, stealing or shooting, the success depends on the time when athletes complete the action. Only having a good physical condition can take advantage of the football game. The way of physical training for adolescents is different from that for adults. Because adolescents' bodies are in the process of development and have not yet reached maturity, we should adopt the principle of gradual and orderly physical training, which is based on the balance and coordination of the body, pays attention to the enhancement of core muscle strength,

and adopts various ways of training, and increases the interest of training to effectively improve the physical fitness of young athletes on the premise of promoting the overall and healthy development of physical and mental.

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