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Technology of physical training of young footballers

Abstract. Purpose: to prove the technology of physical training of young players. **Material and Methods:** pedagogical observation and analysis of literature, both in the field of football, sports physiology and in the use of technologies that protect the health of the process of physical training of young athletes. **Results:** notes the need to review approaches to the organization of long-term preparation of sportsmen. The contradiction between the increasing demand for training of young sportsmen and features of the growing organism is established. **Conclusion:** the ways of rational construction of training process on the basis of the strategy of preparation of sports reserve and health at talented youth.

Keywords: young footballers, health, fitness.

Introduction. The high organizational and methodical level of sports preparation with children and teenagers defines a success of this or that country on the international sports scene in a substantial degree in the sequel (V. K. Balsevich, 1993; L. P. Matveyev, 2000; N. G. Ozolin, 2002; V. N. Platonov, 2010). In recent years the attention of experts increasingly concentrates not only on the development of technologies of training of the strongest sportsmen, but also on the further improvement of the system of preparation of sports reserves, providing the replenishment of structures of professional and national picked teams (V. G. Nikitushkin, P. V. Kvashchuk, W. G. Bauer, 2005; A. A. Suchilin, A. P. Zolotarev, M. M. Shestakov, 2005; V. Pshibylsky, 2007; V. N. Alekseyev, 2009; I. G. Maksimenko, 2010; V. P. Guba, A. V. Leksakov, 2012).

In the theory of sport the huge number of scientific data is saved up (M. Y. Nabatnikova, 1982; N. A. Fomin, V.P. Filin, 1986; V. N. Platonov, K. P. Sakhnovsky, 1988; To F. Z. Gakame, 1995; V. P. Guba, 1996; L. V. Volkov, 2002; L. P. Sergiyenko, 2004; A. A. Shamardin, 2009) which allow carrying out sports training of children and teenagers taking into account features of the development of the growing organism. These data cover not only an organism in general, but also the development of its separate systems which, anyway, suffer the influence of physical activities.

At the same time the early sports specialization and accompanying it the intense training and vigorous competitive activity are extremely dangerous, breaking objective regularities of long-term improvement, prematurely wearing out a young sportsman and depriving his opportunities to reach really good results in an optimum age zone for a concrete sport [1; 7].

The modern level of professional football is so high that the solution of the main objective of preparation of the qualified sports reserve demands the increasing specialized adaptation of a young sportsman and leaves few opportunities for the comprehensive strengthening of his physical health.

The exit from this situation seems that it is necessary to reconsider traditional views of the process of long-term sports preparation and an active participant (child) in this process so far for young football players who are engaged in the modes of intense sports training, and also when planning training and competitive loads to consider biological regularities of adaptation of bodies and systems of a child's organism, to use training influences answering to specifics of a sport to organize the monitoring system over a reaction of engaged on training loads and condition of their health.

It is represented what exactly the aim orientation on long-term training of perspective football players has to define a technological strategy of creation of the training process in Ukraine.

Communication of the research with scientific programs, plans, subjects. The research was conducted according to the Consolidating plan of the RW in the sphere of physical culture and sport for 2011-2015 of the Ministry of education and science, youth and sport on a subject 2.3 "Scientific- methodical bases of the improvement of the system of training of sportsmen in football taking into account features of the competitive activity" (state registration No is: 0111U001722).

The objective of the research: to prove the technology of physical preparation of young football players.

Material and methods of the research: analysis of special literature, system analysis, method of pedagogical supervision.

Results of the research and their discussion. The analysis of a question condition of improvement of the control system of long-term physical preparation allows making the conclusion that the modern sports pedagogics, psychology and related subjects of a medico-biological cycle saved up a considerable material on separate aspects of this problem.

At the same time it should be noted that the correct schemes in general and corresponding to the present level of our theoretic-methodical representations, knowledge, abilities, skills and methods of management of the separate parties of the process of physical and sports training didn't develop in the finished organizational-methodical control system of the process of long-term physical preparation yet.

In many respects, as noticed fairly T. V. Mikhaylova (2009), it is caused by that circumstance that a coach has to operate successfully, but not the process of sports training, but the process of training of a sportsman.

Proceeding from this situation, we will stop on the separate approaches which define the quality and the efficiency of implementation of the long-term program of preparation of the talented youth.

First, systematic classes by football assume a successful participation of a child in the mode of intensive training and competitive activity. The last means that young football players have to correspond to certain criteria of sports suitability to sports activities. They are: state of health, standard motive qualities, coordination abilities, constitution of a body (bodybuild), mental state, and motivation [1; 4].

We will consider, first of all, a state of health which is a significant factor in the achievement of sports success of a child. It is known that one of the composed growths of sports skill of a child – is systematicity of the educational and

training activity. Children who miss trainings because of the increased incidence overtake technical elements, functional and physical preparedness, and theoretical base of the organization of sports activity in a smaller volume seize.

Proceeding from this fact that children get to football sections in 6–7 years old, the question of a state of health of a modern first grader is actual.

It is established that children of younger school age are characterized by the following problem components: chronic diseases at 15–20% of children, at 50% – violations of the musculoskeletal device, at 20–25% – nasopharynx diseases, neurotic deviations at 30–40%, at 10–23% – allergic reactions, at 10–25% – violations of activity of the cardiovascular system are revealed. The special attention is demanded by a problem of natural preservation and strengthening of immunity.

Diseases of respiratory organs – 60–70%, violations of the musculoskeletal device – 41,5%, digestive tract diseases – 18%, allergic reactions – 15–17%, mental diseases – 15% occupy the leading position in the structure of incidence of a child of younger school age. At every tenth child the underdevelopment of the informative sphere is noted at 7% – various speech disturbances. About 20% of children are ill within a year four times and more (V. A. Vishnevskiy, 2002).

Thus, the low initial level of health of children of younger school age seriously complicates their adaptation to the educational-training and the competitive activity.

It is obvious that the increased physical activity at children's and teenage age not only interfere with emergence of a functional blocking in various bodies and systems of an organism, but in certain cases even can provoke them (V. A. Kashuba, 2010).

It is established that more than 70% of young sportsmen have various violations in a state of health by 16–17 years which part is the main reason for the premature termination of sports activities (Yu. V. Orlovskaya, 2000).

Therefore, a coach has to make constantly changes to the educational and training plan, consider dynamics of the development of theoretical and practical material during the organization of the pedagogical process, and above all recognizing that young football players are engaged in the mode of intense sports training, to carry out control of the reactions constantly which are engaged on training loads.

Secondly, the traditional system of training of a sportsman is based on that a human body will construct itself, only perform correctly necessary motive tasks. And still a large number of the modern scientific works devoted to football, and sport in general proceeds from the view of a person which was outdated on incompleteness, as on a callous biological education.

At the same time training of a sportsman has to be considered as training first of all of his mentality on a management of a body and exchange processes in it, and a development of standard motive qualities or training in movement skills and abilities is a formation of mental programs for management of an organism.

From here the whole programming of the training process has to be based on the fundamental provision on a mentality priority as the initial conscious or the unconscious operating beginning of all practical activities of a person (I. M. Sechenov, 1863; N. E. Vvedenskiy, 1950; I. P. Pavlov, 1954; A. A. Ukhtomskiy, 1966; D. N. Uznadze, 1966, etc.). A body of a person without the management of a brain in movements isn't independent at all. All adaptive changes in a human body happen at the level of mentality in the beginning, and it defines the mechanism of regulation of adaptive processes of the achievement of adequate requirements of sports loading. And whether they will happen, and whether at the sufficient level, from the deepest exchange to shown behavioral, everything depends on mentality of a specific person because his mentality defines and operates any changes in a human body.

Preceding from it that, it is necessary to interact with his mentality, but not with a physical body to teach a young football player to something. From here it is necessary to focus attention on a muscle work through understanding of that muscles execute the commands which are sent by a brain. Muscles aren't capable to study, unlike a brain. It is incorrect to argue that players will play better if they increase the volume of lungs or it is better to play by a head if force of muscles of feet increases. It isn't necessary to simplify football to the level of physical activity, and *it is necessary to concentrate attention on the solution of motive tasks in the course of game in football* to learn to play football at the good level [12–14].

In this regard, considering structural features of functional preparedness of children, sequence of changes under the influence of purposeful physical activities, it should be noted that a live organism is the difficult system counteracting the environment and changing under its influence by the activation of adaptable mechanisms. The organism to the same ultimate motive goal can come in the different ways, using a set of the same responses (H. A. Bernstein, 1991).

A coach is interested in athletic ability of a child, and, so generally the structure of his motive device and the system of regulation of movements. The assessment of a condition of these systems is carried out by means of test exercises – the exercises which aren't demanding a special movement skill and ability. Not standard motive qualities of a child, and standard motive qualities plus the acquired skill in a performance of this physical action and individual abilities will be estimated otherwise that is inadmissible in most cases (V. P. Guba, 2009; V. N. Seluyanov, 2010).

We will remind that the human body represents the difficult motive system having 244 degrees of freedom from the point of view of biomechanics of the motive device. The top and lower extremities have on 30 degrees of freedom. It is clear that the system with such number of freedoms can carry out the same task, carrying out the movement on significantly differing trajectories. Therefore, the constant control over the working muscles is necessary when performing the movement as any motive impulses to muscles, as if they would were, can't provide movement accuracy in itself. Its continuous correction on all amplitude of the movement is necessary for the performance of the set movement with a big accuracy. This correction is carried out by the muscles getting into gear on a receipt measure in information brain from periphery about the course of performance of the set movement. Nervous devices (receptors) which are "taken out" on periphery – in joints, muscles, sinews carry out tracking the movement. So-called "proprioceptive impulses" go to a brain from these receptors, and it corrects the movement by an inclusion of auxiliary muscles or the strengthening work of antagonists.

Thus, a movement skill in simple and difficult movements can't be a simple motive stamp as the conditioned reflex

can't be a simple print in the motive centers of a brain. It is the difficult constantly changing process. A movement skill is not a formula of a movement, and the more so is not a formula of the muscular tension imprinted in the motive center. A movement skill is the mastered ability to solve this or that type of a motive task (H. A. Bernstein, 1991). Now it is clear to execute some movement correctly, it is necessary to pass hundreds of times a way of the motive act that the sensitive centers could "experience" all possible deviations when performing this movement.

From here, if a player knows how to solve game situations, his brain will adequately operate muscles. The more experience of a player is in the solution of situational tasks, the quicker he makes the right decision. Therefore the problem of physical preparation – is the improvement of quality of a game in football.

As the famous German expert in the field of children's football Horst Wein noticed fairly (2007): "A beautiful game is football which begins in a head and comes to the end in feet".

The honored coach of Ukraine P. A. Ponomarenko is solidary with such position (1994): "A playing boy has to be the purpose of the training process". Further the author, proceeding from the practical experience, notes that there shouldn't be small, average, big loadings in the educational and training program since classes are given not with the qualified sportsmen, and with children who should learn to be played. From here the important principle of work with young football players: everything does everyone on the optimum mode of individual opportunities, on the verge of high, but surmountable difficulty. Any motive tasks on a place – is to do everything in the movement, at speed. Any additional loadings with a bar, weights, on racetracks – is to give all classes on a football field (platform) and it is as much as possible – in game conditions. It will be quite enough for young talents of it to develop harmoniously, without scoliosis, lordosis and kyphosis, without pathologies of all systems of an organism, taking into account a day regimen, age features, basic physical and game data. Each motive task, action has to be proved, thought over. A player has to know why it is necessary to carry out this or that action, why this task, but not another and what advantage from it.

The Dutch expert R. Verheyen [2] who, speaking about physical training of young players adheres to a similar view, reminded one of the main principles of the offered technique which is as follows: "Playing football – you improve a physical state. The higher the level of a football player is, the quicker level of his working capacity passes the process of restoration between actions". Further he emphasized the importance of football sprint and training bilateral games in the reduced structures and on small game space. Having noticed that "... the training process has to comprise a game essence. In what sense to run 400 meters or to reel up circles round a field? It is related to football directly, isn't it? Coaches need to project a situation from a game".

The next moment – is the existence of a contradiction between the competitive and training activity in children's football.

The existing practice of the organization of competitions for children and young people provides holding the regular championships, since nine-year age. Thus, children from the early age are compelled to play as well as adults, with emphasis on result that interferes with their natural development. It should be noted that children participated in various competitions 40-50 years ago, only the result in them carried more often the abstract value associated actually with a game which gives joy and pleasure.

Therefore when the result is regarded as of paramount importance, the basic principles and regularities of creation of the training process at stages of long-term preparation are broken thereby, and as a result – is an imbalance between the level of preparedness of young football players and requirements of professional football [1; 11].

Thus, the aiming on "victory at any cost" assumes, first of all, speeding up of the training process, with emphasis on physical preparation, and, as a result, it leads to a premature exhaustion of a child's organism, an exacerbation of diseases and traumatism, and also to a restriction of technical and tactical potential of young football players (D. J. Smith, 2003; T. Reilly, D. Richardson, G. Stratton, 2004; B. G. Chirva, 2008; T. Turner, 2009; V. V. Nikoyenko, 2010).

It should be noted that most of domestic coaches has a narrowing of a sphere of application of their professional qualities. In practice the management of sports activity of young football players is reduced to the management of sports preparation today. In other words, the main attention is paid to the directly training process, first of all planning, dispensing, control of training loads which contents is caused by an aspiration to the achievement of momentary sports results. It isn't surprising that the system of functioning of football for children and young people is under construction on the principles of "a turned pyramid" long ago: when the number of pupils of sports schools and clubs steadily decreases by a "rejection" of less perspective children from a stage to a preparation stage who can't show, according to managers and coaches, the good level of preparedness and sports skill. Therefore the whole system of football for children and young people, since a stage of the initial preparation, is considered not as the system of long-term preparation urged to provide requirements and forward development of each teenager for sports improvement and as an instrument for ensuring of needs of professional football.

At the same time it is established that the system of competitions has to be subordinated to the system of preparation from the moment of the beginning of systematic sports activities and before a hit in elite sport [7].

In this regard it is necessary to make changes to the existing practice of the organization and carrying out children's competitions for the high-quality preparation and the forward development of talented football youth [5].

Relatively a successful formation of the initial level of physical fitness of young football players in long-term training it is necessary to consider known age features of a children's organism and border of the sensitive periods in the age dynamics of standard motive qualities (B. G. Chirva, 1998; Yu. F. Kuramshin, 2006; V. K. Balsevich, 2009).

Meanwhile, as for training of young football players, its present organization will be coordinated a little with regularities of the development of physical potential of a child. In particular, the existing methods of the organization and definition of the content of sports training don't consider the data about the sensitive perception of training and training influences from various functional systems of a sportsman. In view of that these influences happen in the conditions of the processes of adaptation to physical and psychological activities of different character, volume and intensity developing in his organism.

In this regard uncertainties arise at an assessment of their impacts on operational, current and future state of a trained sportsman.

It is really difficult to imagine to himself coincidence of the training programs and plans defining the contents, volumes and intensity of these influences even if the most ingenious on quality of anticipation of the dynamics of conditions of a young sportsman, with a rhythm of formation of sensitive perception of these influences [1].

The necessity of overcoming of this contradiction, we will emphasize once again, causes carrying out the continuous control by a coach over a condition of the developing and developed standard motive qualities, abilities, morpho-functional and others, connected with realization of motive function, systems of an organism of a young football player [6].

In the pedagogical sense such control will provide a positive evolution of motive abilities, adequacy of physical actions to requirements of the efficiency of competitive practice and maintenance of parameters of homeostasis in the modes of preservation of the reserves which are necessary for normal activity, and also continuous correction of volumes, intensity, forms of the training influences directed on the achievement of long-term goals of training of young football players.

At such approach both volumes, and intensity, and contents, and orientations of the training influences are caused by the real processes proceeding in an organism of the engaged, flexibly adjustable by a coach and a sportsman, but not by thought up kilometers, kilograms and tons of the expecting rises of burdening, number of approaches and repeatedly, variably or interval the overcome pieces of competitive distances with frightening and often plainly in not explained figures for micro, macro - and mesocycles of sports preparation [1].

Concerning chronology of the formation of motive abilities, it is necessary to pay attention to the sequence of their development [4]: high-speed, high-speed and power abilities, high-speed and power endurance, power, general endurance (flexibility accompanies the development of all abilities).

Other picture of the implementation of the educational-training process is observed sometimes in practice of child's football: the development of high-speed and high-speed and power endurance, and then actually speed that creates barriers to the subsequent competitive realization of a child.

It is necessary for a coach to consider that an adaptation of a child has to go, first of all, not to the competitive sizes of a game field, and to the competitive modes and it is desirable to limit these competitive modes in space and in time in the development of standard motive qualities [3; 4].

For example, if a young football player trains on a big football field, he has instead of speed which is shown high-speed endurance develops at rate of movements, respectively and a different way of power ensuring activity.

It is separately necessary to stop on a question which often arises at coaches: what it is better to develop – strong or weaknesses sides at a sportsman? Regard there was a clear idea in this that the main strategy in training has to be not the smoothing of identity, and, on the contrary, the development of strengths of an organism and the identity of a sportsman as the leading condition of achievement of good results by him (V. V. Kuznetsov, 1984; J. Bangsbo, 2000; D. Tumilty, 2000; J. G. Pereira, 2001; I. N. Solopov, A. I. Shamardin, 2003; W. Pzybylski, 2006; V. N. Platonov, 2013).

In particular, it was established that “pulling up” of the lagging behind standard motive qualities leads to harmonious physical development of children, sometimes without improving results in the chosen sport. The increase of initial level of indicators of the leading standard motive quality promotes the growth of sports skill in the sports connected with manifestation of one, leading ability – qualities (speeds, forces, endurance etc.); simultaneous development of the leader and the lagging behind standard motive qualities leads to the increase of sports results in game sports where emphasis is placed on the simultaneous performance of several physical actions or abilities differing on the structure of performance (V. P. Guba, 1997; V. E. Dayev, 2007; A. I. Ibriyev, 2009).

When forming and training in motive abilities it is necessary either to develop the leading standard motive quality (a sports orientation), or “to tighten” the lagging behind qualities (an improving orientation) for the achievement of the best result (V. P. Guba, 1997; S.Yu. Tyulenkov, 2007; I. G. Maksimenko, 2010).

It is necessary in the training process with young football players:

- to use the motive tasks aimed at the development of certain standard abilities which are related to a real game;
- to improve the standard abilities conducting for a player;
- to create such structure of physical fitness in which all components are proportional (M. Y. Nabatnikova, 1982; M. Dzhazzan, 1991; F. S. Vargas, 1993; V.P. Filin, 1995; V. Pshiblyski, 2004).

It is necessary to understand such level of the development of separate standard motive qualities and such their ratio which allows a sportsman to realize the potential most successfully which is saved up in training classes as an optimum structure of physical fitness of a football player and to achieve stable sports results [8].

The next aspect. It is known that the close attention at all stages of the system of long-term improvement of football players has to be paid to physical preparation. And the approaches to its realization differ significantly in comparison with other parties of football skill.

When the speech comes about the development of standard motive qualities of football players, usually it associates with tired muscles, run, an increased body temperature, plentiful sweating, breakthroughs, and classes in a gym – activity which is directed on the increase of sports results.

Thus the training process usually is based so that loading in motive tasks was higher than that for which players are usually adapted.

At the same time the choice of the used training means has to be based that a game in football is not only endurance, force, speed, technical skills, mental qualities etc. These factors tell nothing the mere facts about football abilities of players. It is important how a football player reacts to various game situations and how he solves them. It is the main *criterion of an assessment of skill in football* [9; 15].

It is clear that the realization of this aspect of preparation borrows much more time, than the increase in a muscle bulk, spring ability or volume of lungs. Therefore results in Cooper's run and on 30 meters will tell nothing about it [13].

The assessment of the level of physical fitness of a football player needs to be carried out taking into account the efficiency of his actions in a game. For an example:

- ability to solve problems quickly, during a long period, in the conditions of an active opposition of the rival and the audience;
- ability to put pressure, play extraordinary, quickly to pass from defense to attack and to a turn etc.

A children's coach surely has to know bases of physical preparation, it is correct to select training means, taking into account individual opportunities of a children's organism which are reduced, first of all, to creation of such game situations which will stimulate players to carry out actions better, more often, or quicker (tab.). The quality of a game is based on constantly increasing complexity performance of motive tasks. It is necessary "to throw down" a challenge to players which they have to accept with hunting. The assessment of efficiency of such tasks will not consist in indicators of HR, the overcome distance, kilograms or minutes, and in ability of a player to carry out an objective [15].

Means of regulation of an orientation of a training load [10]

Means	Effect
Reduction of the size of a game space	Less time for decision-making in a certain game situation
Increase in the size of a game space	More time, longer distances for run and a pass
More rivals	Less time, more difficult "to read" a game
Less rivals	More time, easier "to read" a game
Pressure of the rival	Less time, more difficult "to read" a game
Situation use "off side"	Less the space, less time
Enough balls outside a game field	Continuous game
To kick balls into the goal only by a head	Game through flanks and a lot of game by a head
Restriction of time (to play only 5 min. or the last minute)	Players are compelled to attack, fight for a ball more effectively, to control a ball etc.

S. K. Sarsaniya and V. N. Seluyanov came to the same conclusion (1991) who established that average HR isn't a criterion of the efficiency of the game activity. If the growth of HR is connected with a performance of game actions – the accelerations which are carried out with the maximum intensity and useful to a team in general, it is possible to recognize such growth of pulse effective. In case of the growth of pulse as a result of run across the field with low intensity, at total absence of actions, useful to a game, – it is impossible to recognize the growth of pulse effective, and intensity of loading is high.

Concerning HR indicators, the practical of physical training of football players is often under construction taking into account reaction of the cardiovascular system to the performed motive tasks or the competitive activity (J. Bangsbo, 1994; B. Ekblom, 1994; M. A. Godik, 2006).

In this case it is supposed that it is necessary to determine the power of aerobic and anaerobic thresholds in a cyclic task in the form of run. Heart rate is also defined for these thresholds. Further the assumption becomes that it is possible to determine the power supply mode by a pulse. If a work is performed to an aerobic threshold, loading has an aerobic focus. If a work is performed with HR above an aerobic threshold, but below HR of an anaerobic threshold, loading belongs to the mixed. Loading has a glycolytic focus at HR above AnT. Such classification of loadings is widely applied in cyclic sports, but legitimacy of its application in acyclic sports, in sports didn't receive a convincing justification

(K. S. Sarsaniya, 2003; V. N. Seluyanov, K. S. Sarsaniya, V. A. Zaborov, 2012).

In football the same average HR can be registered at different forms of performance of the competitive activity. For example, a player can carry out run with the maximum speed on a piece of 10-20 m and with an interval 30–45 s to repeat fast run. In this case average heart rate makes 130–160 bpm⁻¹. If to increase piece length to 50–80 m, to reduce intensity a little and to increase a rest interval till 60-90 s, we will receive the same heart rate. When performing uniform run with HR at the level of aerobic or anaerobic thresholds it is possible to record the same HR. We will notice, however, that the physiological effect will be various. In the first case when run is carried out with the maximum speed, all muscle fibers get into gear, in general muscles are a little acidified therefore there is a considerable gain of aerobic and high-speed and power abilities. In case of run at the level of an aerobic threshold the training effect is equal to zero as only oxidizing muscle fibers are recruited, about 1/3 from their total number, and these Mf are already developed to a limit (a limit ratio between weight myofibrils and mitochondrions).

Thus, it is incorrect to classify loadings by a pulse. It is reasonable to register a pulse only with one purpose – to record the extent of influence of load of a myocardium (V. N. Seluyanov, S. K. Sarsaniya, K. S. Sarsaniya, 2003).

It is established that a performance of loadings with HR is more than 180 bpm⁻¹ and lasting more than 30 s, as well as a participation in several games in a week, provoke an emergence of "defect of diastole" in a myocardium at young sportsmen (Sonia Maria Bordin, 1999; W. F. Helsen, N. J. Hodges, J. Van Winckel, 2000; S. D. Yefimov, 2011).

It is possible to add the widespread in football practice of use of "squares", as means of special physical preparation to it (M. A. Godik, 2006). At their application even once a week, it will lead to the dystrophic phenomena in myocardium (F. S. Meyerson, M. G. Pshennikova, 1988), to the decrease in aerobic opportunities, to the increase in probability of traumatizing muscles in connection with the deterioration of their ability to relaxation in 1–2 months of regular trainings (to

P. V. Komi, 1984; P. D. Gollnick, 1986; H. Hoppeler, 1986).

Especially attentively it is necessary to approach this question when planning loadings during pubertal or post-pubertal physical development of teenagers when children have the development of the cardiovascular system and, first of all myocardium, lags behind the development of the musculoskeletal device (F. S. Meerson, M. G. Pshennikova, 1988); L. Capranica et al., 2001).

It should be noted; despite of the position of V. N. Seluyanov with co-authors (2003), still among experts of football there is no consensus, on the basis of what indicators it is necessary to exercise control and planning of training loads. It is explained by that the majority of motive tasks in games have a complex character, that is they improve standard motive qualities and technical and tactical skills of sportsmen at the same time (G. A. Goldenko, 1984; S. N. Shikhverdiyev, 1992; V. Pshibilski, 1998; N. N. Ermakov, 2003; M. A. Godik, A. P. Skorodumova, 2010).

For these purposes as M. A. Godik, A. P. Skorodumova (2010) notes, indicators of time for certain types of preparation, however the majority of the means, which are applied in the training use, don't possess a pronounced influence (J. A. Morcillo, O. Cano, D. Martnez, 2006). Therefore, it is very difficult to estimate correctly an orientation of training classes and tasks.

Therefore in the circumstances it is expedient to plan and control training loads on their primary orientation taking into account power supply mechanisms which are divided on: anaerobic (alactic and glycolytic), aerobic-anaerobic and aerobic (N. I. Volkov with co-authors, 2000; M. A. Godik, 2010; E. D. Nistratov, 2011; V. D. Sonkin, R. V. Tambovtseva, 2011; F. A. Iordanskaya, 2013).

Such way, first, allows with a necessary accuracy to define the extent of influence of this or that load of organism of sportsmen and by that to lower factors of emergence of conditions of overfatigue and overstrain, and furthermore overtraining that in turn allows operating by the fitness development effectively, secondly, on the basis of the systematization of motive tasks to unify the accounting of work on indicators of the time of the influence of motive tasks of a certain orientation (G. S. Lalakov, 2000; V. V. Varyushin, 2007).

Conclusions. Recently the radical changes are observed in the technique of sports preparation, which are connected with the increased competition at the international competitions and promotion into the forefront of training programs, the performance of which often exceeds the adaptation opportunities of a human body. This problem gains a special sharpness at stages of long-term training of football players when reserves of their organism are intensively spent for the natural growth and development, and also for power and plastic providing of the set loadings. The provision of business is aggravated with an early specialization, intensification of training and competitive loads and their negative influence on the child's organism. There is a contradiction between the increasing requirements to preparedness of young sportsmen which are dictated by need of the continuous increase of results, and limited functionality of their growing organism.

Proceeding from the consideration of some aspects of the increase of efficiency of the process of physical preparation, we will note one of them that a dynamic planning of the training loadings "from a state", "from the different vectorial compared and analyzed data of the continuous control" and "from data of the permanently corrected forecast of the development of sports preparedness" is the basic condition of minimization of pedagogical mistakes and the prevention of inadequate accelerations, delays or stagnation in the development of the balanced structure of physical fitness of the young football player.

We will emphasize that a coach-thinker-teacher-tutor remains a key figure in the solution of the designated approaches who is capable of the responsible and weighed independent judgments, owning by own strategy of the organization of the training process, using health forming and health saving technologies of preparation, the active consumer of versatile scientific information, the shrewd psychologist and the manager who is counting prospects of sports career and education of pupils.

Prospects of the subsequent researches. The received results of researches will be the basis for the development of the training program and the methodical management for coaches of football sports schools, clubs and academies.

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