

# Development of Physical Qualities in Children of Primary School at Playing Football

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## Abstract

Development and improvement of the main movements and qualities in children happen in the course of the organization of physical training. The heredity can influence the development of physical qualities and also various functions of an organism in children [1-3]. In work data on the development of physical qualities in the children primary school at playing football are submitted. The football is not chosen occasionally. This game is popular, especially after holding the World Cup in Russia. About 15 children of control and experimental groups at the age of 9 years, pupils of school No.17 have participated in a research. It has been found out that the standard training program doesn't yield a desirable result of preparation, therefore, it was necessary to use various forms of educational and training activities, uniform increase in physical, special and technical activities and also the introduction of psychological preparation to young athletes.

**Keywords:** children, football, methods of technical and tactical preparation, young athletes.

## INTRODUCTION

Investigations in football are made by different experts, such as research problems: Akramov R.S., Zolotarev A.P., Semenyukov A.A., Chebotaryov Yu.F. and many other. All problems which are investigated in works of these authors come down to a question of how to improve methods of training and a football training of children of primary school which will be in turn a fundamental factor of increase health level and efficiency of educational and training process at various stages [4-6].

In free time, children of primary school find a lot of time for computer games, watching animated films. The long time of sitting at the computer and the TV develops a deficiency of physical activity which consequence is the gipokineziya with the subsequent development of various diseases. Every second child in primary school, according to the survey, has neurosis, scolioses of various form, violation of a posture, diseases of the cardiorespiratory system [7-10].

Practice shows that effective sports and improving work at school (involvement of primary school pupils in various sports sections in general and playing football, in particular) develops physical and protective qualities of the organism of children. Playing football is attractive to boys. Football can be played it during summer vacations at any flat pitch. Therefore it is necessary to increase the number of playgrounds for playing football and also the number of sections where it would be possible to improve methods of studying and training of technical and tactical training of football players at the initial stage [2, 9, 11].

The shortage of physical activity of children in primary school needs the effective organization of sports and improving work both at school and after-school activity.

The football is the top after-school activity. And it is not occasionally. First of all, this game is simple. Football can be played in summer practically on any plain pitch in the yards and also in gyms and even on the basketball court. However, despite the simplicity, this game has interesting features which attract not only school students, but also people of different age groups, from the first grader to the pensioner. Also in Russia, the football has gained huge popularity thanks to the World Cup providence. This holiday of football, where the best football players of the World come, leaves nobody indifferent. Moreover, in every city where group matches and playoff games took place, modern stadiums meeting world standards have been constructed. This event draw the attention of children of the Russian schools in football sections [4-6, 12-14].

It is necessary to remember that at the Soviet school, playing football by the simplified rules, became the outstanding masters of native football such players as Lev Yashin, Nikita

Simonyan, Alexey Paramonov, Valentin Ivanov, Eduard Streltsov and many others.

## MATERIALS AND METHODS

Therefore the development of physical qualities, improvement of methods of studying and a training of technical and tactical training of children of the primary school in playing football was the purpose of the work.

The base of a research is Specialized Children's and Youth Sports School of Olympic Reserve in football "Signal" of Chelyabinsk. Pupils of the 4 classes of school No.17 have participated in an experiment. Each group consisted of 15 people.

Children of primary school before the skilled experiment have undergone a medical examination to receive the medical certificate about health and to be allowed to tests.

Also, control measurements on the general physical training have been taken: as the test the following exercises have been taken:

- for assessment of high-speed qualities – run of 30 meters;
- for high-speed endurance – run of 300 meters;
- for endurance – run within 6 minutes.

Control measurements on special physical training: a run of 30 meters with dribbling, blow on the range – the sum of blows by the right and left leg, special coordination is estimated on slalom dribbling (dribbling) with an inking of five circles.

Control measurements on technical training: juggling by a ball, dribbling, an inking of racks and shoot for goal, blow on accuracy.

At the beginning theoretical justification of a problem of studying and a training of children of primary school age has been carried out. Then has been carried out it is skilled – experimental work on realization of methods of studying and a training of children of the primary school in playing football and methodical recommendations about the training of children of the primary school of playing football are developed.

## RESULTS

The analysis of results of this experiment has shown that those young athletes who were engaged in experimental group have improved the indicators of both physical, and especially physical and technical fitness. The interest of children in primary school to training became much higher. We didn't observe that fact at children of the primary school in control group where results remained practically at the same level, as before carrying out an experiment, except for several children who achieved the increased results due to the specific features.

At the stating stage, the level of physical, special and

technical readiness of children of the primary school in both groups has been determined. Assessment of quality of physical, special and technical training of children of primary school at the stating experiment stage for control and experimental groups has been presented in Figure 1.

In Figure 1, comparative data before carrying out the training experiment are submitted, to %.

At the stating stage of an experiment researches which are connected with observation, the analysis and the description of the experience of carrying out control and standard measurements have been conducted. These results of a research demonstrate weak physical, special and technical training of children in the primary school.

During the main stage, considerable attention was paid to the physical training of children in the primary school. For a training of young football players used wavy dynamics of loading. The satisfaction of the need for physical activity proceeds by means of game form. For successful work at the main stage the level of psychological aspects of children of primary school were considered: moral and volitional qualities, purposefulness, responsibility, call of duty.

The sensibleness the little football players feeling of need for acquisition of new knowledge, abilities, skills was one of the significant psychological factors of efficiency of educational and training process [7, 9].

At the end of a skilled experiment, the same control standards have been offered to athletes. Assessment of quality of physical, special and technical training of children of primary school at the studying experiment stage for control and experimental groups are presented in Figure 2.

In Figure 2, comparative data after carrying out the training experiment are presented.

So, the analysis of results of this experiment has shown that those athletes who were engaged in experimental group have improved the indicators of physical, especially physical and technical readiness.

The interest of children of primary school to training became much higher that we didn't observe at children of the primary school of a control group where results remained practically at the same level, as before carrying out an experiment, except for several children who achieved the increased results due to the specific features.

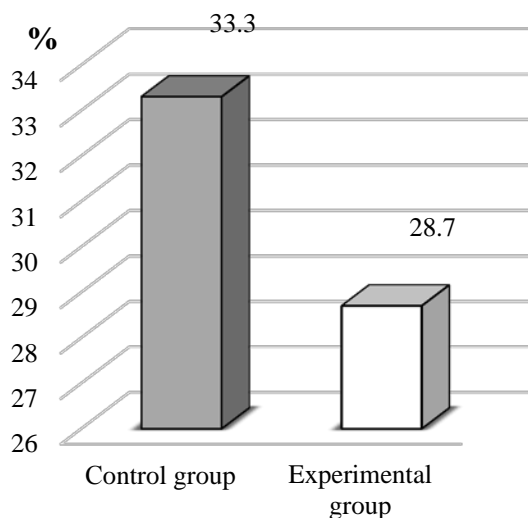


Figure 1 – Comparative data before carrying out the training experiment, %

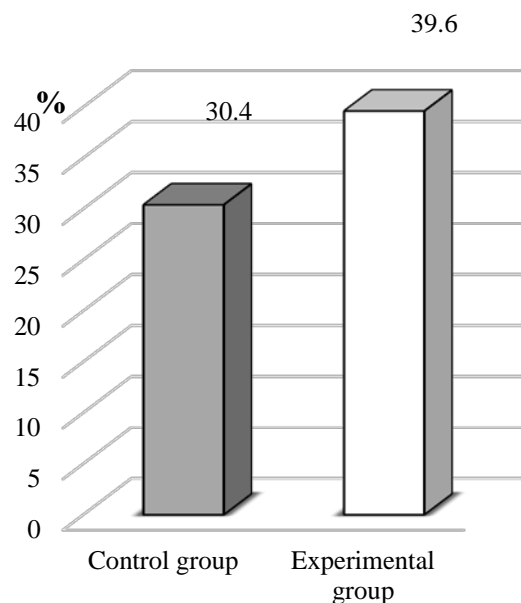


Figure 2 – Comparative data after carrying out the training experiment, %

### DISCUSSION

This work is devoted to a current problem of studying and a training of children of the primary school in playing football.

At the first stage of our research problems of studying and a training of children of the primary school in playing football have been studied; the methods of educational and training process is developed; psychological base of preparation as a factor of successful training of the young athlete is stated [4, 5].

At the second stage of work definite purposes and tasks of experimental work, analyses of results of the stating investigation stage which demonstrates weak physical, special and technical training of young athletes are described. The standard training program hasn't yielded a desirable result, therefore, it was necessary to apply various forms of educational and training activities, an equable increase of physical, special and technical activities.

After carrying out an experiment on the basis of the pedagogical conditions offered by the authors, among young athletes of experimental group the level of physical training has increased on average by 11% ( $p < 0,05$ ), special has increased on average by 10%, technical training has increased on average by 9%, psychological preparation has increased on average by 13% ( $p < 0,05$ ), and the level of interest of athletes in training classes in football has increased by 37% ( $p < 0,05$ ).

The analysis of problems of studying and training on football of children of primary school has shown that results of theoretical-experimental study allow drawing the following conclusions:

1. Increase in the level of readiness of children of primary school with the help development of interest in educational training process will be stimulated through various forms of work. On the thorough base of physical, special and technical readiness movement skills are more successfully formed. The complex of conditions is necessary and sufficient.

2. The experiment has confirmed that it of a way and implementers of methods of educational and training process by the authors' methodic of the training program for football will be more successful. The level of readiness of young athletes has

considerably increased; results of the control group studying by traditional methods are much lower.

#### CONCLUSION

The analysis of results of our experiment has shown that those athletes who were engaged in experimental group have improved the indicators of physical, special physical and technical fitness.

The interest of children of primary school to training became much higher that we didn't observe at children of the primary school of a control group where results remained practically at the same level, as before carrying out an experiment, except for several children who tried to obtain it due to the specific features.

The experiment has confirmed that the way and implementers of methods of educational and training process according to the author's training program for football will be more successful. Level of readiness of young athletes has considerably increased; results of the control group studying by traditional methods was much lower.

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