

THE INFLUENCE OF FOOTBALL ON THE PHYSICAL QUALITIES OF A PERSON.

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Abstract: The article examines the process of influence of football practice on the basic physical and mental qualities, improvement of health, influence on the communication properties and lifestyle of athletes.

Keywords: football, game, team, endurance, goal, qualities.

ВЛИЯНИЕ ФУТБОЛА НА ФИЗИЧЕСКИЕ КАЧЕСТВА ЧЕЛОВЕКА.

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Аннотация: В статье рассматриваются процесс влияния занятия футболом на основные физические и умственные качества, улучшения состояние здоровья, влияние на коммуникационные свойства и образ жизни спортсменов.

Ключевые слова: футбол, игра, команда, выносливость, цель, качества.

At the current stage of the development of sports and related sports culture, football is the most popular sport in the world. This is due to several factors: Entertainment, Atmospheric, Unpredictable, Easy to learn and Collective. All this has brought football to a higher level compared to other sports. Football players are currently the highest-paid athletes in the world, and the World Cup draws hundreds of millions of spectators at stadiums and screens.

Despite the birth and design of football in England, in recent decades this sport has become universal for most countries, unlike purely national sports.

The topic of developing physical and mental qualities through football is the most relevant in our time. In the age of computer and information technology, human work is becoming less mobile and assiduous. A person develops a brain, but the rest of the body remains practically stationary. There are also many "sedentary" jobs where neither one nor the other is actually developing. Football is just one of those sports where both are developing. Despite the above described factor of ease of learning, this sport is one of the most difficult and flexible. If many people can control the ball well and score goals in street football, then in professional football this will not be enough at all. Without tactics, strategy, the ability to assess the current situation and teamwork skills, even the fastest and most enduring athlete will not be able to do anything.

Questions arise: why was football chosen as the topic of the article, and what is the worse for other sports to develop a person's physical and mental qualities? Of course, other sports cope with human development no worse. However, in our opinion, football is the most complex of all related and similar sports, requiring an analysis of the specific situation. If we compare football with handball, a game where there are also opposite gates and a playing field, the requirement of endurance and the requirement for situational and flexible thinking, then there is a big difference. In handball, hands and feet are involved, and it is much easier to move the ball and give passes with your hands. It is much easier to throw the ball with your hands, thereby bypassing the opponent's players. In football, an athlete has only his legs. Legs are not only a means of movement, as in handball, but also a means of moving the ball across the field, passing to a teammate, hitting the goal. From the foot level, it is much more difficult to give long-range passes, as well as score a goal bypassing the opponent. The slightest idea of using your hands, even if the ball hits them accidentally, can lead to heated arguments with the referee, followed by

disqualification, the innocence of which will be very difficult to prove. In football, the head can be used, but its use is limited to the frontal part, and its maneuver is significantly limited compared to other parts of the body. However, it is not always recommended to use the head. Incorrect reception of the ball by the head, as well as the high force of its impact, together with the speed of flight, can cause dangerous injuries to one of the most important parts of the body. To sum up, the limited use of legs, which also act as a means of movement and gaining speed, which are significantly inferior to hands in terms of ease of use of the ball, make football, in our opinion, more difficult than handball. A football player has a greater number of mental and analytical processes in the brain, how to use his legs in a particular situation.

In each of the two main physical characteristics, you can also identify several qualities that football develops.

Endurance. The most important physical quality reflecting the general level of human performance. Endurance is a multifunctional property of the human body and integrates a large number of processes occurring at various levels: from the cellular to the whole organism. The effectiveness of sports training, and especially in the technical component when playing football, develops an important property of the musculoskeletal system of the ability to muscle relaxation-flexibility.

the ability of a person in certain specific conditions to instantly react with high speed movements to a particular stimulus, performed under the condition of significant external resistance, complex coordination of muscle work in a minimum period of time for these conditions and not requiring high energy consumption.

Football classes develop the ability to quickly master motor actions and quickly rebuild motor activity in accordance with a changing environment. Dexterity in football is manifested in movements with the ball, without the ball, in constantly changing game situations. Movements related to driving, stroking, picking and

hitting the ball require players to display the widest possible coordination capabilities. In addition, motor activity in football takes place in conditions of martial arts and constantly changing external conditions (for example, the state of the field, spectators, weather), which requires a high degree of dexterity.

The ability to overcome external resistance or counteract it through muscle tension. Power abilities are divided into proper-power and speed-power. The game of football requires, first of all, speed and strength abilities: players must show strength abilities when performing movements with and without the ball, strikes, starts, jumps, pushes, etc. in very short periods of time.

The goal of physical training in football is for players to achieve and maintain such a physical level that allows them to achieve the highest result during a match. Physical training solves two main tasks: to comprehensively develop the player's motor system and, in accordance with the requirements of football, to improve specific motor abilities.

In addition to influencing the main qualities described above, football also affects the general condition of the body. Regular football training contributes to a significant improvement in multifunctional performance. They contribute to varying the pace of movement, trains speed qualities, coordination of movements, motor memory, the predominance of running movements, endurance jumps with the development of reserves of the cardiovascular and respiratory systems.

Increasing the elasticity of ligaments and tendons, improving the extensibility of muscles increase the amplitude and freedom of movement, increases the efficiency and endurance of the body. Exercises performed at a fast pace, as well as with the inclusion of large muscle groups, train the heart, enhance lung ventilation. A series of exercises related to changing the position of the body regulate blood circulation in the vessels of the brain, improve the functions of the nervous system, strengthen the muscles of the abdominal wall.

The athlete must build in his head not only the tactics of the game outlined by the coach on the board, but also think about how it will work in a real game. In the process of making quick, situational decisions; imagination helps a football player to correctly formulate an algorithm of his actions in his head, especially the possible movement of the ball.

Constant training and a sporty lifestyle require a lot of willpower from the player. It will be impossible to make an undisciplined player part of a team where everyone performs their task. A highly organized team is more likely to beat an experienced, but not disciplined, disjointed team.

Develops the player's ability to resort to a non-standard way of achieving a goal. An athlete with a developed creative mindset goes against the expected pattern of actions from him, which can confuse the opponent, disorganizing him. The manifestation of his initiative in the way of playing, which does not correspond to the tactics developed before the game, has brought the team victory more than once in the history of football.

Constantly changing combinations of movements, actions and rest, sudden changes in the situation are associated with the fact that it is necessary to monitor the moving ball, assess the situation in a split second and immediately respond to it with precise movement. And both personally and in joint actions. This means that the speed of the response is also important, which contributes to the rapid execution of movements [6].

Preparation before the game from the position of studying the weaknesses and strengths of the opponent is an important component of the game. As before and after the game, the player must understand what to expect from this or that player, which tactical scheme the team most often resorts to. There is also a responsibility on the coach, who must not only choose the right strategy in the current game and for the season, but also the correct placement of players on the field, the opportunity to competently use the substitution of players to achieve victory.

Conclusions.

A football team is a well-established mechanism where each cog performs its function to achieve a goal. Awareness and self-identification of an athlete as part of a large team, where everyone is important, is an indispensable quality in the game. Without unity of team spirit and knowledge of their teammates and their abilities, it will be impossible to apply even the most 100% tactics. Discord and confrontation within the team usually immediately escalates into setbacks during the game. Without basic communication skills, which only improve while playing football, a future athlete will not be able to join the gameplay. To summarize, it is worth highlighting the following points. Football is not only a game for the development of physical properties, but also a great thought process. Playing on the field with the ball, where the athlete is confronted by well-trained opponents who have their own tactics and scenario of possible team actions, in front of millions of spectators, is a very difficult task both physically and morally. Actions with the ball in rapidly changing, critical situations very seriously develop and improve in a person those qualities that are in demand in most areas of society. Despite the high risk of injury, football also has positive aspects, improving overall health, improving the cardiovascular and respiratory systems, endurance, and brain activity. Football is not only a sport, but also a way of life that requires constant maintenance of athletic fitness, improvement of existing skills and communication with teammates, not only within the game, but also beyond.

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