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MANAGEMENT OF THE TRAINING OF HIGHLY QUALIFIED ATHLETES IN MINI-FOOTBALL

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Abstract: Mini-football is a type of football that is widespread throughout the world and requires physical training. This sport is characterized by the fact that it is played on small fields and requires quick decision-making. Mini-football players require a high level of physical and mental preparation, which creates the need for effective management of the training process.

Managing the training of highly qualified athletes is important for their development and success. To manage this process, it is necessary to use scientific foundations, methodologies and modern technologies. It is also necessary to develop effective management mechanisms aimed at improving the physical, tactical, technical and psychological preparation of mini-football players.

Keywords: Mini-football, training management, athlete development, physical preparation, tactical training, technical skills, performance analysis, training optimization, endurance training, speed and agility, strength conditioning, injury prevention, coaching strategies, game strategy, team coordination, youth development, nutrition in sports, psychological preparation, competitive readiness, periodization.

INTRODUCTION

The history of mini-football dates back to the mid-20th century in South America and has spread throughout the world. Mini-football games are played on small fields and focus on the technical and tactical aspects of football. This sport helps players make quick decisions and control the ball in a highly skilled manner.

The physical impact of mini-football is very high. It teaches players to run fast, control the ball, make decisions and improve teamwork. Therefore, mini-football games are a great exercise for both professional football players and all athletes with large fields.

Fundamentals of training highly qualified athletes.

The training of highly qualified athletes is a very complex process, involving in-depth knowledge and practical skills in various areas. To effectively manage this process, it is necessary to focus on the following key areas:

Physical training – Physical training is the most important part of training high-level athletes. In this regard, it is necessary to develop the endurance, speed, strength and flexibility of players. To manage physical training, it is necessary to draw up a special plan and conduct regular training sessions.

Technical preparation – Mini-football players must fully master the skills of ball control, passing, shooting, and other technical elements. To improve technical preparation, constant exercises and targeted training should be conducted.

Tactical training – Tactics are very important in mini-football. Players must learn to anticipate the opponent's moves and quickly make the right decisions. In the process of managing tactical training, the overall strategy of the team, the roles and tasks of individual players are determined.

Psychological preparation – An athlete's success is not limited to physical preparation alone. Psychological preparation is also important. An athlete must have high levels of self-confidence, team spirit, and the ability to compete against an opponent. Psychological preparation develops stress management, self-control, and decision-making skills.

Despite its simplicity, mini-football has a number of interesting features that make this game unique and attractive. Firstly, each player has more influence on the ball, participating in the overall action game. Secondly, goals are scored more often in mini-football. Thirdly, each player must be able to move with full return of forces, defend their goal and attack opponents. In addition, when playing in the hall, the ball is almost always in play, which requires a place without forced and tedious adjustments. This game will help you quickly master the basic techniques and tactics of football and thereby shorten the path to high sportsmanship (Kravtsov, 2002)

After a thorough warm-up and stretching, it is important to work with the ball to improve ball control in various game situations. This practice should be done in pairs. The 2nd partner stands in front of each other to practice while standing, and then the accuracy of the pass with movement. The distance between the two players should not exceed 2 meters. Then practice on short passes, which should go a long distance. To do this, the players stood opposite each other at the polar end of the hall and began to quickly pass the ball. First on the ground, and then through the air

The essence of tactical training practice is for the players to know their position on the field, and understand each other's movement as a team. In mini-football, there is no specific position on the field. So every player needs to know how to attack an opponent and defend against it. Even in some cases, the

outfield player takes a position of goalkeeper due to removal or injury. This is part of why tactical training is necessary for every player to prepare themselves for any game situation. After the coach prepares the players on different tactics, it is advisable for every coach to give the players a minimum of 5 minutes break to discuss tactical movement within themselves, and put it on display while the coach corrects their mistakes.

Endurance training

Endurance training is mainly based on the strength and power of the player. Endurance training, players should do more abdominal exercises, shuttle running, because you don't want to train not only in speed, but also in ability. After the shuttle run, run the entire hall as fast as possible for one minute, taking it to another length. Then continue with a light jog for 40 seconds, then repeat the sprint again. Do this 4-5 sets. In addition, push-ups and pull-ups on the bar are required in endurance training.

Tactical Development

Tactical awareness is essential in mini-football, as the limited playing space requires players to think and act quickly. Training sessions should focus on positioning, movement off the ball, pressing strategies, and counterattacks. Understanding different formations and game strategies helps players adapt to various in-game situations.

One key aspect of tactical training is developing a strong understanding of team coordination and spatial awareness. Players should practice rotating positions fluidly to maintain attacking and defensive balance. Pressing tactics, such as high pressing and zonal marking, must be emphasized to regain possession quickly and disrupt opponents' gameplay.

Additionally, set-piece strategies, including offensive and defensive corner kicks and free-kick executions, should be incorporated into training. Simulating real-game scenarios enables players to enhance decision-making skills and react swiftly to dynamic match situations.

Effective communication on the field is another vital component of tactical development. Players should be trained to use verbal and non-verbal cues to coordinate plays, anticipate movements, and make split-second tactical adjustments. Regular video analysis and match reviews can further refine tactical awareness by providing insights into strengths and areas needing improvement.

Injury Prevention and Recovery

A well-structured training plan should include injury prevention measures such as proper warm-ups, stretching routines, and recovery sessions. Physiotherapy, proper nutrition, and adequate rest are essential for maintaining peak performance and reducing the risk of injuries.

Injury prevention strategies should focus on strengthening vulnerable muscle groups, improving flexibility, and promoting balance and coordination. Dynamic stretching before training and static stretching post-training can help prevent muscle strains. Additionally, injury risk can be reduced through periodized training plans that incorporate rest days and avoid excessive workload buildup.

Proper hydration and nutrition also play a key role in reducing injury risk. Athletes should consume a well-balanced diet rich in proteins, healthy fats, and carbohydrates to support muscle recovery and energy levels. Hydration is critical in preventing muscle cramps and fatigue during intense matches and training sessions.

Recovery methods such as ice baths, massage therapy, and compression garments can aid in muscle repair and reduce soreness. Sleep is another fundamental aspect of recovery, as it allows the body to regenerate tissues and restore energy levels. Monitoring player fatigue levels through wearable technology and regular assessments can help in identifying overtraining and preventing burnout.

Incorporating neuromuscular training, proprioception exercises, and plyometric drills can enhance an athlete's resilience to common injuries like ankle sprains or ligament tears. Coaches should also emphasize proper landing and movement mechanics to minimize the risk of injuries during high-impact actions.

A comprehensive rehabilitation program is crucial for injured players to return to full fitness safely. Gradual reintroduction to training, guided by medical professionals and physiotherapists, ensures that players regain strength and mobility without risking reinjury. Psychological support and motivation during recovery play a vital role in helping athletes maintain a positive mindset throughout the rehabilitation process.

Conclusion

Effective training management in mini-football involves a comprehensive approach that integrates physical fitness, tactical awareness, technical skills, psychological resilience, and injury prevention. By employing structured training programs and utilizing performance analysis tools, coaches can develop highly qualified athletes capable of excelling in competitive mini-football environments.

Additionally, fostering a strong team culture, encouraging leadership qualities, and maintaining continuous professional development for both players and coaching staff are essential elements of long-term success. Implementing innovative training methodologies and keeping up with the latest advancements in sports science can further enhance player performance. Ultimately, a well-balanced and scientifically informed training program ensures that mini-football athletes can consistently perform at their highest level while minimizing the risk of burnout and injuries.

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