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## THE INFLUENCE OF FOOTBALL CLASSES ON THE DEVELOPMENT OF SPATIAL-TEMPORAL ACCURACY OF MOVEMENTS STUDENTS HIGHER EDUCATION

*In the article, the impact of football on the development of space-time accuracy of movements in students of higher education institutions. It is established that physical education in higher education institutions is an integral part of the education and upbringing of modern youth. When solving a problem that is associated with health promotion, development of motor qualities, formation of students' motor skills, the physical education system should be improved in line with the modern concept of general education. The current trends of organization of physical education in educational institutions, features of development of motor qualities of students and the possibility of using technical equipment during football classes are analyzed.*

*Football classes can be conducted in various forms of organization of exercise in higher education institutions, do not require special conditions of organization and are implemented both in the gym and on the open playground, with a contingent of different ages, gender, level of technical and physical fitness. The quality of the educational process in football depends on its proper planning (formation of content, means and methods of training of technique and development of physical qualities, selection of parameters of physical activity and their rational regulation), as well as on the objective assessment of motor skills and skills of student youth. The need to improve the efficiency of exercise in educational institutions requires the search for new or improving traditional approaches to students' motor training. The introduction of technical equipment in the educational process of physical culture increases the developmental effect of physical exercises due to the possibility of purposeful influence on motor qualities in unity with training of technique, accurate dosage of parameters of physical activity and increased motor density of classes.*

**Keywords:** football, education applicants, spatial-time accuracy, physical education.

**Анікеєнко Л., Білоконь В. Вплив занять з футболу на розвиток просторово-часової точності рухів здобувачів вищої освіти.** В статті вплив футболу на розвиток просторово-часової точності рухів у студентів закладів вищої освіти. Встановлено, що фізичне виховання в закладах вищої освіти є складовою частиною системи освіти та виховання сучасної молоді. Під час вирішення завдання, яке пов'язане із зміцненням здоров'я, розвитку рухових якостей, формування рухових умінь та навичок студентів, система фізичного виховання повинна вдосконалюватися в руслі сучасної концепції загальної освіти. Проаналізовано сучасні тенденції організації фізичного виховання у закладах освіти, особливості розвитку рухових якостей студентів та можливості застосування технічного обладнання під час занять футболом.

**Ключові слова:** футбол, здобувачі освіти, просторово-часова точність, фізичне виховання.

**Formulation of the problem.** One of the important tasks of physical education of student youth is the need for creative assimilation of physical culture in the conditions of rationally organized motor activity, which provides quality educational activity and healthy lifestyle.

One of the modules included in the physical education curriculum is football characterized by high dynamism and emotionality, a large arsenal open sites, and therefore has the opportunity to solve educational, wellness and educational tasks of physical education of student youth. All the motor qualities and properties of the human motor apparatus are required to perform football movements, so football training helps to increase the physical fitness of those who are engaged. In addition, football gives the opportunity to cultivate moral and volitional qualities, rules of social behavior, ensures the formation of necessary and useful in everyday life and work of motor skills.

The need to improve the efficiency of exercise in educational institutions requires the search for new or improving traditional approaches to students' motor training. The introduction of technical equipment in the educational process of physical culture increases the developmental effect of physical exercises due to the possibility of purposeful influence on motor qualities in unity with training of technique, accurate dosage of parameters of physical activity and increased motor density of classes.

**Analysis of literary sources and research.** There are a number of scientific works and others. Regarding the development and implementation of simulators in the educational process in sports games. However, the question of using gym in football in the educational process of higher education applicants in modern pedagogical theory is not sufficiently studied. Therefore, the use of technical equipment to solve the problems of motor training of student youth is extremely important, which causes the relevance of the dissertation. At the same time, the construction of purposeful, specially organized and scientifically based complex training classes was not found in the sources we studied, which became the subject of our research. The growing importance of systematic physical exercises, associated with profound changes in the way of life of a person, requires the development of measures capable of ensuring the high efficiency of the use of physical culture and sports to strengthen the health and increase the working capacity of the broad masses of the population [4].

**Presentation of the main research material.** In solving the problems of physical education of students an additional tool, which increases the effectiveness of exercise, is technical equipment. Technical means in physical education are devices, systems, apparatus that are used for developmental influence on various organs and systems of the body of a local, regional or general nature, to improve the technique of physical exercises, as well as for control [24]. Technical means include simulators whose objectives are special modeling and programming of movements in laboratory conditions for the purpose of training and improvement of technique of physical exercises, development of physical qualities and functional systems of the body, as well as combined influence on motor abilities and skills [1].

The use of technical training is one of the most important areas of modern physical education, which improves its quality. The use of gym devices in training conditions allows to increase their effectiveness without a significant increase in the volume and intensity of physical activity. The gym equipment allows you to model different modes of muscle operation in conditions close to the specific structure of exercise. The use of simulators in physical education makes it possible to effectively influence the neuromuscular apparatus of those who deals with local influence on individual muscle groups.

The advantages and capabilities of gym devices indicate that the future development of movement technologies and the development of motor qualities is related to them. These devices are already widely used in sports, therapeutic, educational and professional activity, by an order of magnification of the solution of the problems of assimilation and improvement of movements, the development of motor qualities, functional systems and adaptation capabilities of the body, education of volitional qualities, restoration of lost functions, etc.

The risk of getting injured by football players is related to the personal attitude of the football player to the warm-up. The warm-up includes very active exercises for stretching the tendons and ligaments. Improper attitude to warm-up is the cause of all injuries that the athlete receives both in the training process and in the team game. Secondly, it is the technical training and skill of the athlete. Thirdly, incorrect performance of technical exercises: tackling, the element of exposing the limbs when hitting the ball, aggressiveness on one's own or on the part of the opponent [5].

The use of information and communication technologies in physical education classes makes the educational process mobile, strictly differentiated and individual, while for the teacher they are a source of educational information, a visual guide, a simulator, a means of preparing and storing tests, diagnostics and control [4].

The use of information and computer technologies in education significantly affects the motivational sphere of student youth, causing the formation of priority educational and cognitive motivations for learning, which ensure the successful acquisition of knowledge and skills that contribute to the health of students, improving their physical health, physical fitness.

Today, in pedagogical practice, there are a large number of gym devices that differ in pedagogical orientation and structural solutions. They can be divided into the following:

- large equipment, which includes stationary base structures;
- simulators and other devices that are easily combined in different configurations;
- relatively small, individual, corrective and game equipment [8].

The simulators differ in their design decision. Their technical features are determined by the need for the predominant development of a certain motor quality or at the same time several, features of physical exercise or separate phase of technology, mechanism of action and biomechanical structure of movements. For example, technical devices such as treadmills, exercise bikes, rowing simulators, etc. Allow to develop overall, speed and high-speed endurance, various traction simulators, expanders, role-players contribute to the development of dynamic strength and flexibility, mini-bang-coordination of movements, dynamic equilibrium and agility. More sophisticated gym (universal) allow a multidirectional effect on the body of those who are engaged [6].

The analysis of literature shows that recently there has been a tendency of widespread introduction of training devices in the practice of physical education of young people as a means of intensification of the educational process, physical development and improvement of students.

Special gyms in exercise with students have several advantages over traditional physical education, namely:

- 1) allow to take into account the individual characteristics of those who are engaged;
- 2) exclude the possibilities of negative impact on the musculoskeletal system;
- 3) selectively affect different groups of body muscles, including those that are exposed to developmental influence in the course of classes;
- 4) make it possible to clearly program the structure of movements, as well as the nature and amount of specific load;
- 5) allow you to perform movements in different modes of muscle operation;
- 6) create the conditions for forming a muscular feeling when learning individual phases of the motor task;
- 7) provide more complete absorption of biomechanical characteristics of movements;
- 8) reduces the likelihood of errors in the technique of performing exercises that are learned;
- 9) virtually exclude injuries and mental stress during the performance of a motor task;
- 10) increase the motor density of the class;
- 11) effective for use in the process of independent work;
- 12) activate the process of self-control, that is, conscious assessment of the final and intermediate results of their own activity.

In the conditions of the educational process, the use of feedback simulators, which allows those involved, receive information about the quality of exercises. This allows to carry out operational control as a result with its subsequent adjustment to achieve the best effect [4].

Gym devices can increase the efficiency of the educational process of physical education during different types of exercise, including sports games [1].

The expediency of using simulators during training of sports games is based on the experimentally proven possibility of purposeful management of change of biomechanical characteristics of movements when they are reproduced in specially created artificial conditions [3].

In the practice of football training, simulators of different types are used, which can be divided into the following groups:  
- simulators for general and special physical training (devices for the development of muscles of the hands and hand, torso, legs, development of vestibular stability; explosive strength of the legs, speed and coordination of movements, etc.);  
- simulators for training technique and tactics (devices for the development of throwing accuracy, rapid firing of gears and other parameters of techniques, simulators for the development of speed of tactical actions, etc.);  
- devices for testing of motor indicators and technical parameters (cycling ergometers, cinematometer, accelerometers, systems of testing of functional systems of the body, etc.) [6].

From the standpoint of today, new portable types of simulators are gaining popularity to teach and develop the accuracy of throws, gears, agility and coordination of movements, speed, strength and speed and power qualities of low cost, which creates the preconditions for their active use in the process of learning basketball [4].

Considering the high variability of motor actions in football and the connection of the success of mastering the technique of play with the development of motor abilities of those engaged, and despite the sufficient development of the technical support of the process of training football, the relevance of the development of new, accessible and effective training devices for the development of physical qualities in The process of football classes in higher education institutions is not in doubt.

**Conclusions.** One of the disadvantages of the modern physical education system is the conservative content, means, methods and standardized forms of physical exercise, insufficient introduction of non-traditional means of motor activity, modern types of physical and health activities, innovative technologies of training, additional technical equipment for solving pedagogical problems. Prospective ways to improve the efficiency of physical education in physical education institutions are the sports orientation of the educational process and the activation of sectional work, the renewal of traditional and attracting unconventional means, methods and forms that comprehensively combine health and professional orientation, formation of didactic content activity and taking into account the individual capabilities of those who are engaged, which allows to achieve high variability and motor density, to increase the activity of students, taking into account their needs and interests. Sports games are the optimal type of exercise, which has a wellness, educational and applied value at the same time. Football classes can be conducted in various forms of organization of exercise in higher education institutions, do not require special conditions of organization and are implemented both in the gym and on the open playground, with a contingent of different ages, gender, level of technical and physical fitness. The quality of the educational process in football depends on its proper planning (formation of content, means and methods of training of technique and development of physical qualities, selection of parameters of physical activity and their rational regulation), as well as on the objective assessment of motor skills and skills of student youth.

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