

# Professionally-oriented model of long-term sports training of football players

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## Abstract

**Objective of the study** was to theoretically substantiate the stages of a professionally oriented model of long-term sports training of football players from the standpoint of increasing their competence in competitive activities.

**Methods and structure of the study.** As a result of the theoretical analysis, the issues related to the current state of the issue of long-term training of young athletes, the requirements for the qualification of football players from the standpoint of increasing competence in competitive activities at various levels have been studied.

**Results and conclusions.** A professionally-oriented model of long-term sports training of football players is theoretically substantiated from the standpoint of increasing competence in competitive activities. The paper shows that the professionalization of a player goes through certain stages and is determined by three stages of the formation of sportsmanship associated with an increase in competitiveness in various conditions of competitive activity: 1) basic stage; 2) pre-professional stage; 3) professional stage. The competence of a football player is manifested: at the basic stage in the official competitions of young men of the regional and all-Russian levels in the actions of a player on the football field in a role corresponding to his abilities (the stage of professional orientation); at the pre-professional stage - in international competitions in actions in various roles, where the talent of the player is manifested (the stage of professional universalization); at the professional stage - in the optimal role for the most effective performance of their labor functions as part of an adult professional team (stage of professional specialization).

**Keywords:** long-term sports training, football players, professionally oriented model, competence, sportsmanship, competitive activity, skill level.

**Introduction.** Currently, there is a tendency to consider issues related to the problems of training a sports reserve in football in the conditions of modern realities of professionalization of sports [4]. New sports training institutions are being formed everywhere in the Russian Federation, where various football training Centers and football Club Academies can be identified, in which the most capable teenagers should receive professional education [5]. At the same time, despite the creation of such institutions in many regions of the Russian Federation, methodological support of the process of training football players is still insufficiently scientifically grounded from the

standpoint of competitiveness or competence. Competitiveness is identified in the special scientific literature [10; 11] with the concept of competence, since these terms have the same etymology. The competence of a football player is associated with the manifestation of sportsmanship in competitive activities of various levels, due to a certain degree of development of tactical, technical, physical and mental abilities [1]. Thus, considering the long-term training process as a promotion in the profession, priorities change in its target orientation and the final result.

The purpose of this study was the theoretical substantiation of the stages of a professionally-oriented

model of long-term sports training of football players from the position of increasing competence in competitive activities.

**Objective of the study** was to theoretically substantiate the stages of a professionally oriented model of long-term sports training of football players from the standpoint of increasing their competence in competitive activities.

**Methods and structure of the study.** As a result of the theoretical analysis, the issues related to the current state of the issue of long-term training of young athletes, the requirements for the qualification of football players from the standpoint of increasing competence in competitive activities at various levels have been studied.

In connection with the identified features of the existing organization of a long-term cycle in the domestic system of sports training [3, 9], there is a need to develop a new periodization model aimed at improving the competence of football players in competitive activities. The adopted Federal Law on the professionalization of sports [7] and the creation of new organizational forms of sports training have updated the theoretical development of a professionally oriented model for the periodization of the training process of football players, supplementing the theory and methodology of football with new knowledge about the patterns of growth of sportsmanship in a long-term aspect.

**Results of the study and their discussion.** The current Federal standard of sports training for the sport "football" [8], which is used both for children's sports schools and for new state sports training institutions (Sports Training Centers), provides requirements for the results of sports training and control and conversion standards at each stage, which reflects the general direction of the entire long-term training process. This orientation is associated with an increase in the level of sports (general and special physical, technical) preparedness of football players. However, the mentioned regulatory document does not take into account the competencies in the chosen sport, which is assumed in the professional standard "Athlete" [6], that is, the educational component of the sports activities of football players is not spelled out.

In connection with the professionalization of football, the creation of state institutions designed to ensure the training of football players for professional football, it is necessary to identify criteria for the level of sportsmanship (qualification) at each of the stages of long-term training recommended by the Russian Football Union [5]. It seems appropriate to establish

a connection between the Federal standard of sports training for the sport "football" and the professional standard "Athlete", as well as to determine the requirements for competence and assessment of the sportsmanship of football players in the organizational and methodological conditions of new football sports training institutions created to provide educational activities for the professional training of a football player.

This causes the introduction of new standards of sports training for football players, based on increasing competence in professional (competitive) activities, which involves the development of a professionally oriented model for periodization of a long-term training process that takes into account age-related patterns of sportsmanship growth in competitions of various youth levels (regional, all-Russian, international) and adult professional level.

The table presents the main characteristics of sportsmanship in the context of the existing traditional model and the proposed professional-oriented model of long-term training of football players, and also draws parallels between age and sports stages in achieving the highest results.

The initial *basic stage (professional orientation stage)* of the formation of a player's professionalism is associated with the formation of competence in official competitions at a certain playing position (role). The professional suitability of a player is assessed from the position of adapting his abilities to the requirements of the role, where the quality of individual actions will testify to his qualifications. The competencies of a young football player are largely due to the acquisition of knowledge, skills and abilities of playing in a certain position (increasing personal competence in relation to their own capabilities and the capabilities of partners and rivals in competitions for teenagers and young men at the regional and all-Russian level).

*The pre-professional stage (the stage of professional universalization)* is a key stage in the structure of the model of professionally oriented long-term sports training, since it is in this age period that the first professional contracts are concluded, and the formation of a young football player as a professional takes place. The priority task of training at this stage, in our opinion, should be considered the mastery of those universal competencies that, regardless of the role, will allow the football player to operate effectively in competitive conditions at the level of the national teams of the Russian Federation, staffed by the most gifted young football players. Therefore, the pre-professional training of football players should be considered as a long-term process aimed at the formation

Requirements for competence in competitive activities and assessment of the sportsmanship of football players within the existing and professionally-oriented models of periodization of the long-term training process

<b>The traditional model of long-term sports training of football players</b> (in accordance with the Federal Standard of sports training for the sport «football» in 2019)	<b>Professionally-oriented model of long-term sports training of football players</b> (based on the results of their own research)
<b>Training stage</b> <i>Competence requirements:</i> gaining experience of regular participation in official sports competitions; mastering general knowledge about the rules of the sport “football”. <i>Assessment of sportsmanship:</i> the level of preparedness is determined according to the control standards of general and special physical training, technical program.	<b>Basic stage</b> <i>Competence requirements:</i> knowledge, skills and abilities of competitive activity in a certain role ( <b>phase of professional orientation</b> ). <i>Assessment of sportsmanship:</i> the effectiveness of individual actions in competitions of teenagers and young men at the regional and All-Russian levels.
<b>The stage of improving sports skills</b> <i>Competence requirements:</i> formation of the skill of participation in official sports competitions; positive dynamics and stability of results at sports competitions; mastering theoretical knowledge of the rules of the sport “football”. <i>Assessment of sportsmanship:</i> the level of preparedness is determined according to the control standards of general and special physical training, technical program, performance of 2 sports categories.	<b>Pre-professional stage</b> <i>Competence requirements:</i> knowledge, skills and abilities of competitive activity in various roles ( <b>phase of professional universalization</b> ). <i>Assessment of sportsmanship:</i> the effectiveness of individual actions in competitions of young men of international level.
<b>The stage of the highest sportsmanship</b> <i>Competence requirements:</i> participation in official sports competitions and stability of sports results; achievement of results of the level of sports teams of the constituent entities of the Russian Federation. <i>Assessment of sportsmanship:</i> the level of preparedness is determined to the control standards of general and special physical training, technical program, performance of 1 sports categories.	<b>Professional stage</b> <b>Competence requirements:</b> knowledge, skills and abilities of competitive activity in an optimal role ( <b>phase of professional specialization</b> ). <i>Assessment of sportsmanship:</i> the effectiveness of individual actions in adult professional level competitions.

of universal knowledge, skills and abilities that allow them to quickly adapt to the conditions of competitive struggle among the most gifted youth football players (increasing personal competence in relation to their own capabilities and the capabilities of partners and rivals in the youth competitions of the international level).

The professional stage (**the stage of professional specialization**) is associated with the effectiveness of individual actions within the framework of the most appropriate role for realizing one’s own capabilities in matches of professional teams. Requirements for competence are characterized by the formation of a player’s sportsmanship in relation to his self-realization in the conditions of a football team of a certain skill level (Russian Premier League, Football National League), where cooperation and rivalry takes place with football players of different ages and experience in competitive activities (increasing personal competence in relation to their own opportunities and opportunities of partners and rivals in competitions of an adult professional level).

**Conclusions.** It should be emphasized that the results of matches in team sports do not provide com-

plete information about the quality of performance of an individual player. This is the difficulty in predicting the future sports career of sportsmen-players in general and football players in particular. The professionally oriented model of long-term sports training of football players establishes specific guidelines for the requirements and assessment of the sports skills of football players at all stages of their professional development in relation to the maximum realization of their own capabilities in various conditions of competitive struggle and allows to outline promising directions for the development of scientific research in solving the problem of selection and forecasting abilities.

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