

# The effectiveness of the model of the pre-competitive stage of training highly qualified goalkeepers in beach soccer

UDC 796.015


**R.R. Mukhamedzyanov**<sup>1</sup>

 PhD, Associate Professor **M.Yu. Nifontov**<sup>1</sup>

 PhD, Associate Professor **A.V. Privalov**<sup>1</sup>
**A.A. Roop**<sup>1</sup>
<sup>1</sup>Lesgaft National State University of Physical Education, Sports and Health, St. Petersburg

Corresponding author: m.nifontov@lesgaft.spb.ru

## Abstract

**Objective of the study** was to theoretically develop, experimentally substantiate and evaluate the effectiveness of the model of the pre-competitive stage of training highly qualified goalkeepers in beach soccer.

**Methods and structure of the study.** The experiment was carried out for three years from 2018-2021 on the basis of professional beach soccer clubs participating in the Super League and the First Division of the Russian Championship. The scientific study included four stages. The solution of the tasks set was carried out in the process of explanatory research, in which 24 highly qualified beach soccer goalkeepers with qualifications from Candidate Master of Sports to International Master of Sports of Russia took part.

**Results and conclusions.** The presented data give grounds to assert that the model of the pre-competitive stage of training highly qualified goalkeepers in beach football, developed and implemented in the annual cycle, which includes target, content, procedural and control modules for optimizing the content of training sessions and pre-game warm-up, can significantly improve the qualitative and quantitative characteristics of game actions and as a result, the level of sportsmanship.

**Keywords:** beach soccer, highly qualified athletes, goalkeeper, model, pre-competition stage of preparation.

**Introduction.** The organization of sports training in modern varieties of football includes a fairly rich scientific and methodological material, however, in the existing works, the main attention is reduced to the problem of training field players and only in some cases the issues of training goalkeepers are touched upon [1, 3].

An analysis of the data of special literature [2, 4, 5] shows that at present, a small number of works are given to the means and methods of organizing training sessions and warming up goalkeepers in beach football, which, in addition, do not have experimental justification. Basically, all the available scientific and methodological material on the training of goalkeepers comes down to optimizing physical and technical-tactical training at various stages of training.

The lack of different approaches to the organization of the pre-competitive stage of training highly qualified goalkeepers in beach soccer is the main draw-

back that hinders the improvement of sportsmanship of modern professional players.

**Objective of the study** was to theoretically develop, experimentally substantiate and evaluate the effectiveness of the model of the pre-competitive stage of training highly qualified goalkeepers in beach soccer.

**Methods and structure of the study.** The experiment was carried out for three years from 2018-2021 on the basis of professional beach soccer clubs participating in the Super League and the First Division of the Russian Championship. The scientific study included four stages. The solution of the tasks set was carried out in the process of explanatory research, in which 24 highly qualified beach soccer goalkeepers with qualifications from Candidate Master of Sports to International Master of Sports of Russia took part.

**Results of the study** and their discussion. The experimental model of the pre-competitive stage of training highly qualified goalkeepers in beach soccer

includes four modules: target, content, procedural and control, which determine each other and solve the main task, which is to achieve the optimal level of preparedness for key competitive starts.

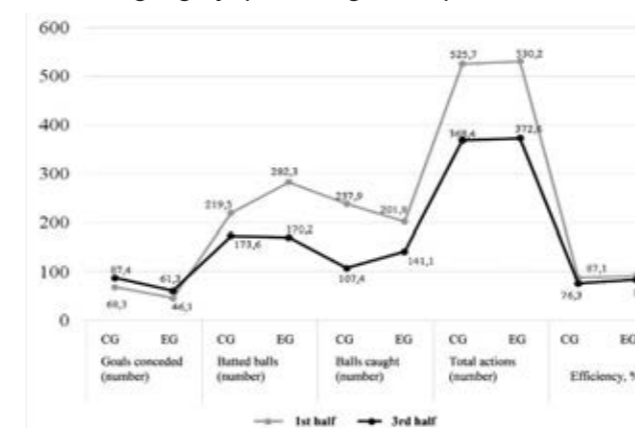
As the data show (Figure 1), game actions performed by goalkeepers with both hands in highly qualified goalkeepers of the control (CG) and experimental (EG) groups have the highest value in the first half - 525.7±40.3 and 530.2±41, 0 times than in the third - 368.4±30.3 and 372.6±31.5 times ( $p>0.05$ ), respectively, with the game efficiency over 75%.

It is necessary to pay attention to the fact that highly qualified goalkeepers from the EG let balls into their own nets significantly less during the competitive period, both in the first and third halves - 46.1±4.4 and 61.3±5.6 times than CG athletes - 68.3±6.1 and 87.4±8.0 times, respectively ( $p<0.05$ ).

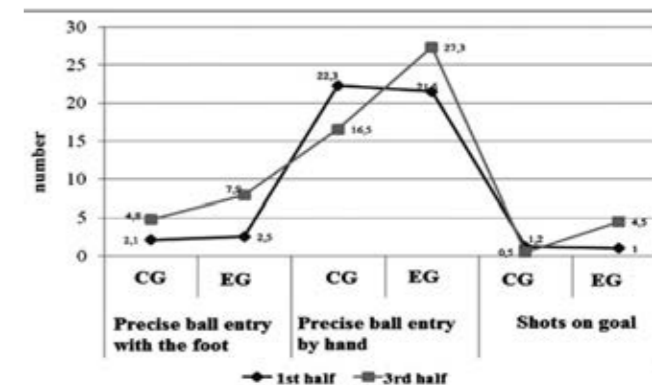
The study of the organization of attacking actions by the goalkeeper showed that the athletes from the EG in the process of the formative pedagogical experiment significantly increase the accuracy of putting the ball into the game with the foot and hand in the third half by 5.4±0.4 and 6.2±0.3 times, respectively ( $p<0.095$ , Fig. 2).

The results of the study of the control group indicate that among highly qualified goalkeepers, the accuracy of putting the ball into the game with the foot in the third half increases slightly ( $p>0.05$ ), and significantly decreases with the hand ( $p<0.05$ ). It is quite characteristic that highly qualified goalkeepers from the EG in the third half have an increase in the number of shots on goal, while in the CG there is a slight decrease ( $p>0.05$ ).

**Conclusions.** The presented data give grounds to assert that the model of the pre-competitive stage of training highly qualified goalkeepers in beach foot-



**Figure 1.** Comparative analysis of indicators of two-handed playing actions for highly qualified goalkeepers from the CG and the EG



**Figure 2.** Comparative analysis of indicators of game actions when organizing an attack for highly qualified goalkeepers from the CG and the EG

ball, developed and implemented in the annual cycle, which includes target, content, procedural and control modules for optimizing the content of training sessions and pre-game warm-up, can significantly improve the qualitative and quantitative characteristics of game actions and as a result, the level of sportsmanship.

## References

- Antipov A.V., Orlov A.V. Vzaimosvyaz obshchey fizicheskoy rabotosposobnosti s osnovnymi kategoriyami faktorov, opredelyayushchikh kachestvo podgotovki futbolistov [The relationship of general physical performance with the main categories of factors that determine the quality of training of football players]. Teoriya i praktika fizicheskoy kultury. 2019. No. 3. 37 p.
- Golomazov S.V., Chirva B.G. Futbol. Trenirovka vratarya [Football. Goalkeeper training]. Moscow, 1996. 202 p.
- Guba V.P., Leksakov A.V. Teoriya i metodika futbola [Theory and methodology of football]. Textbook. Moscow: Sovetskiy sport publ., 2013. 536 p.
- Nifontov M.Yu., Privalov A.V., Mukhamedzyanov R.R., Vishnyakova Yu.Yu. Vzaimosvyaz obyektivnykh parametrov podgotovlennosti vratarya i effektivnosti igrovyykh deystviy [Interrelation of objective parameters of goalkeeper preparedness and effectiveness of game actions]. Teoriya i praktika fizicheskoy kultury. 2021. No. 8. pp. 92-93.
- Chirva B.G. Futbol. Sovershenstvovaniye igry vratarey «na protivokhode» i «na dva tempa» [Football. Improving the game of goalkeepers "on the counter move" and "at two paces"]. Teaching aid. Moscow: TVT Divizion publ., 2014. 135 p.