

# Exploring on Physical Training Problems between Match Breaks of Regional Football League

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## Abstract

In order to promote the training quality and sports level of our national football, moreover, to perfect the theory of China's football training, this paper analyzes and researches the task of physical training, training contents, training methods, and the characters of training load between the match breaks of regional football league on a home and away basis, according to documentation method and my own experiences.

## Keywords

Training between Match Breaks; Analyze; Research.

## 1. Preface

The football league in various regions of the world mostly adopts the home and away match system, and the matches are mostly from March to the end of the year. Its biggest characteristic is that the preparation period is short and the competition period is long. This determines that teams do not have enough preparation period before each season. In the world of football, the teams that win the championship of each country are usually those who perform steadily and maintain a relatively good competitive state throughout the season. Along with the Chinese football association for all levels of the league system is increasingly perfect, each club's task is increasing, not only has its own league, cup, some strong teams even have a chance to participate in the champions league and intercontinental competition, which means that in order to keep players' high level of competition state and make the team deal with the competition easily in the limited two days, players must rest and adjust reasonably. How to formulate the training plan scientifically according to the competition schedule is a subject that every coach must face.

## 2. A Brief Explanation of Related Concepts

### 2.1. Physical Ability

In a broad sense, physical ability includes people's tangible and intangible power. Tangible -- physical ability and intangible--mental ability are composed of three parts: body form, body function and intellectual will. From the perspective of social life, physical fitness is the ability to adapt to life, work and resist diseases. In terms of structure and function, physical fitness includes form, function, sports adaptability and so on.

Athletes' physical development level is mainly determined by the development state of their body shape and body function. Body form refers to the internal and external form of an organism. Body function refers to the function of the organ systems of an organism. Physical fitness in competitive sports refers to the biological function ability of the athletes to mobilize all organs of the organism to the maximum extent, overcome fatigue and complete the tasks of special training and competition according to the specified requirements under the special training and competition load. It is the foundation and important component of competitive ability.

## 2.2. Physical Training during the Competition

Physical fitness training is a kind of heavy load training aimed at developing the body function potential to get the maximum play effect. It refers to the training of the human body's ability to work continuously under difficult conditions for a long time, with high intensity and heavy load. After more than one hundred years of development, modern football now pays more and more attention to the total attack and defense of the whole team in the game, which requires athletes not only to have a comprehensive technical and tactical level and stable psychological quality, but also must have super physical strength as a guarantee.

## 3. Physical Training in Regional Football League Matches

### 3.1. Characteristics of China's Football League

At present, China's professional football leagues are divided into the Chinese Super League (CSL) and the second-tier Chinese League (CSL). The Chinese Super League, the Chinese First League and the Chinese Super League Cup are carried out by the way of home and away double cycle, and the implementation of promotion and relegation. Its league matches run from March to the end of the year, and most of the league matches are arranged on weekends. It is not difficult to see how the athletes maintain a high level of competition during the long competition spanning four seasons is the key to a team's excellent performance at the end of the season.

### 3.2. Physical Training during the Competition Period

#### 3.2.1. Training Principles

The training should be reasonably arranged according to the schedule of the league, the competitive state of the team and the characteristics of the opponents. Coaches should arrange as many drills with the ball as possible. Whether it is a large amount of exercise training or general recovery and adjustment training, more in the form of a ball can make the training itself more interesting, so that athletes are not easy to feel boring and resistance to training.

The principle of differentiated treatment should be applied. Tournaments are long and each team will inevitably suffer injuries and other accidents. For the athletes in the recovery or recuperation period, it is necessary to make a scientific and reasonable training plan separately, considering their training methods, intensity, time and other aspects.

Follow the principle of gradual training. When athletes finish a week of competition, they will go through a period of fatigue before the next competition, which requires that the training during the competition period must follow the law of "relaxation-recovery-stimulation--relaxation".

#### 3.2.2. Training Methods

The main task of physical training during the competition is to restore the physical fatigue accumulated in the competition and to strengthen the physical ability of the athletes in the limited time between the match day, so as to achieve the purpose of maintaining a higher athletic level. Physical training in competition period should be combined with special training. In peacetime training, athletes' training should be reasonably and effectively arranged. Generally, physical training should be taken as the preparation period. The means to restore and promote the athletes' physical state or for the needs of the competition, to maintain the athletes' body in the best physiological state to take a means of exercise, and requires the athletes to consciously, long-term, uninterrupted general physical quality training.

**Aerobic endurance training:** Aerobic endurance training during the competition can effectively promote the athletes to pay off the oxygen debt during the competition, and at the same time can maintain the stimulation of the athletes' body and cardiopulmonary function. Regular jogging, games, etc. are ideal aerobic endurance training methods. Aerobic endurance training

is usually scheduled in the first half of the training session to restore fitness and prepare for the basic parts of the training session. Coaches should pay attention to proper training intensity in aerobic endurance training. The standard of exercise biochemistry is determined by anaerobic threshold, which means the intensity index is the critical point when aerobic energy supply begins to use anaerobic energy supply in large quantities.

Anaerobic endurance training: After anaerobic endurance training athletes' function of the movement of body can be stimulated in a short time. It's useful to keep athletes' exercises level during the competition interval and to expand and strengthen the football players' sprints ability according to the need in the fierce competition in offensive and defensive tactics.

### 3.2.3. Reasonable Grasp of Training Quantity and Training Intensity

Generally speaking, the amount of proper training should be determined by the speed of after training fatigue recovery. Specifically, it means that after a night of rest the athletics still can devote physical strength and energy into training or competition the next morning. To put it a little bit longer, the fatigue from this week's workout doesn't carry over to the next week. If the exhaustion that produces after training arrives the next day or a few days, coaches must adjust in time, reduce training quantity. For the training in this special period of time, when dealing with the two basic load factors of training quantity and training intensity, we should pay attention to reduce the training quantity properly while paying attention to the training intensity. Increase training quantity, reduce training intensity appropriately. Take the Chinese Super League for example. Matching days of the Chinese Super League are usually arranged on the weekend. Players will have 6 days to recover and adjust from the end of the match to the next match day.

**Table 1.** Training plan

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Contents	Vocation	Jogging and with ball games	Pass and catch ball shot and Confrontation Training	strengthen -ing exercise	Pass and catch ball and short time games	Jogging and free kick	
Intensity	None	Low	Moderate	High	Moderate	Low	Match
Duration	None	60mins	70-90mins	90mins	70-90mins	60mins	

## 4. Summary and Suggestions

Regional professional football leagues have been around for more than a decade, but we still have a lot to learn compared to the big five European leagues. Physical fitness, as the most important factor in football matches, directly determines the level and grade of the league. Through some research on the physical training in the league matches, I deeply realized that only by learning the advanced methods of physical training of many countries in the world, and then doing research and practice, can we make great progress in the level of physical training and even the overall level of football in China.

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