

перекладознавства, оскільки предмет досліджень не є сталим і щодня зазнає впливу і різних трансформацій.

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**PECULIARITIES OF MORPHO-SOMATIC DEVELOPMENT  
OF FOOTBALL PLAYERS**

For the normal planning of physical activity in football it is necessary to take into account a number of factors that affect the regularity of the body's development. Factors that positively or negatively affect the development of the body of young football players include: acceleration, hypodynamia, heterochronism, socio-economic and environmental conditions of life, as well as sexual characteristics of athletes [1, p. 45].

Physical qualities are certain aspects of human locomotor capabilities or certain functional properties of the body in response to the conditions of one or another motor activity. They distinguish basic physical qualities (strength, speed, endurance, agility, flexibility) and intermediate (high endurance, strength endurance, speed-strength qualities).

Strength, as defined physical quality of a person, is the ability to overcome external resistance or to counteract it with muscular tension. According to the modes of muscular strength manifestations we distinguish dynamic and static strength, but by the nature of effort in a dynamic mode: the explosive force (speed-force manifestations); rapid force; slow force; strength endurance [1, p. 55].

The issue of age-related muscle development in schoolchildren was the subject of many studies it was found that in the period from 12 to 15 years, the most intense muscle gain was observed, but this process begins and ends somewhat earlier in girls.

Speed is the ability of a person to act in a minimum for these conditions time span. Evaluating manifestations of speed, we distinguish: latent time of motor reaction, speed of separate motion, speed, as necessary characteristics of the pace of motion [1, p. 56].

The greatest improvement in the results of running at 100 m is observed in 11-14 years – 0.72 seconds. In the period from 16 to 17 years, the same indicators increase only by 0.1 s.

Endurance is the ability of the body to continue any activity without reducing its effectiveness or for a long time to counteract fatigue. One of the main criteria for endurance is the time during which a person can maintain a given intensity of activity [1, p. 63].

Age variations of endurance occur unevenly and coincide with the regularities of changes in the indicators characterizing the activity of the cardio-respiratory system. According to its findings, the boys have two most active periods of endurance growth – 13-14 and 16-17 years old, while in girls the intensive development lasts up to 14 years, with the greatest gains in 9-10 and 12-13 years.

Agility is the ability to capture new movements and rebuild motor activity in accordance with the requirements of changing external circumstances. Agility is complex physical ability, which has no single criteria for evaluation. They are chosen depending on the circumstances and conditions of execution of movements [1, p. 69].

Flexibility is morpho-functional features of the musculoskeletal system, which determine the mobility of its parts. Flexibility is measured by the maximum amplitude of movements [1, p. 75].

Maximum indicators of agility and flexibility is achieved, as a rule, up to 14-15 years, and in the future they need to be constantly maintained to prevent degradation processes. One of the main regularities of the organism's life is the continuous development, the gradual inclusion and change of its functional systems, providing it with adequate adaptation at various stages of its post-natal life.

Gender is a morpho-functional characteristic of an organism that summarizes all its specific reproductive features.

In general, there are four main characteristics of gender: genetic (a set of sex chromosomes – XX or XY), gonadal (sexual gland – ovaries in women, testicles in men), somatic (features of the structure of the body), psychosexual (awareness of their own gender belonging to male or the female sex of the psyche and behavior) [2, p. 25].

In the development of the female body the same periods as in the development of the male have been distinguished. But the specific manifestations of each of them in women have specific characteristics associated with the nature of the female sex.

It is stated that ten-year-old young football players of both sexes did not actually differ in their body sizes. But more intensive increments in the length and weight of the male football players from 11 to 12 and from 12 to 13 years led to the fact that at 13 years of age the boys were higher at 6.95 cm and heavier in 6.35 kg at approximately the same values of the chest circumference. Sexual maturation of girls-football players begins at 10 years, in two years earlier than boys, and up to 13-year-olds reached 56.46% of the level of final formation, while the boy-footballers, respectively, only 31.5%.

It was stated that according to the components of the body composition that make up the somatic characteristics of the studied, football players did not actually differ from the age of 10, but the more intense growth of the muscle and bone components of the body of boys-football players from 10 to 13 years resulted in their significant advantage with circumference of the shoulder and hip, length of the arm and leg and width of the epiphysis of the shoulder.

The study of the dynamics of physical development of young football players, girls of 10-13 years can disclose information for rational formation of physical activity during their training, which are carried out in accordance with their age characteristics and varieties of physical exercises. On the basis of these data pedagogical and medical control in the process of sports training at the stage of initial training of young football players of the studied age categories can be constructed.

Thus, the above-discussed materials of various studies of the peculiarities of development of adolescent children show significant differences in this age category of children from others, which in turn shows the need for further integrated study and evaluation of their morpho-functional status.

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