

# *Importance and Training Method of Players 'Speed in Football Match*

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**Abstract:** The speed of players in football match is very important to the result of football match. In order to promote the overall strength of the team, this paper analyzes the importance of player speed and training methods in football match. Player speed is related to players' physical consumption, penetration probability, game rhythm and game results, and the factors that affect the player's speed in football match include climate and weather factors, venue quality, players' physiological state and players' psychological quality and so on. In order to improve the training level of football players' speed, this paper puts forward the adaptability training of bad weather conditions, the cross adaptability training of standard venue and bad ground, as well as the training and synthesis of special physical quality. The combination of training and training in order to achieve good results in football matches and promote the overall strength of the team.

## 1. Introduction

Football is a comprehensive sport, the physical and psychological quality of the players have high requirements. The test to players is all-round, such as speed, endurance, balance, agility, psychology and training methods, among which speed and training methods are the more important factors, the impact of the game is very critical. Football requires the combination of attack and defense, attack and defense of the rhythm of rapid transition, players need to quickly change positions, the speed of the players is very high. The ultimate goal of football match is to win the match. The important factors that influence the result of the match are speed and training method. In football training, speed training is very important. This article starts with the analysis of the influence of speed on the result of football match, in order to find the importance of speed in football match. In order to improve the effect of football training, this paper finds out the relevant factors that affect the speed and training methods of football players, and puts forward the training methods to enhance the speed and training adaptability of football players.

## 2. Analysis on the Importance of Players 'Speed in Football Match

Football match is a kind of comprehensive sport with strong antagonism, which requires high

quality of the players. The competition process is very strict to the player's body and the psychological test, does not have the perfect body and the psychological quality, is difficult to complete a high intensity competition. Speed plays an important role in the quality of football players. Speed mainly includes three aspects: Reaction Speed, starting speed and moving speed. Reaction Speed is a measure of a player's transition from one state to another, starting speed is a measure of a player's transition from a static state to a moving state, and moving speed is the maximum speed of a player's running. There are three aspects of speed that are important to a player, and any lack of speed will slow down a player. Speed in the race of the importance of a higher degree, the impact of the importance of the race has the following aspects.

## **2.1 Player Speed Affects Physical Exertion**

Physical Energy consumption is the inevitable result of sports, Football Games such as high-intensity antagonistic sports, physical energy consumption is huge. Physical Strength is the key to support the players sports ability. If the physical strength is small, the sports ability is strong, and if the physical strength is large, the sports ability is weak. In the competition of antagonism, it can influence the course and result of the competition to keep the physical ability of oneself and consume the physical ability of the other side. In football matches, the physical energy consumption of the players with strong speed quality is obviously lower than that of the players with weak speed quality. This can be understood from two aspects: First, the players with strong speed quality show that the body has a strong ability to adapt to sports, in the same amount of exercise, the consumption of physical energy is less; secondly, the players speed quality is strong, in the confrontation can be in the active position, let the other side players passive defense, consumption of the other side's physical energy, directly lead to the other side defensive players physical energy consumption.

## **2.2 Player Speed Affects Penetration Probability**

Penetration probability is an index to measure the team's breaking through the opposing defense line in the match. There are many factors that affect the penetration probability, the team's overall cooperation ability, the overall quality of the players, the main attack player's personal quality and so on can affect the penetration probability. For the player, the most important quality that affects penetration probability is speed. The speed factor is not difficult to understand, has the faster speed the player, may arrive the advantageous position quickly in the athletic field, quickly breaks away from the other side player's marking defense, quickly breaks through the defensive player's defense, then enhances the team's penetration probability. The fast speed of the main attack players can cause psychological pressure to the opposing defensive players, restrain more defensive forces, provide opportunities for the team's overall penetration, and then improve the team's overall penetration probability.

## **2.3 Players Speed Affects the Tempo of the Game**

The whole rhythm of football match refers to the control and adjustment of one or both sides to the course of the match, the intensity of confrontation, the rhythm of conversion of attack and defense, etc. . To control the rhythm of a football match is very important for either side of the match. Whoever grasps the rhythm of the match first will be able to control the initiative on the playing field. He will be able to make the match proceed according to his team's deployment and disrupt the other side's deployment on the playing field, and have a better chance of winning. To master the rhythm of the game, players need to have a strong comprehensive quality, of which the key factor is speed. The faster the player, the faster he can take up the ideal position and the more he can control the ball.

Speed has a more direct impact on the rhythm of the game, the side that scored more goals definitely took the initiative in the game, can better control the rhythm of the game.

## **2.4 The Player's Speed Determines the Outcome of the Game**

The ultimate aim of a football match is to win it. There are many factors affecting the result of the game, including the strength of both sides, the overall quality of the players, home and away factors, meteorological conditions and so on. Under the same conditions, the quality of the players plays a key role, and speed is the key to the key. In the competition, the speed quality high player creates to the opposite party's tractive force, the defense pressure, the physical strength expends is high. A team with more speed can easily control the tempo of the game, score goals in less time and less physical exertion, and win games more often than not.

## **3. Analysis of Factors Affecting Players Speed in Football Training**

The football player's speed plays a key role in winning the game, and the factors that affect the player's speed in football training also have a direct bearing on the result of the football field. In-depth analysis of the factors affecting the speed of players in football training, the use of positive factors, as well as the elimination of negative factors, can promote the improvement of individual quality of players, thus achieving the goal of improving the level of the entire team. Comprehensive Analysis of football training on the impact of players speed factors, mainly: climate and weather factors, training site quality, players physiological state and psychological quality of players.

### **3.1 Influence of Climatic and Meteorological Factors**

Climate mainly refers to the combination of various meteorological factors in different regions, which directly affects human activities, such as seasonal changes such as Spring, Summer, Fall, Winter... and Spring, the differentiation of the tropical cold zone. As an international sport, football is often played all over the world. The climate varies greatly from the Arctic to the Equator, and matches may be held. This is a great test for football players, its speed is bound to show different levels under different climatic conditions. In good weather conditions, the speed of players can play a better level, the speed will be greatly enhanced; in bad weather conditions, the speed of players is difficult to achieve the desired effect, the speed will be greatly reduced. Weather refers to specific weather phenomena, such as wind, rain, thunder and lightning. Weather conditions have strong abrupt changes, which affect football. A football match may experience several different weather conditions. Wind, rain and snow on the impact of the player's speed is more direct, showing a more obvious correlation.

### **3.2 The Influence of the Training Ground Quality**

No perfect training ground and facilities, to a certain extent, will restrict the development of football, the construction of high-quality football ground, to improve the training level of players. In the training of speed, it is very helpful to improve the speed quality of the players to meet the environmental requirements of almost actual combat conditions. On the other hand, it is necessary to improve the training level and improve the quality of the players if the training process is difficult. The high quality of the training ground is helpful to the training, and the low quality of the training ground can also promote the improvement of the players'level, this can be seen in soccer kingdoms such as Brazil. In these countries, where the economy was relatively poor and football facilities were relatively poor, great players were born, and this was due to the harsh conditions under which players

were trained. Be Able to adapt to the test of difficult environment, in a good environment more handy. Therefore, in the football player's speed training, the training ground quality will affect the player's training level.

### 3.3 The Physiological State of the Players

The movement itself needs the body as the support, the player's physiological state directly decides the player's movement level. For football players, the play of their speed requires a good physiological state as a support. Physiological states include a wide range, and there are many indicators to measure them. In general, physiological states include muscle tolerance, blood oxygen content, muscle lactate content, blood glucose content, etc. , these chemical indicators can specifically evaluate the physical state of the players. In football, all physiological functions need to be coordinated with each other to achieve the maximum potential of the body. In football, the role of the coach is very obvious, need real-time control of the physiological state of the players, timely adjustments to play the team's maximum effectiveness. The football player's speed can directly reflect the player's physiological state, and the coach can judge the player's physiological state by observing the player's speed performance. The physiological state is the supporting condition of the player's speed, which directly affects the player's speed.

### 3.4 The Influence of Psychological Quality of Players

The physiological state to the player's speed influence is very obvious, similarly, the psychological quality high and low also can affect the player's speed performance. Psychological state in football training is easy to be ignored, coaches are more concerned about the physiological state of training, psychological quality in training is not easy to be exposed, but in the field is obvious impact. Serious emotional players, although they have a strong physical quality, but the performance of the field is generally not very good. Psychology plays a role as a regulator in sports. A good mental state can make the physiological potential play to the maximum, and a bad mental state can make the physiological potential difficult to play. Football as a high-intensity confrontation sports, the psychological pressure on the players is also very huge, if the psychological quality is not hard, it is difficult to adapt to the rhythm of the game, it is difficult to play the level of physiological quality. Players with poor psychological quality tend to lose their balance when they are disturbed by the other side or unfairly judged by referees. Some of them show passive play, do not run and take the ball actively, while others show irritability, serious loss of personnel to the team. The players who are in bad mental state have bad speed performance, while the players who are in good mental state have normal speed performance or even supernormal performance.

Comprehensive analysis, using SPSS statistical analysis method, to get the different factors on the impact of football training players speed contribution level (as shown in figure 1) .

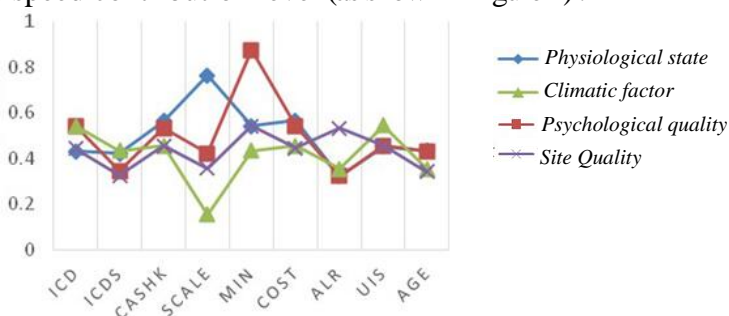


Fig.1 The Contribution of Different Factors to the Influence of Players Speed in Football Training

## **4. The Training Method of Improving Football Player's Speed**

There are many factors that affect the speed of football players, and the influence of different environment on the speed of football players is also different. Adaptive training is a better way of training, for the use of positive factors, to eliminate the role of negative factors.

### **4.1 Adaptability Training under Severe Weather Conditions**

Under normal weather conditions, players can perform at a normal level. Because of the variety of the climate environment and the changeability of the weather, the players need to adapt to the different climate and weather environment. By taking the initiative to carry out adaptive training under severe weather conditions, the effect of improving the speed level of football players can be achieved. For example, altitude training can enhance the player's ability to adapt to hypoxia conditions. Through the experiment, after the altitude condition adaptability training, the player's speed has the enhancement. Of course, the training of severe weather conditions needs to be done step by step, so that the players can gradually adapt to them. In the early stage of training, we should pay attention to reducing the training intensity. We can not train with the normal amount of training to prevent and cure training injuries. At the same time, the safety factors should be fully considered in the training of severe weather conditions, and the casualties caused by the severe weather conditions should be prevented. Only with sufficient preparation, gradual adaptation and gradual improvement, can we bring into play the whetting effect of severe climatic and meteorological conditions, and stimulate the potential of sports to the maximum, so as to improve the progress in speed.

### **4.2 Cross Adaptability Training between Standard and Inferior Venues**

The effect of the training ground on the training level is direct. Better use of the field factors to improve the training level can improve the speed level of players. Standard Training site training, is in the conditions to meet the international standards of training sites. Players trained on a standard court can perform at a normal level of ability and at a speed close to the true level. Standard field training, can help players understand their real strength, help to enhance their strong sense of identity, targeted to strengthen the lack of training. Inferior field training is training in the field of inferior condition. The player trains in the inferior field, may increase the training difficulty, magnifies the player quality weak point, increases the player training power. Through the contrast discovery, in the inferior field training, the player's speed obtains the obvious enhancement.

### **4.3 Combination of Special Physical Quality Training and Comprehensive Training**

Physical Fitness Training has a great effect on the improvement of players speed. Football Training, the physical quality of the players training is basic. Physical fitness training includes reaction training, endurance training, explosive training and so on. Different players have different deficiencies in physical quality, for each player, the development of their own characteristics of special intensive training, can quickly improve the physical quality of players. The special training can play the role of reinforcing the weak and strengthening the strong. The psychological quality training of the players should also be brought into the scope of the special training to strengthen it. Through psychological adaptability training and psychological emergency training, etc.improve the players in the game of self regulation ability to improve their speed to play the probability of normal. On the basis of special training, it is necessary to carry out systematic comprehensive training. The content of comprehensive training mainly includes the whole cooperation training, the attack-defense conversion training, the tactical application training and so on. Through comprehensive training, we can test the level of

players speed quality in specific training, which in turn can play a role in promoting individual players to improve speed quality.

## 5. Conclusion

The level of football competition, to a certain extent, affects the popularity of football. Football training is very important to improve the speed of players, speed is an important factor in the quality of players, and it is also very important for the team to win the game. Full understanding of the speed of the quality of the players to the team's important role, can cause the training of the main attention. Aware of the impact of various factors on the speed of players, to put forward targeted training programs, including the methods of adaptability training for severe climatic and meteorological conditions, cross adaptability training between standard and severe sites, special physical quality training combined with comprehensive training, and taking necessary measures to improve the speed quality of players, to promote the overall strength of the team.

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