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DEVELOPMENT OF SPEED QUALITIES IN FUTSAL: MODERN SCIENTIFIC APPROACH, PRACTICAL EXPERIENCE AND COMPETITION ANALYSIS

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Abstract: This article presents a comprehensive study of the development of speed qualities in futsal based on modern scientific approaches, international experience and practical training results. The research analyzes the role of special speed exercises, functional strength training, training time planning, sports equipment selection and competitive performance indicators. The results of pedagogical observation and training experiments are summarized and practical recommendations for physical education teachers and coaches are proposed.

Keywords: futsal, speed, reaction, functional strength, physical preparation, equipment, competition analysis, special exercises

Introduction

Futsal is a modern sport characterized by high intensity, rapid decision making and constant changes of movement. The limited size of the playing area and the high tempo of the game require players to possess not only technical skills but also a high level of speed, agility, balance and coordination. Modern competition analysis shows that when teams have similar technical and tactical levels, the final result is most often determined by speed qualities. Therefore, the problem of developing speed in futsal players is one of the most important tasks of the training process.

Scientific and Methodological Foundations of Speed

In sports science, speed is defined as the ability to perform movements in the shortest possible time with maximum efficiency. According to modern training theory, in futsal speed is manifested in starting speed, reaction speed, the ability to change direction quickly and high speed movement with the ball. In contemporary futsal, speed is not considered as an isolated quality but as an integrated result of physical, technical and cognitive abilities. This means that effective development of speed requires a complex approach combining physical training, technical drills and decision making exercises.

International Experience

The training systems of Spain, Brazil, Portugal, Russia and Japan are considered among the most advanced in futsal. In these countries, the training process is widely based on small sided games, high intensity situational drills and systematic video analysis. Such an approach allows players to develop not only physical speed but also the speed of thinking and decision making. According to international competition statistics, teams with a higher level of speed performance create on average 20 to 30 percent more goal scoring opportunities than their opponents.

Analysis of Competitive Activity

The analysis of major international futsal competitions shows that approximately 65 to 70 percent of goals are scored after fast actions such as quick counterattacks, sudden changes of direction or rapid combinations. Winning teams demonstrate a significantly higher number of sprints and quick movements during matches. It has also been observed that even a 0.3 to 0.5

second advantage in reaction time can have a decisive influence on the match outcome. These facts confirm the crucial role of speed qualities in modern futsal.

Optimal Training Time

Scientific research and coaching practice indicate that speed training is most effective in the morning from 08:30 to 11:00 or in the late afternoon from 16:30 to 19:00. During these periods, the nervous and muscular systems are in a more optimal state for performing high intensity work. Speed exercises should be placed at the beginning of the training session before the onset of fatigue, because tiredness significantly reduces the effectiveness of speed development.

System of Special Speed Exercises

The training system for developing speed in futsal includes short distance sprints from 5 to 30 meters, agility and rapid direction change drills, reaction exercises, high speed exercises with the ball, small sided games and combined drills that integrate sprinting, ball control and shooting. The systematic use of these exercises increases both pure movement speed and the speed of performing technical actions in game situations.

Importance of Functional Strength Training

Modern research shows that speed is not only dependent on running velocity but also on functional strength, balance and core stability. In futsal, every start, stop, turn and jump requires a high level of functional strength. Plyometric jumps, single leg strength exercises, resistance band drills and core exercises significantly improve starting speed, stability and efficiency of directional changes. Therefore, functional strength training should be an integral part of the speed development program.

Equipment and Speed Performance

Studies indicate that sports equipment has a direct influence on movement speed. Lightweight futsal specific footwear and light, non restrictive sportswear improve starting speed and overall movement efficiency. Each additional 100 to 150 grams of weight on the feet can reduce sprint performance by approximately 1 to 2 percent. For this reason, the correct selection of equipment is an important condition for achieving high speed performance in futsal.

Results of Practical Training Experiment

After 8 to 10 weeks of experimental training based on the proposed methodology, the following results were observed. Sprint performance over 10 to 20 meters improved on average by 7 to 12 percent. Reaction time decreased, the number of high speed actions during matches increased, and movement stability and resistance to injury improved. These results confirm the effectiveness of the комплекс approach to speed development in futsal.

Practical Recommendations

Speed qualities should be developed according to a separate and well planned system. Speed exercises should be performed at the beginning of training sessions. Functional strength training should be systematically included in the training process. Only lightweight futsal specific footwear should be used. Competitive matches and training sessions should be regularly analyzed using video and performance indicators.

Conclusion

The generalized results of the study indicate that achieving high performance in futsal primarily

depends on the comprehensive development of speed qualities, including movement speed, functional strength, reaction ability, proper equipment selection and optimal training planning. The implementation of this approach in schools and sports academies can significantly increase the competitive level of futsal players.

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