

# Analysis on the Physical Characteristics of High-level Football Players

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## **Abstract**

This article uses the literature data method and literature review method to review and collect relevant literature, and summarizes and analyzes the representative views on domestic physical fitness research. After summarizing and summarizing, it is considered that: physical energy is the basic athletic ability of the human body expressed through physical qualities such as strength, speed, endurance, coordination, flexibility, and sensitivity, and is an important component of athletes' athletic ability. The level of physical fitness is closely related to the morphological characteristics of the human body and the functional characteristics of the human body. The morphological characteristics of the human body are the structural basis of its physical fitness, and the functional characteristics of the human body are its biological functional basis. As the basic ability of athletes, physical fitness is an important factor of athletes' competitive ability. Each competitive sport has its own specific physical characteristics and training rules and methods. Grasping these laws has very important guiding significance for the improvement of athletes' sports level.

**Key words:** *Physical Fitness; Athletic Ability; High Level; Football Player; Physical Characteristics*

## **INTRODUCTION**

Whether in daily life or in the training of athletes, physical fitness is indispensable as a material basis. For high-level athletes, it is an important component of competitive ability. As far as sprinters are concerned, when the training performance is stable at a time period and a level, if they want to break through the bottleneck of 0.01 seconds. In addition to technical level support, it must require physical support.

## **1 THE CONCEPT OF PHYSICAL FITNESS**

Ni Sigui thinks: Physical fitness is the basis for all athletes to withstand high-intensity and high-level competitions and training. The physical fitness training of football players is some of the methods and methods adopted to combat fatigue under special training and competition.

Zhang Jian and Shi Donglin pointed out in "Study on Physical Fitness Concept" that physical fitness refers to the synthesis of the human body through innate inheritance and acquired training, based on the energy metabolism activities of the three major energy supply systems of the body, and expressed through various organ systems ability. It mainly includes four aspects: body shape, physical function, athletic quality and psychological intelligence. At the same time, it is also an important part of competitive ability.

Wang Xing's "knowledge on several issues of physical fitness training in competitive sports" believes that "physical energy" refers to the collective name of physical strength and special athletic ability. Physical strength includes physical fitness and potential. Here, emphasis on physical fitness refers to special physical fitness. The special athletic ability refers to the ability to master a variety of techniques in confrontation or similar situations.

Xiong Douyin's analysis of the concept of "physical energy" shows that "physical energy" is divided into large physical energy and small physical energy. The former refers to physical ability, including physical exercise ability,

physical adaptability, physical function and physical fitness. The latter refers to physical training and physical fitness in sports training.

Yuan Yunping's "Studies on Athletes' Physical Fitness and Specific Physical Fitness Characteristics" Combined with the external environment to show the comprehensive athletic ability.

## **2 PHYSICAL CHARACTERISTICS OF PROFESSIONAL FOOTBALL PLAYERS**

With the continuous development of modern football, the physical fitness of athletes in major football leagues in the world continues to increase. The most significant feature of modern football is that the speed of the transition between offense and defense has increased significantly during the game, and the confrontation between the two sides has also become very fierce during the game. Therefore, the proficiency, speed, strength, and other factors of football players' sports skills constitute the characteristics of high-level professional football players.

Whether a football player is excellent, whether it has reached the world-class level, whether he can support his or her ability to complete a game, and especially whether the tactics and physical fitness provided by the head coach in the game can be perfectly executed is the basic guarantee. China's men's football was once a first-rate level in Asia, but now there is a certain gap compared with Asian teams such as Japan and South Korea, which is mainly manifested in the physical fitness of athletes. For this reason, our national training functions at all levels must deeply understand the importance of athletes' physical fitness training, and explore the characteristics and methods of physical fitness training for football players, which is of great significance for improving the level of football.

### ***2.1 Intermittent Characteristics***

Different from other specialized sports, the football program shows obvious intermittent characteristics during training or competition. During the game, the players are not fixed and the coaches' tactics are not static. After the opponents hold the ball, they are not immobile. In the process, the football players must always follow the ball and follow the people. In particular, the characteristics of rapid offensive and defensive conversion in modern football games require that football players have the ability to quickly advance from the backcourt, or quickly return to defense, so there are always different intervals in the running process of various intensities. Therefore, in ordinary training, we must not blindly follow the methods of physical training for other sports, but we must develop the physical fitness suitable for the characteristics of football according to the football-specific methods. The transfer of aerobic and anaerobic endurance in football training and competition can be said to be the main breakthrough in physical fitness training. If you want to develop anaerobic endurance or aerobic endurance alone, you will cause the physical system to lose balance, which will affect the fitness system. Competitive level of football player.

### ***2.2 Imbalance in Football Players' Physical Fitness***

In football training and competitions, there is a great difference and imbalance between athletes and athletes in their physical fitness and various abilities. For example: athletes with relatively fast movement and sprint speeds have relatively poor endurance qualities; while some athletes with better endurance qualities have relatively average movement speeds and sprints. Take China's professional football player Wu Lei as an example. From various statistics, it can be seen that Wu Lei can complete the entire game with better physical fitness in high-intensity matches. Compared with other players, the physical fitness of the athlete Endurance, endurance quality is better, but sprint, one-on-one country is slightly inferior. Therefore, there is a large imbalance in athletes' physical fitness, and this difference is reflected in each athlete. Therefore, for the training of high-level athletes, we must pay attention to the comprehensive development of athletes' physical fitness in daily training, especially the physical fitness of professional football players.

### ***2.3 Overall Characteristics***

Football players' proficiency, speed, strength and combination with other factors constitute the characteristics of high-level professional football players. The duration of a football game is about 90 minutes, so football has the characteristics of high intensity, fast pace of the game, unstable factors during the game, and strong antagonism.

However, in the competition, the position, offense and defense of all athletes have the characteristics of reality and purpose. And all these are intentional adjustments by the coach. During the game, the coach will make corresponding changes according to the situation of the opponent on the field. Then, during the 90-minute game, will the athlete still perform the tactics physically? This requires football players to have good physical fitness as a basic guarantee. The fiercest and most confrontational competition is nothing more than a small area in front of the door, and the athlete's technical tactics and physical fitness determine which side will win.

#### ***2.4 Tactical Characteristics of Professional Football***

Ni Sigui also has an opinion that Technicalized physical characteristics have a special status in football games. Technicalized physical characteristics are the prerequisite for achieving good results in the game. Athletes' technical and physical fitness is the main indicator of outstanding players. The application of athlete technology in football matches is mainly manifested in the mastery of time and space. The combination of fast frequency and high-intensity technology is the main performance characteristic of football players in the game. Fast sports frequency of athletes is the main goal pursued by contemporary football players. One of the conditions of this goal is that athletes must have super physical fitness. . At the stage of football technical training, athletes must lay a good foundation, especially young athletes. To this end, how to combine technology with physical training during the physical training of athletes is a major problem solved in contemporary training.

### **CONCLUSIONS**

- (1) Physical Fitness is the basic athletic ability of the human body, which is expressed through physical qualities such as strength, speed, endurance, coordination, flexibility, and sensitivity, and is an important component of athletes' athletic ability. The level of physical fitness is closely related to the morphological characteristics of the human body and the functional characteristics of the human body.
- (2) High-level professional football players include aerobic and anaerobic function intermittent; individual athletes' physical imbalances; integrity among athletes and other characteristics.
- (3) The physical characteristics of high-level football players will affect the team more or less, including the tactical instructions given by the coach in the game and the team's performance.

### **RECOMMENDATIONS**

- (1) Coaches should teach in accordance with their aptitude in the daily training process of training, and should provide corresponding training methods and modes according to the physical defects of each athlete to improve the athlete's physical fitness level.
- (2) Establish a corresponding physical fitness evaluation system for high-level athletes, so as to monitor the physical fitness level of professional football players.
- (3) The balanced development of the athlete's physical fitness can improve the athlete's competitive ability.
- (4) Physical fitness has special characteristics. For professional football players to perform physical fitness training and develop physical fitness, each training method should be combined with each specific action, and appropriate physical fitness training should be performed according to the laws and characteristics of different sports. Improved specific athletic ability to achieve twice the result with half the effort.

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