INDIVIDUALIZED AND DIFFERENTIATED SYSTEM OF ORGANIZING TRAINING PROCESS FOR YOUNG FOOTBALL PLAYERS AT VARIOUS STAGES OF THEIR LONG-TERM TRAINING

ІНДИВІДУАЛЬНО-ДИФЕРЕНЦІЙНА СИСТЕМА ПОБУДОВИ ТРЕНУВАЛЬНОГО ПРОЦЕСУ НА ЕТАПАХ БАГАТОРІЧНОЇ ПІДГОТОВКИ ЮНИХ ФУТБОЛІСТІВ

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Abstracts

Introduction. Practical experience shows that when coaches work in children's and youth football teams they prefer relying on group form of training, based on average group assessment, rather than taking into account individual patterns of young athletes' development. Focus on an "average" athlete when determining scope, volume and intensity of physical loads, inevitably reduces effectiveness of training process, leading to emergence of risk factors for children's health. **The goal** of this study is to find scientific approaches to implementation of main provisions of sports individualization theory in rational construction of long-term training for young football players. **Research methods** include theoretical analysis of scientific and methodological resources, method of pedagogical observation of training process in which young football players aged 8–18 are engaged, methods of comparison, synthesis and generalization of information. **Results.** The logic and relevance of using modern scientific approaches on individualization of training process for young football players are substantiated. In particular, within specified issue, we have analysed and compared research in children's and youth sports; based on diagnosis of individual characteristics of child's organism ontogenesis, we have interpreted their capabilities in relation to specifics of children's football, as well as determined the possibility to correct design and scope of training process, to normalize volume, intensity and direction of training impact, both for young football players characterized by similar physical characteristics and for athletes that show different intensity of development. **Conclusions.** Thus, individualized and differential system of training process development for young football players is one of training management forms, which takes into account characteristics and capabilities of specific athletes when planning physical load. Therefore, training process should include the following procedures: 1) collecting information about the athlete (data on physical, psychological and technical-tactical readiness, morphofunctional features, etc.); 2) analysis of received information in accordance with football requirements; 3) taking decision on a training strategy and drawing up training programs and plans; 4) implementation of training programs and plans; 5) monitoring of implementation, making necessary changes and developing new programs.

Key words: long-term training, young football players, individualization, differentiation, age characteristics.

Вступ. Практика свідчить про те, що в діяльності тренерів дитячо-юнацьких футбольних команд переважає групова форма навчання, заснована на середньогруповій оцінці, а не на врахуванні індивідуальних закономірностей розвитку юних талантів. Орієнтація на «усередненого» спортсмена для визначення спрямованості, дозування обсягу й інтенсивності навантажень неминуче знижує ефективність навчально-тренувального процесу, призводить до виникнення факторів ризику для здоров'я дітей. **Мета** – пошук наукових підходів до реалізації основних положень теорії спортивної індивідуалізації у практиці раціональної побудови багаторічної підготовки юних футболістів. **Методи дослідження**: теоретичний аналіз науково-методичної літератури, метод педагогічного

спостереження за організацією навчально-тренувального процесу юних футболістів 8–18 років, методи порівняння та зіставлення, синтезу й узагальнення інформації. **Результати дослідження.** Обґрунтовано логіку та слушність використання в навчально-тренувальному процесі юних футболістів сучасних наукових поглядів на індивідуалізацію тренувального процесу. Зокрема, в контексті зазначеної проблеми, аналізуються та порівнюються дослідження в дитячо-юнацькому спорті, можливості на основі діагностики індивідуальних характеристик онтогенезу дитячого організму інтерпретувати їх стосовно специфіки дитячого футболу, проводити корекцію побудови та змісту тренувального процесу, нормувати обсяг, інтенсивність і спрямованість тренувальних впливів як для юних футболістів, що мають подібні фізичні особливості, так і для спортсменів з різною інтенсивністю розвитку. **Висновки.** Обґрунтовано технологію переходу від уніфікованого методичного підходу до індивідуально-диференційованої системи побудови навчально-тренувального процесу, в основі якої лежить логічно структурований алгоритм функціонування: 1) збір інформації про спортсмена (дані фізичної, психологічної підготовленості, морфофункціональні особливості тощо); 2) аналіз отриманої інформації відповідно до вимог футболу; 3) прийняття рішення про стратегію підготовки та складання програм і планів підготовки; 4) реалізація програм і планів підготовки; 5) контроль виконання, внесення необхідної корекції та складання нових програм.

Ключові слова: багаторічна підготовка, юні футболісти, індивідуалізація, диференціація, вікові особливості.

Introduction. Today, the transition to individualization of training process in domestic football is at the initial stage. First of all, this happens due to the fact that in children's and youth football up to 70–80% of all the loads are characterized by a group and team nature [5; 50].

This course of practice leads to certain difficulties in the process of young football players' training, when the external indicators of performed loads are identical for all trainees, while the body's responses to the given impact are individual in their nature [41; 52].

Hence, young football players may experience some cases of overtraining or overexertion, the cause of which lies in the discrepancy between training loads and the functional capabilities of the athletes' bodies [16; 21; 32; 35; 38; 47; 49; 56].

Thus, experts in the field of sports, and football in particular, speak out about the need to take into account individual characteristics of children and adolescents in their training process [9; 10; 48].

At the same time, as evidenced by practical experience in children's and youth sports, individualization is always relative, while a differentiated approach makes it possible to take into consideration both group characteristics (thus, on this basis, correcting structure and content of training process of athletes who obtain similar characteristics), as well as the most important individual indicators that are associated with normalizing volume and intensity of training loads, assessing biological maturity, variants of development intensity, level of physical fitness and functional state of young athletes [9; 40; 41; 55].

Under such conditions, optimization of long-term training of young football players should be provided regarding scientifically based and properly structured means and methods of teaching and training with a mandatory consideration of individual characteristics and differentiation of young athletes, in order to more fully reveal their motor abilities as well as qualitative growth of their sportsmanship.

Material & methods. The research methodology has included performing a number of sequential operations, the essence of which comprised logical justification of the technology on transition from a unified method to an individually differentiated system for constructing an educational and training process in order to increase the level of physical fitness and minimize fluctuations in physical state of young athletes.

The research algorithm has involved conducting a theoretical analysis and summarizing data from scientific and methodological resources, the Internet sources; pedagogical observation concerning searching not only for general patterns of age-related development, but also for individual characteristics of development among athletes of the same chronological age (the problem of "accelerators – retardants", etc.).

Based on these provisions, we have determined an individually differentiated approach to the selection of means and methods of pedagogical influence in relation to a certain teenager or an individual; organizing subgroups for involvement in sports activities, while dosing training loads to ensure effectiveness of a long-term training system for young football players.

It is from this perspective that one should approach the consideration of the prospects and justification of traditional attempts to optimize the process of sports training, for example, on the path of extensification of sports activity.

Results and Discussion. According to Kozina [8], individualization of activity should be referred to the unique variety of person's mental and physical characteristics and qualities, their behaviour and features that are so special to each person that distinguish them from other people. It manifests itself in temperament and character traits, in emotional, intellectual and volitional spheres, as well as in the interests, needs and physical abilities of a person.

Many experts have dealt with this issue in order to study and apply individual personality traits in sports activities [12; 17; 19; 31]. They indicate that individualization of training, first of all, should be associated with the use of a differentiated approach to the arrangement of classes, justifying this by the fact that differentiation of young athletes is the beginning of individualization of pedagogical engagement.

In this regard, the opinion of Koryagin [10] is worth mentioning, as they consider individualization as the goal training, while differentiation serves as a means of achieving the goal. The volume and intensity of physical load offered to trainees must be differentiated taking into account not only their performance, but also the rate at which they perceive such a load and the rhythm of completing training and studying program.

At the present stage of sports science development, scientists have identified a large number of indicators that reflect individual characteristics of athletes [17; 30; 39; 53; 58; 60].

The above-mentioned indicators include the following:

1. Gender, age and level of biological maturity of the athlete.
2. Morphological and morphofunctional indicators.
3. The level of motor skills development and tendency to develop one or another energy supply mechanism.
4. Level of functional state of the body.
5. Ability to develop technical and tactical skills.
6. Mental, including psychophysiological qualities, psychodynamic and neurodynamic properties of nervous system and personal characteristics of the athlete.
7. Characteristic features of reaction to competitive loads, etc.

Thus, Linets, Chichkan, Jimenez [12] believe that consideration of the above-described characteristics would make it possible to apply a differentiated approach to organization of classes as well as individualize training process for athletes of different ages and qualifications. However, as Maksymenko [15] state, in most team sports, including football, an individual approach is used only in the training process of qualified athletes. Moreover, this approach is related to considering characteristics of athlete's psyche, their technique of performing exercises as well as work and rest modes.

At the same time, it is a well-known fact that it is necessary to establish the "basis", i.e. fundamentals for subsequent development of young athletes' skills at the initial stages of their training [23; 24; 28; 33; 46; 51].

Hence, the use of an individual approach to training process at its subsequent stages would make it possible to increase the effectiveness of such a training process in the long run.

However, when individualizing the training process at the stages of initial training (for 6–9-year-old kids) and preliminary basic training (for children of 10–12 years), certain difficulties may arise, since "coach-athlete" interaction does not always bring the expected effect due to the hetero-chronicity of recovery processes in young athletes [2; 9; 5]. The coach then needs to

understand that the rigid version of performing exercises in a continuous manner is quite complicated for young athletes.

At the above mentioned stages, it is advisable to use a differentiated approach to the design of training sessions, which presupposes certain division of athletes into groups according to various characteristics and applying different training means and methods that are adequate to such groups in accordance with typological properties of those involved (i.e. an individualized form of training for promising athletes) [11; 55]. Its essence lies in the fact that it is necessary to create joint groups of promising athletes without taking into account their age in sports centres and gyms. This mixed-age group may additionally have training sessions 1–2 times a week as part of their training schedule. This corresponds to contemporary concepts of sports training theory, namely, that classes should be focused on the development of athletes' strengths, which are aimed at improving special fitness of young football players [22].

However, practical experience shows that physical and mental maturation of children, functional capacity of their motor system and internal organs, general condition of the body, i.e. everything that characterizes the so-called biological age often does not correspond to calendar age, being ahead of it or, on the contrary, noticeably lagging behind. Such a discrepancy can be further enhanced by acceleration, namely accelerated physical development, early puberty, and an increase in body size [4].

It should be noted that biological age, to a greater extent than passport age, reflects ontogenetic maturity of the child, represents their performance, as well as the level of their motor skills manifestation and the nature of adaptive reactions to training loads of various volume and intensity [38].

The criteria for assessing biological age can be divided into morphological, functional and biochemical indicators, the diagnostic value of which varies depending on the period of child's body maturation.

Thus, assessment of overall level of variation must be made based on body length (i.e. height) and weight, which sufficiently characterize physical fitness of children; changes in these values can be used to judge the intensity of growth processes, as well as the influence of training loads on children's body. Based on these indicators, the somatic type (ST): microsomal (MiS), mesosomal (MeS), macrosomal (MaS) [1].

It has been established that focusing on average age growth rates in body length (height) without taking into account the somatic type, assessed by overall level of variation, can reduce the effectiveness of suggested educational and training process [6].

The division into somatotypes reflects the level of reserve capabilities of the body's regulatory systems, which allows to apply a more differentiated approach to assessing motor skills and capabilities of young football players, as well as to estimate the effectiveness and specificity of educational and training process by comparing normative and actual indicators [3].

One should also take into consideration the relationship that has been established between ST, the type of hemodynamics and the type of adaptive reactions, which should be taken into account during sport selection process [25].

At these stages, the determination of biological age of both children and adolescents, as well as the assessment of their individual developmental characteristics, can be made using the "dental formula", which takes into account the order, timing of teeth eruption and change. It is an objective indicator of biological age in the period from 5 to 13 years, however, in subsequent years, its information content is lost [14].

Analysis of quantitative and qualitative characteristics of the increase in body length and weight in 8–12-year-old football players indicates that the stages of initial and preliminary basic training take place in conditions of relatively low intensity of body growth and development. Therefore, these stages are the most favourable for formation of athlete's skills and abilities, needed for playing football, but only under the condition of the widespread use various tasks of a general physical and gaming nature.

The stage of specialized basic training (for teenagers of 13–15-years-old) coincides with a

period of significant increase in their body length and weight, which will inevitably be accompanied by a deterioration in recovery processes, the breakdown of established skills and abilities, as well as antagonism between the growth rate and the cardiovascular system development [42; 43; 44].

It has been established that approximately 60–65% of boys aged 13–15 years demonstrate normal levels of psychosexual development, while 35–40% are adolescents belonging to accelerated and retarded types of biological development, which must be taken into account when planning long-term training aimed at the most complete implementation of genetic program for the growth and development of young athletes [29].

In this case, the versatile motor base, developed at the stages of initial training will contribute to further harmonious adaptation and genetically determined changes in the young football players' body.

The issue of a "growth spurt" effect and its significance for planning the training process of young football players requires separate scientific study. According to the famous Dutch coach Verheyen (2011), if a player has grown by one or two centimetres, then the coach should reduce his training days. He mentions, "Replace training with an alternative, for example, going to the swimming pool. This is necessary in order to avoid injuries, because in case of injury, responsibility lies not only with the medical staff, but also with the coach."

During the growth spurt, body length of a young athlete increases to 8 cm per year. This period occurs approximately at the "passport" age of 15 years [36; 59].

When training young football players during a growth spurt, it is necessary to take into account the fact that players born in the second half of the year cannot compete with older ones, despite the fact that they were all born within the same calendar year. In this regard, when selecting players, it is necessary to focus not only on the external physical data of the athlete, but also consider their date of birth [34; 41].

However, as practical experience shows, during the growth spurt, "early" football players quit their sport career in much greater numbers than their "late" peers due to body overstrain and injuries [32; 47].

The way out in this situation is to differentiate young athletes during the training process within the growth spurt.

It is advisable to control the growth spurt by monthly (i.e. at least once a month), measurement of height of athletes. Thus, if a child's height increases by 1 cm per month, the number of training sessions per week is reduced by 1; with an increase in height by 2 or more centimetres per month, the number of training sessions per week is reduced by 2. Such a control and an individual approach will allow you to avoid overtraining and injuries, arising due to excess training load.

In addition to the above mentioned, it is worth stating that the process of individualizing training process for football players acquires greater consideration of psychophysiological characteristics, components of person's attention, as well as parameters of various fitness aspects, including energy capacities of young athletes related to their playing role.

In particular, the classic scientist, specialized in sports physiology Krestovnikov (1951) in his fundamental theses notes that the performance of an athlete's motor apparatus is limited by the type of their nervous system, and the latter is of great importance for performing motor actions properly as they require the manifestation of either great endurance or significant speed.

Numerous scientific papers confirm this point of view, in particular, the authors indicate the importance of considering the most significant psychophysiological qualities of nervous system (including the characteristics of young football players' attention), which ensure implementation of an individual approach in practical activity and, consequently, provide more effective management of training process [20; 37].

While choleric people easily perform exercises that require to switch attention, melancholic and phlegmatic people take more time to change the focus of their attention. Conversely, exercises to demonstrate stability of attention tire choleric people more than sanguine and melan-

cholic ones. Short-term memory is more active in choleric and sanguine people, whereas long-term memory is typical for melancholic people when it comes to reproducing motor skills. At the stage of motor skill development, choleric and sanguine people have greater variability in perception, reproduction and creative performance of exercises [27].

Regarding narrow specialization, experts confirm that, despite the trend of players' universalization, which can be traced over the past decades, the process of long-term improvement of young athletes at this stage should be associated with specifics of their playing role [57].

In addition, it has been found out that when implementing a differentiated approach, it is necessary to take into account players' predisposition to perform aerobic and anaerobic exercises [3].

In particular, football players of different playing roles have different energy capacities, for example, attackers and defenders have higher speed and speed-strength potential, while midfield players possess high aerobic capabilities [7; 26].

Therefore, it is most advisable to differentiate young football players into groups taking into account the following factors:

1. Gaming role.

2. Individual psychological characteristics.

3. Predisposition to perform exercises of one type or another, as well as capability of mastering playing techniques.

The stage of training for the highest achievements (athletes of 16 years and older) occurs during such a period of an athlete's life, when the formation of all functional systems that ensure high performance and resistance of the body in relation to unfavourable factors that manifest themselves during intense training is basically completed. The duration of this stage is determined not only by general laws of sports training, but also by individual characteristics of those involved [9].

At this stage of sport training, the need arises to change the individual-group training method for the individual one. It is recommended, within the micro- and mesocycle, to carry out individual training taking into account the following factors:

1. Biological fluctuations of functional state during different phases of endogenous rhythm [38].

2. Current state of athlete's fitness [26].

3. Measures of individual maximum load [54].

4. Data on factors and model characteristics, as well as strengths and weaknesses in the athlete's fitness level [38; 52].

It should be noted that one of the most important factors in organizing educational and training process of young football players at different stages of their long-term improvement can be the intensity of their growth (development option). Development option (DO) – is an individual temporal characteristic of a person, reflecting the pace (or duration) of growth processes. In contrast to "biological age" or "biological maturity," which indicate the organism maturity at the time of testing, the development option makes it possible to predict the duration of growth periods and the age at which the growth of the organism will be over.

There is a system for assessing the biological age of athletes (measured in points). DO is assessed by growth intensity (GI); so, it is possible to determine by what percentage of average value the studied value has changed over a certain period of time. The resulting value (GI) is then compared with the expected value in case if:

1. The resulting value (GI) is greater than it should be, i.e. development is progressing ahead, meaning acceleration, DO is assessed as shortened (DO "A").

2. Coincidence of the calculation results and the expected ones occurs, i.e. we observe correspondence to the age group, i.e. it is normal, DO is assessed as normal (DO "B").

3. GI is lower than expected, i.e. development occurs with a lag, it means retardation, then development option is defined as extended (DO "C").

Every child goes through the same stages of development, but there are large individual differences in the timing and pace of biological maturation. Practical experience of selecting

children for sports clubs indicates that at the initial training stage, the coach primarily focuses on children with accelerated rates of development, who are superior to their peers with normal and delayed types of biological maturation. However, by the beginning of the training stage for higher achievements, due to a greater total development, retardants are already superior to other athletes in all main indicators of physical fitness [51]. In particular, that athletes with a delayed type of biological maturation are characterized by a tendency to further enhance their results even after reaching 15–16 years, while among accelerators and mediants of this age a certain stabilization occurs.

We draw attention to the fact that on the contrary, accelerated development in contemporary conditions of sports training may be to some point a limiting factor.

There is confirmation for this, as in cytophysiology there is the following statement: "A working cell does not divide, and a dividing cell does not work." This pattern is related to the fact that cell division occurs only after the suppression of functional manifestations specific to a given cell and destruction of the corresponding intracellular structures.

Therefore, Lyashevich A.M., Chernukha I.S. [13] have determined that growth and development processes underlying ontogenesis are in contradictory relationships, due to the fact that the implementation of growth processes due to an increase in the number of cells should lead to the suppression of cellular differentiation, which determines complication of structural and functional organization of growing organism.

It is known about the phase nature of ontogenesis processes, each of which begins with an outbreak of differentiation, followed by a phase of activation of growth processes.

Given this, one of the main contradictions of individual development is the contradiction between differentiation and growth, because in functional period ontogenesis is resolved by separation of these processes in time. This leads to the emergence of periodicity in ontogenetic process. In this case, each period consists of a differentiation phase with growth inhibition, and a subsequent phase of growth processes activation and expansion of functional capabilities on the basis of newly formed qualitative state of cells.

Practical experience shows that children with different developmental options differ in the pace of mastering certain sports movements technique. This is especially important in sports that are characterised by complex technique, undoubtedly including football. For children of DO "A" the time for mastering technique is shorter compared to those of DO "C". It is quite understandable why young football players who are lagging behind in development then overtake the leaders, as far as they mature more slowly, but learn movements much better, bringing them to complete automatism of such movements.

It is determined that for athletes of DO "A", regardless of the overall characteristics, the total growth period covers 15–16 years, for those of "B" this time is 18–19 years, and for athletes of "C" this time occurs at the age of 19–22. The longest period is the childhood (puerile) period, which covers 50–55% of the period of total growth. For athletes of DO "C", compared to persons of DO "A", it may take 2.5–3.5 years longer in absolute numbers [45].

The average annual increase in body height without taking into account growth phases is 5.5 cm for children of DO "A", 4.52 cm for those of DO "B" and 4.45 cm for children of DO "C". At the same time, the speed of onset of so-called morphological maturity is also different; that is, not only growth, but also other body systems, for example, muscle and life support are different. Children of DO "A" reach 75% of the level of morphological maturity by 8.5 years, whereas children of DO "C" achieve such a maturity by 12–12.5 years. Children of DO "A" are 2.5–3 years ahead of children of DO "C" by the age of 12, and in terms of height these indicators reach 15–20 cm.

Having stated that, it becomes clear why teenage football teams have players who are significantly ahead in their development than others. The coach is tempted to focus on these guys, whom he or she considers the most promising at the moment, increasing the amount of physical activity for them. In addition, given the fact

that regular football championships are held for athletes starting from the age of 9, the coach becomes more and more interested in the result of team's performance, which in its tern affects intensification of training process. Under such learning conditions, there is a danger of overtraining of children that belong to DO "B" and, above all, children of DO "C". This is especially true during puberty, when differences between adolescents are especially noticeable.

It has been established that at the age of 13–14 years, children of DO "A" successfully endure training, children of DO "B" almost cope with the loads, while children of DO "C" experience weight fluctuations of declining trend.

In particular, this affects the amount of body fat; for instance, there are cases when the fat content in the body of a DO "C" child has reached critical loss values of 3–4 kg. This indicates the need to consider the components of body weight and their ratio as directional markers for designing training process. So, in case of analysing an individual development option, it allows the coach to indirectly assess the level of athletes' general physical fitness, the priority of physical impact and the adequacy of physical load-recovery balance [9; 12].

The next point which is worth mentioning is that children are of the same size type (i.e. micro-, meso-, etc. types), but of different DO "A", "B", "C" cannot be combined into one group for sport training, since they require different physical activities [45].

In practical experience, a coach can adhere to the following recommendations:

1. After starting a systematic football training, they should determine the child's development options. To do this, it is necessary to measure their growth annually and, based on the value of increase, predict the speed and duration of growth processes for each child.

2. The coach should avoid overstraining for children. To do this, it is necessary to monitor the child's weight, making sure that there is neither a decrease nor a sharp increase in weight. If possible, starting from the age of 12–13, sporadically assess the body composition of a young football player.

3. It is necessary to give more time for recovery especially for children of DO "C" than their peers of DO "A".

For a group of young football players, formed according to development option, without taking into account their size variations, the same training regimes can be planned. At the initial stages of training, this training option is preferable, but in the future it needs correction. For further sports specialization, it is advisable to create groups that are homogeneous in body length (height), weight and development option.

It should also be noted that the differentiation of young football players by somatic types leads to formation of more homogeneous groups than when dividing them according to options of biological development.

This does not contradict the statement that for children in their juvenile and pre-pubertal phases of development, it is most appropriate to focus on those of somatic type when organizing educational and training process, and for children in the pubertal phase of development it is necessary to focus on the option of biological development [1; 6].

Thus, the combination of growth process and biological maturation provides the most complete picture of the athlete's current state as well as their prospects. Each of these processes can occur differently with the following combinations:

1. Acceleration of growth and acceleration of development.

2. Acceleration of growth and norm of development.

3. Acceleration of growth and retardation of development.

4. Norm of growth and acceleration of development.

5. Norm of growth and norm of development.

6. Normal growth and retardation of development.

7. Retardation of growth and acceleration of development.

8. Retardation of growth and norm of development.

9. Retardation of growth and retardation of development.

It is known that human organism can reach the same final motor goal in different ways, using a set of the same responses. The coach is interested in the child's motor capabilities, and, therefore, mainly in the structure of their motor apparatus and movement regulation system. Assessment of these systems should be carried out using test exercises that do not require special motor skills and abilities. Otherwise, coaches are likely to assess not the child's motor qualities, but rather their motor qualities accompanied with acquired skill in performing this motor action and individual skills, which in most cases is unacceptable.

With age, the child's motor activity changes, and, consequently, active restructuring takes place in their body. And there is no need to pose the question: what comes first, function or morphology? These are two sides of a single process of child's ontogenetic development. In particular, morphological characteristics, the integral representative of which is body length (height), are only an indicator of potential fitness of an athlete. Current performance is largely and mainly determined by the level of their fitness.

Hence, the training process makes significant amendments to the result of motor activity, activating processes of reparative regeneration, but within the limits of a strictly individual response norm, because each child has their own level of achievement, their own norm, their own pace for the same processes. The pace is different, but their sequence is strictly programmed and does not change under the influence of either external or internal factors [10]. For some children the same processes (stages of development) proceed faster, for others they are more slowly; some of them recover from physical or emotional stress faster, while others do it more slowly; for some of them, two-time (sometimes three-time) training is acceptable, for others this is a way to overtraining, under-recovery, etc. [32; 35; 38; 41; 47; 52; 56].

In this regard, we can use the opinion of Bernstein (1991), who recommended individualizing the educational and training load depending on how active is the development of motor qualities:

1. If the level of activity is high, intensity of annual development rate is more than 3%, then 30% of the selective load of the corresponding profile may be planned;

2. With average level of activity, intensity of the annual rate of quality development varies from 0 to 3%, it is recommended to plan up to 20% of the selective load of the corresponding training;

3. For low level of activity with intensity of development rates having a minus sign, it is recommended to plan no more than 10% of the selective load.

Conclusions. The findings of this study will make it possible to reorient the focus of educational and training process from a unified methodological approach to an individualized and differentiated system of developing training process, expand the scope of the search for rational criteria for managing training process, and more fully take into account the factors that limit manifestation of motor abilities and implementation of reserve capabilities of functional body systems of young football players.

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