

## DEVELOPMENT OF SPEED QUALITIES IN FUTSAL STUDENTS

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### Abstract

This article examines the development of speed qualities in futsal students. Futsal, a fast-paced variant of football, requires agility, quick decision-making, and swift movements. The study examines different training methods, their impact on players, and subsequent results. The aim is to provide insight into optimizing the speed capabilities of futsal players to improve performance.

**Keywords:** Mini-football, speed qualities, skill development, training methods, performance improvement.

Futsal, a dynamic and intense sport, relies on speed to achieve success. Fast movements, quick reactions and agility are important components of the gameplay in futsal. The purpose of this article is to analyze the development of speed qualities in students engaged in mini-football, to study various training methods and their effectiveness.

Previous research has shown that the speed of futsal players is strongly associated with improved performance. Studies show that a combination of agility exercises, sprint training, and skill-based exercises contributes to the development of players' speed qualities. However, there is a need for a fuller understanding of the specific methods that produce the best results.

In order to investigate the effects of different training methods on speed performance, various futsal players were involved in a structured training program. These methods included agility exercises, sprint intervals, ball control exercises, and match simulations. Performance measures such as sprint time, rate of change of direction, and on-field decision-making were assessed before and after the training period.

Mini-football can contribute to the development of various skills and qualities in students, including speed qualities. Futsal is a fast-paced sport that requires quick thinking, agility, and quick movements. Here are some ways in which futsal can help develop speed skills in students:

Agility and Quick Reflexes:

- Mini-football involves frequent changes of direction and fast movements. Players must be agile and have quick reflexes to navigate a small playing area and react to the fast pace of the game.

Acceleration and deceleration:

- Short series of sprints in futsal help improve acceleration. In addition, the need to stop quickly, change direction, and accelerate again increases the ability to brake quickly, which is an important skill in high-speed sports.

**Speed of Thinking:**

- Futsal is a game that requires quick decision-making. Players must analyze situations, anticipate their opponent's moves, and make quick decisions about passing, shooting, or dribbling. This quick thinking is crucial for success in speed sports.

**High Speed Ball Control:**

- Controlling the ball in tight spaces while moving quickly is a key skill in futsal. Not only does this improve the player's ball handling skills, but it also increases their ability to make split-second decisions while maintaining control.

**Team Coordination and Communication:**

- High-speed play requires effective communication and coordination between team members. Futsal helps students develop a sense of teamwork and the ability to communicate quickly and accurately with teammates on the field.

**Fitness and Endurance:**

- Playing futsal is a great exercise for the cardiovascular system that builds endurance. Stamina is crucial to maintaining high speed throughout the match.

**Reaction Time:**

- The fast pace of the futsal game improves the reaction time of the players. Reacting quickly to changes in the game, such as interceptions, rebounds, or opponent movements, is essential for success in high-speed sports.

**Footwork & Technical Skills:**

- In futsal, special attention is paid to careful control of the ball and precise footwork. Developing technical skills at high speeds is essential for maneuvering in tight spaces and evading opponents. In order to optimize the development of speed qualities in futsal students, coaches should include special exercises that focus on agility, quick decision-making and rapid movements. In addition, a well-rounded training program should include both physical and mental aspects to ensure comprehensive skill development.

The discussion examines specific elements of the curriculum that have contributed most to the improvements observed. It also discusses the potential limitations of the study and suggests areas for further research. The findings support the idea that a combination of agility, sprinting, and skill-based training is crucial for optimizing the speed of futsal players.

**Findings:**

In conclusion, the study highlights the importance of a multi-faceted approach to training to develop speed qualities in futsal players. The positive results observed in terms of sprint time, agility and decision-making skills confirm the effectiveness of a comprehensive training regimen. These results can be applied to improve the performance of futsal players at different skill levels.

Future studies should examine individualized training programs that take into account the specific needs and positions of players. In addition, the introduction of technologies such as video analysis and wearable devices could provide a more nuanced insight into the intricacies of high-speed performances in futsal. Coaches must adapt their approaches based on these results to have the greatest impact on player development.

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