

Research on fitness training strategies of high level football players in different field positions

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Abstract

Physical quality is one of the basic abilities necessary for each high-level athlete. Physical training is an essential and important link in the daily training activities of football teams. This paper probes into the training of physical quality of high level football players in different positions. On the football field, there are significant differences in the physical fitness requirements of players in different positions. Forward players need to have excellent speed, explosive power and agility in order to break through and shoot quickly in attack; Midfielders need excellent endurance, speed and passing ability to support full-court movement and tandem attack; Defenders need speed, stamina and physical ability to cope with defensive pressure. The goalkeeper needs quick reaction speed and excellent flexibility to ensure stability and accuracy when keeping the goal. These findings highlight the importance of developing individual fitness strategies for players in different positions. Through scientific and reasonable training, the physical quality of players can be significantly improved, and then the overall competitive level of the team can be improved. At the same time, it also provides a clear direction and reference for the physical training of college football teams. Puts forward the physical training strategies of football players in different positions on the field.

Keywords

College; high-level football players; physical quality training.

1. Introduction

With the continuous development of football, the physical training of high-level football players has become one of the key factors to determine the outcome of the game. Especially in the field of college football, athletes not only need to have superb football skills, but also need to have excellent physical quality to cope with the increasingly fierce competition environment. However, different positions have different emphasis on the physical requirements of athletes, so it is particularly important to study the physical training strategies of high-level football players in different positions on the field.

Football is a highly collectivized sport, the physical level of the players on the field directly affects the overall performance of the team. In college football games, athletes often need to run, jump, sprint and other high-intensity movements in a short time, which puts forward extremely high demands on their physical fitness. At the same time, different positions on the field have different physical requirements for athletes, such as the striker needs excellent explosive power and speed, and the defender needs good endurance and strength. Therefore, it is of great significance to develop scientific physical training strategies for different field positions to improve the competitive level of college football players.

The purpose of this study is to explore the formulation and implementation of physical training strategies for high level football players in different field positions. Firstly, by combing and analyzing the relevant literature at home and abroad, the current research status and

development trend of football physical training are understood. Secondly, combined with the characteristics of college football matches and the actual situation of athletes, the specific requirements of different positions on the field for athletes' physical fitness are analyzed. Finally, in view of these requirements, specific strategies and methods of physical training are proposed, and their effectiveness is verified by experiments.

In terms of research content, this study will focus on the following aspects: First, analyze the physical status of high-level football players in colleges and universities, understand their physical level and existing problems; The second is to discuss the specific physical requirements of athletes in different positions, including speed, strength, endurance, flexibility and so on; The third is to study and formulate physical training strategies and methods for different field positions, including training content, training intensity, training frequency, etc. The fourth is to verify the effectiveness of these physical training strategies through experiments, and revise and improve them according to the experimental results.

This study will use literature review, questionnaire survey, field observation, experimental verification and other research methods to ensure the accuracy and reliability of the research results. The expected results include: one is to form a scientific and systematic theoretical system of physical training for high-level football players in colleges and universities; The second is to put forward specific physical training strategies and methods for different field positions; The third is to verify the effectiveness of these physical training strategies through experiments to provide practical guidance for college football training; The fourth is to promote the in-depth development of the university football physical training research and improve the overall level of Chinese university football.

2. Analysis of the physical quality requirements of high-level athletes in different field positions

Football is a sport combining strength and speed. However, the division of responsibilities of football players in different positions on the field is different, and the requirements for physical quality are also different. The positions of football players are divided into four categories: striker, center, defender and goalkeeper. Each of the four categories is divided in more detail according to game tactics. For example, the striker includes the first striker, the second striker, and the winger; The center includes the front and back; Fullbacks include centre-backs, fullbacks, etc. According to the characteristics of football matches, the running characteristics of players in different positions on the field are analyzed by running intensity, sprint distance and variable speed running.

2.1. Analysis of physical quality of football players in forward position

In the game, the main responsibilities of the front-position football players are to create and transport offensive opportunities and assist the defense. The forwards need to create passing space, attract the defense, intersperse running and quick return during the game, so that the running intensity and sprint distance of the players in the back and midfield positions are more than that of the players in the back and midfield positions. The striker's running intensity is large and the sprint distance is long. But throughout the game, there were relatively few change-up runs compared to centers. Therefore, the players in the forward position should have high special speed, endurance quality and special strength on the basis of comprehensive physical quality.

2.2. Analysis of physical quality of mid-peak position football players

The main responsibility of the players in the midfield position in the game is to organize the attack, control the rhythm and participate in the defense, connecting the whole front, middle and back field. Because the midfield is to get rid of turning, dribbling, passing, assisting the

defense and other skills and tactics appear more in the area, so the running distance is long, variable speed running frequency. Players in the midfield position need to have high aerobic endurance, anaerobic endurance, coordination and sensitivity on the basis of comprehensive physical quality.

2.3. Analysis of physical quality of fullback football players

Guard players are responsible for the team's defensive work when the opponent has the ball, and assist the team in organizing the attack when their own team has the ball. When the opponent is in possession of the ball, the running intensity and sprint distance of the guard players are greater than that of the players in the front and middle peak positions. In the possession of the ball, compared with the striker and the peak, the running intensity is less, and the sprint distance is shorter. Therefore, the players in the guard position need to have a high special speed, special strength and absolute speed on the basis of comprehensive physical quality to ensure a quick return in defense.

2.4. Analysis of the goalkeeper's physical quality

As the team's last line of defense, the goalkeeper's main task is to guard the goal, prevent the other team from scoring, and organize the attack after the goalkeeper gets the ball. Therefore, the goalkeeper needs to have a high anaerobic endurance, explosive power, coordination, sensitivity and reaction speed on the basis of comprehensive physical quality.

3. Problems faced by physical training of high-level training teams in colleges and universities

3.1. Football training tends to focus on special technical skills and light physical quality training

College football training tends to focus on special technical skills, light physical quality training, the problem in the current college football training does exist. Special technical skills: college football training, often overemphasize the training of technical skills, such as passing, shooting, ball control and so on. These skills are undoubtedly the foundation of football, but in actual training, there is often an excessive pursuit of technical details and movement aesthetics, while ignoring the application of technology in the game and the actual effect. The training of special technical skills occupies a lot of time, so that the players in the technical and tactical aspects have been more comprehensive development, but in the physical aspect is relatively weak. Light physical fitness training: Physical fitness is the basis for football players to maintain a stable competitive level in the game, including endurance, speed, strength, flexibility and coordination. However, in college football training, these aspects of training are often neglected. Due to the lack of systematic physical training, it is often difficult for players to maintain a long time of efficient exercise in the game, especially in the late game, the lack of physical fitness has become an important factor restricting the play of the team. In addition, the lack of physical training also increases the risk of players getting injured during the game, further affecting the overall performance of the team [1].

3.2. Simple physical training content

The practice structure of high-level football sports training in colleges and universities is relatively simple.

Most of the training is aerobic or anaerobic training, soccer players balance, coordination and agility exercises, these physical qualities are also important in the game, but these exercises mainly appear in the warm-up activities. The lack of scientific physical training plans and training programs, as well as the lack of physical training programs integrated with football.

For example, in terms of content, endurance training is usually based on long-distance running, lacking other forms of endurance training, such as intermittent high-intensity exercise, circuit training, etc. Strength training: often only focus on the strength training of upper limbs, waist and abdomen and lower limbs, ignoring the training of core strength and balance ability; Speed training: usually explosive training and acceleration training, lack of starting training and other forms of speed training; Flexibility and sensitivity training: Often neglected, lack of specific training content and plans.

In terms of methods, coaches lack innovation and change in the training process, often adopt fixed training methods and means, such as fixed running distance, time, etc., without timely adjustment and change according to the individual differences and training status of players, resulting in poor training results.

3.3. Lack of scientific physical training program

At present, there is a general lack of scientific physical training plan in college football training. Some teams rely too much on traditional methods in physical training, lack of systematic and scientific, resulting in unsatisfactory training results. The scientific physical training plan should be personalized according to the players' age, gender, physical condition, duty position and other factors, considering the periodicity and stage of training, in order to improve the comprehensive quality of players.

For example, the current college football physical training is often limited to traditional long-distance running, running back and other basic training, lack of diversity and pertinence. There is a lack of specific physical training for players in different positions, such as reaction speed training for goalkeepers and explosive power training for forwards. Ignoring personalization, failing to develop personalized physical training plans according to the individual differences and specialties of players, ignoring the individual needs of players in physical recovery, nutrition supplement and other aspects.

3.4. Inadequate physical training facilities

The imperfection of physical training facilities is also a common problem in college football training. Some schools lack advanced physical training equipment, the venue is not enough to support comprehensive physical training, which limits the players to carry out high-intensity, diversified physical training, restricting their overall performance in the game. Therefore, improving physical training facilities and resource investment is an urgent need to improve the level of college football training, which requires the joint efforts of schools and all sectors of society to increase capital investment and purchase more physical training equipment to meet the needs of college football physical training.

4. The importance of strengthening physical training in all positions of college football

4.1. Importance of strengthening physical training for goalkeeper position

The goalkeeper is the team's last line of defense, guarding the goal and deciding the outcome of the game. At the same time, it also needs to be calm, quick response, strong body, goalkeeping technology, communication and cooperation. Therefore, the goalkeeper should use the following training methods.

Improve reaction speed and agility.

The goalkeeper is the last line of defense of the team and needs to have excellent reaction speed and agility to cope with various incoming balls. Strengthening physical training, especially reaction speed and agility training, can make the goalkeeper make judgment and reaction faster in the game, improve the efficiency of goalkeeping.

Enhance physical stability and coordination.

Goalkeepers need to frequently jump, save and other actions in the game, and need to have good physical stability and coordination. By strengthening physical training, the goalkeeper can improve the strength and flexibility of the body, thereby enhancing the stability and coordination of the body, and better complete various movements.

Prolong the effective performance time in the game.

Goalkeepers need to maintain a high degree of concentration and alertness during the game, and adequate physical fitness is a key factor to ensure this state. Strengthening physical training can help goalkeepers maintain efficient performance in games for longer and reduce mistakes caused by fatigue.

4.2. The importance of strengthening physical training for the defender position

The football defender is the pillar of the team's defensive system, responsible for stabilizing the defensive line, protecting the goal, and is the key role in defending against the opponent's attack in the game. They also need to be strong, fast, defensively minded, technically well-rounded, have a good sense of teamwork and good positioning. Therefore, the guard should use the following training methods.

Improve running ability and coverage.

Defenders need to cover a large defensive area in the game and stop the other team's offense by running. Strengthening physical training, especially speed and endurance training, can improve the running ability and coverage of the defender, so that it can better complete the defensive task.

Enhance the ability of physical confrontation.

Defenders need to engage in physical confrontation with opposing forwards in defense, and need to have excellent strength and explosive power. By strengthening physical training, the defender can improve the strength and explosive power of the body, thereby enhancing the ability of the body to fight and reducing the chance of being broken by the other side.

Improve quick counter-attack ability.

When the team has the ball, the defender needs to quickly participate in the attack. Strengthening physical training can improve the quick counterattack ability of defenders and make them more threatening in attack.

4.3. The importance of strengthening physical training in midfield position

Football midfield is the hub of the team's offensive and defensive transition, connecting the front and back fields, controlling the rhythm of the game, and is the key role of the team's tactical execution and creating offensive opportunities. Football midfielders need to have excellent skills, broad vision, accurate passing, strong running ability, strong tactical execution, tacit team cooperation and other qualities. Therefore, football midfielders should use the following training methods.

Increase running ability and endurance.

Midfielders are the hub of the team and need to run and pass frequently during the game. Strengthening physical training, especially endurance and speed training, can improve the running ability and endurance of midfielders, so that they can better complete the passing and ball control tasks.

Improving the ability to make quick decisions.

Midfielders need to make accurate judgments and pass choices in fast movement. Strengthening physical training can make the midfielders keep a clear mind and quick reaction ability, and improve the decision-making efficiency in the game.

Enhance tackling and tackling ability.

Midfielders need to actively tackle and intercept the opponent's passes in defence. By strengthening physical training, midfielders can improve their speed and strength, thereby enhancing their tackling and intercepting ability and winning more possession of the ball for the team.

4.4. The importance of strengthening physical training in the forward position

Football striker is the arrow of the team's attack, responsible for scoring goals, creating offensive opportunities, is the key role of the victory of the game, carrying the team's offensive hope. Football strikers need to have excellent shooting ability, speed, breakthrough skills, keen sense of smell, calm in front of the goal and tacit cooperation with teammates. Therefore, football strikers should use the following training methods.

Increase speed and explosiveness.

The striker needs to break through the opposing defense quickly and create attacking opportunities. Strengthening speed and explosive training can make forwards more threatening in the game and increase the team's scoring chances.

Improve shooting power and accuracy.

The striker's shooting ability directly affects the team's score. By strengthening physical training, the striker can improve the shooting power and accuracy, and increase the team's scoring efficiency.

Improve the ability to run and tackle without the ball.

The striker needs to run and tackle without the ball frequently during the game. Strengthening physical training can improve the striker's ability of running without the ball and tackling the point, so that he can grasp the attacking opportunity better [2].

4.5. The importance of strengthening physical training at the overall team level

At the football team level, the importance of strengthening physical training is self-evident. It can not only significantly improve the physical level of players, enhance the competitiveness of the team in the game, but also promote team cooperation and improve the efficiency of tactical execution. At the same time, physical training helps to reduce the risk of injury and maintain the stability and combat effectiveness of the team. Therefore, for football teams pursuing excellent results, strengthening physical training is an indispensable and important link. Therefore, the following training methods should be used in the overall football team.

Improve team understanding and cooperation ability.

Team training programs in physical training can enhance the tacit understanding and trust between players and improve the overall combat effectiveness of the team. By going through tough physical training together, the players can face the challenges of the game with greater unity.

Reduce the risk of sports injury.

Strengthening physical training can improve players' physical fitness and anti-attack ability, and reduce the risk of injury caused by sports injury. This is of great significance to ensure the physical health of the players and the stable development of the team.

Shaping a good competitive mentality.

Physical training is not only the exercise of physical quality, but also the sharpening of will quality. Through hard physical training, players can develop a tenacious perseverance and an indomitable spirit, a mental quality that is essential for them to remain calm and confident in the face of difficulties and challenges in the game.

It is of great significance for college football to strengthen physical training in every position. It can not only improve the players' individual competitive level, enhance the overall strength of the team, but also reduce the risk of sports injury and shape a good competitive mentality. Therefore, colleges and universities should pay full attention to the status and role of physical training in football training, formulate scientific and reasonable physical training plans, and provide comprehensive and systematic physical training support for players. At the same time, coaches should also develop personalized physical training programs according to the actual situation and competition needs of players to ensure that players can play the best level in the game.

5. Strategies of physical training for football players

5.1. Physical training according to position

(1) Physical training strategies for forward position players.

Players in the forward position, when their side has possession of the ball, run at a higher intensity than players in other positions, but run a shorter distance. So first need to develop aerobic endurance. For example, interval training. Set up 7 marker buckets, 5 meters between buckets, to run back, can be 5 to 8 groups, when the athlete's heart rate drops to 120 beats per minute after the next group. The repetition training method was used to divide the players into groups of 3. In a square area with a side length of 15 meters, the players in the two groups would pass and rush with the ball for 3 minutes, and carry out three groups with a break of 1 minute between the groups. During the pass and rush, the players were required to scramble actively, actively run and respond to create passing and receiving opportunities to improve their practice intensity. At the same time, under the premise of developing the aerobic endurance of the forward position players, attention should be paid to the training of the position players' sensitivity, explosive power and anaerobic endurance, so as to ensure the necessary physical needs of the position players in the game.

(2) Physical training strategies for mid-peak position players.

Mid-peak position players run the most distance, both to organize the offense and participate in the defense. Especially when the opponent gets the ball, the running intensity of players in the midfield position is higher than that of players in other positions. Therefore, it is necessary to develop both aerobic and anaerobic endurance of midfield players. In training, pass and grab training can be used with the forward players to develop the aerobic endurance of the players. Anaerobic endurance can be developed by sprinting 50 meters, 80 meters, 100 meters, 15 to 20 groups, 30 to 40 seconds between groups. At the same time, focus on the athletes' agility and coordination quality of practice, such as warm up activities or basic skills to use coordinated pace exercises, with the help of step ladder, football and other teaching AIDS to develop the coordination quality of athletes. The development of agility can be improved by practicing techniques and tactics such as getting rid of people with or without the ball in pairs.

(3) Physical training strategies for fullback position players.

Players in the guard position have the most prominent running characteristics when the opponent gains possession of the ball and organizes the attack in the back court of their own team, and need to have good explosive power, absolute speed and anaerobic endurance to carry out physical confrontation and fast chasing ability. Therefore, the physical training of the guard can improve the explosive power of the guard athletes by repeating the weight or resistance 50 meters sprint. Improve absolute speed and leg strength by weight squat, vertical jump and deep jump. The training of anaerobic endurance can be integrated into the technical and tactical exercises of inter-group confrontation from attack to defense, so as to improve the defenders' ability to quickly recover and react after losing the ball, and develop the players' anaerobic endurance.

(4) Physical training strategies for goalkeepers.

In the game, the goalkeeper's overall movement is mainly jogging. When the other team gets the ball and poses a threat to the goal, the goalkeeper's anaerobic endurance, explosive power, reaction speed, coordination, sensitivity, flexibility are required. The development of the goalkeeper's anaerobic endurance can be carried out by using interval training methods, sprints with various paces. For example, high leg sprint run, front and back cross-step sprint run, small break sprint run, etc. The running distance should be set within the range of 50 to 100 meters.

The training of the goalkeeper's reaction speed, coordination, flexibility and agility can be carried out separately, using the practice of reaction speed, coordination and agility with the ball. For example, a step ladder is placed in front of the goal, the coach holds the ball at a certain distance from the goal, and when the goalkeeper has completed a set of step training, the goalkeeper needs to make an immediate defensive reaction to prevent the ball from going into the goal. This will develop the goalkeeper's coordination, agility and reaction speed to a certain extent.

5.2. Physical training according to the team

(1) Develop scientific physical training plans to improve the overall competitive level.

Scientific physical training plan should be personalized according to the player's age, physical condition, duty position and other individual differences. Players of different ages have differences in growth and physical development, so training content needs to be tailored to meet their specific needs. In addition, the training program should have a clear periodic and phased character. Physical training is not a once-and-for-all process, but should be adjusted according to the game season, team goals and other factors. Periodic adjustments allow players to focus on developing different physical abilities at different stages, such as endurance, explosive power, flexibility, etc., to ensure that they can fully cope with various challenges in the game. In addition, scientific physical training plans need to fully consider the systematic training. Even if one aspect of physical training is emphasized, other aspects of training cannot be ignored. A player with all-round ability should be fully developed in many aspects such as strength, speed and flexibility, so as to show their advantages more comprehensively in the game [3].

For example, if the training goal is to improve an athlete's endurance, speed, and agility, the training program can be set to: Monday endurance training, long-distance running, the distance can be determined according to the athlete's physical basis, generally 3 to 5 kilometers, pay attention to maintain a stable pace, not too fast; Tuesday speed training, short distance sprint training, such as 30 meters, 50 meters, 100 meters, each distance repeat 5 to 8 times, rest 1 to 2 minutes in the middle; On Wednesday to have a rest, let the body completely restored; Thursday strength training, equipment training, such as squats, hard pull, bench press, etc., 3 to 4 groups per movement, 8 to 12 times per group, pay attention to choose the appropriate weight to avoid injury; Friday agility training, changing direction running, Z-run and other training to improve the athletes' changing direction and reaction ability, each training 20 ~ 30 minutes; Rest on Saturday and Sunday or engage in relaxing activities, such as yoga, walking, etc., to relieve physical stress. When formulating the training plan, it is important to consider the individual differences and needs of athletes to ensure the pertinence and effectiveness of training. At the same time, it is necessary to adjust and optimize the training plan according to the actual situation.

(2) Strengthen the integration of physical training and technical and tactical training to enhance competition coping ability.

In college football training, strengthening the integration of physical training and technical and tactical training is the key measure to improve the overall strength of the team, and integrating

physical training into technical and tactical training can better simulate the game scene. Through physical training programs with the ball, such as running with the ball, passing partners, etc., players can better apply their physical improvement to the actual game and enhance their coping ability in the game. The combination of physical training and technical and tactical training can better cultivate the comprehensive quality of players. Football is a comprehensive sport, players not only need to have excellent skills, but also need enough physical support. By adding physical elements to the technical and tactical training, the players can better play their physical qualities in actual combat and improve the overall level of sports. In addition, strengthening integration can also promote the improvement of the team's overall coordination ability. On the court, the technical movement and physical quality need to be closely matched, only in this way, the team can form a more tacit cooperation in the game. By adding tactical elements to the training, the players can better understand and apply the tactical concept in the physical training, and improve the combat effectiveness of the whole team. Not only that, integration can also improve the sensitivity of the players to the game situation. In integration training, players need to think more and adapt to various match scenarios, develop their tactical awareness and flexibility, which not only helps players make smarter decisions in the game, but also better cope with changes in the opponent [4].

For example, a training course could be designed that combines physical and tactical skills. Start the class with 20 minutes of endurance running to improve the players' physical fitness. Next, it turned to technical and tactical exercises, and carried out team passing training, so that players could maintain the accuracy and speed of passing while moving. Then the actual combat simulation, adding the defensive players, requiring the offensive players to make quick decisions in a limited space, which not only improves the technical and tactical level of the players, but also exercises their physical strength and response ability under pressure. Finally, the 1-on-1 offensive and defensive training is conducted, which not only exercises the speed and agility of the players, but also improves their defensive and offensive skills. The whole class closely combines physical fitness with technical and tactical training, so that players can better cope with various situations in the actual game.

(3) Improve physical training facilities and resource investment to improve players' adaptability.

Improving physical training facilities and resource investment plays a key role in college football training. Advanced physical training facilities can provide a more comprehensive and scientific training environment, and reasonable training facilities layout can make training more targeted to meet the different needs of players at different stages of training requirements. First, adequate investment in resources can attract and develop high-level coaches and physical trainers. College football teams need to have a professional and experienced coaching team that can scientifically guide and supervise the players' physical training. Investing enough resources in the recruitment and training of coaches will help improve the overall level of the coaching team and ensure that the training process is scientific and standardized. Secondly, resource investment also includes the provision of adequate physical training equipment and equipment, which covers from basic training tools to advanced scientific and technological equipment, such as heart rate monitors and exercise trackers. These devices can help coaches better understand the training status of players, adjust training plans, and achieve personalized physical training. At the same time, it also provides more diversified and interesting training methods for players to enhance training [5]. Finally, the investment of sufficient resources helps to improve the quality of the training ground. Having a sufficient number of standardized training venues can ensure that the team can carry out large-scale, high-quality physical training at any time. This not only improves the team's training efficiency, but also improves the players' ability to adapt to different field conditions.

For example, in order to improve the physical training facilities, the school has invested a lot of resources to build a multi-functional training hall, equipped with advanced fitness machines, treadmills and exercise monitoring systems, which can meet the individual training needs of players and help them more accurately track and evaluate their physical conditions. In addition, the school has also hired professional physical trainers, who have rich experience and professional knowledge, can formulate scientific training plans according to the actual situation of the players, and provide targeted guidance. The addition of these coaches provides the players with more professional and systematic physical training support. Through the improvement of facilities and resource investment, the school has created a better training environment and conditions for players, so that they can comprehensively improve their physical fitness level and be fully prepared for future competitions. This investment not only reflects the importance of the school to football, but also provides a strong guarantee for the development of players.

The physical training of football team is an indispensable key link in shaping a strong team. It is not only a simple physical exercise process, but also a comprehensive, detailed and targeted systematic engineering. In this process, first of all, it is necessary to conduct special physical training for players in different positions on the basis of widely improving the comprehensive physical quality of players. This is because each position in the game has its own unique responsibilities and requirements, such as the striker needs strong sprint ability and shooting skills, while the goalkeeper needs excellent reaction speed and save ability. Therefore, only special physical training for the characteristics of each position can ensure that the players play the best level in the game. However, physical training is not just simple strength training or endurance training, it also needs to be combined with the actual game situation to carry out physical training with the ball. This is because, in the real game environment, players need to face a variety of complex and changeable situations, including opponents' pressure, teammates' cooperation and field conditions. Therefore, only in training to simulate these actual scenes, so that players have the ball in the case of physical training, in order to better improve their adaptability and resilience in the game [6].

6. Conclusion

At present, there is still a certain gap between domestic football and foreign countries in physical training. In particular, targeted physical training for different positions, this practice started late in the country, and mainly concentrated in the high-level league team. Therefore, it is particularly important for college football training teams to pay attention to and accumulate the experience of targeted physical training for players in different positions. This not only requires coaches to have rich professional knowledge and experience, but also needs to constantly try and innovate in the training, to build and improve targeted scientific physical training programs and training plans. Only in this way can the college football training team make great progress in physical fitness and lay a solid foundation for the outstanding performance of the players on the field.

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