

## THE IMPROVEMENT OF THE AEROBIC CAPACITY OF PROFESSIONAL MACEDONIAN PLAYERS USING SPECIFIC GAME-RELATED SOCCER SKILLS

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### **Introduction**

If a player has a lot of experience in a certain situation, he will be able to decide what to do much faster. (Verheijen,R.1998). The training should be specific to football, with an emphasis on performing exercises with a ball. In furthermore for efficient use of often limited training time, as technical skills and tactical knowledge are also practiced. (Bangsbo,J.1994). The aim of this study is to present the preparation period and give examples of training programs of how to improve the aerobic capacity with game-related specific soccer skills.

### **Methods**

Players were measured with protocol of YO-YO Intermittent Endurance YYIE2. Organization and tools for control intensity training it's the number of players, space and game rules. Volume in the each of the training session in main part of training was expression between 15-35 min. delayed in the intervals with work/rest ratio 90 second-15 min./30 second -5 min. rest period. In the all exercise we respect to include fitness, techniques and especially tactical dimension of soccer game.

### **Results & Discussion**

In this study attend 27 professional soccer players, age 22±9, height 178±7cm, weight 71±8kg. We used SPSS 15. Results of the first measurements YOYOIE-1 it's the mean value 1780m. maximum 2240m. and minimum 1040m., YOYOIE-2 in final measurement we detect mean values 2010 m., maximum 2680m. and minimum 1200m. The differences between initial and final measurements the mean value its 230m. more running. Between YOYO IE1 test and high intensity activity during the soccer match was founded significantly high correlation. (Bangsbo,J. et al.1999). If we compare our and other scientific research we found very similar results.

### **Conclusion**

Soccer conditioning must also be systematic and variable. (Verheijen,R.1998). Involving the ball during practice ensures that the muscles used in football. In furthermore for efficient use of often limited training time, as technical skills and tactical knowledge are also practiced. (Bangsbo,J. 1994). Specific games-related soccer skills it's the ideal solution for the create modern training process and improve all specific fitness needed in the soccer preparation.

### **References**

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