LEVEL OF PHYSICAL PREPARATION OF EFFICIENCY OF TECHNICAL-TACTICAL ACTIONS OF FOOTBALL PLAYERS

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Abstract

In this article, the scientific and practical experiences of local and foreign scientists in the field of sports on the technical-tactical and physical development of young football players, and scientific-theoretical information presented in the sources of scientific literature are studied. By analyzing the training process of young football players, modern methods of developing their technical-tactical and physical fitness were used in the research process. Scientific-theoretical opinions on the control of the level of preparation were put forward and scientific research works were carried out, the results obtained from the research were comparatively analyzed and appropriate conclusions were drawn.

Keywords: rapid-force, technical-tactical training, annual training, research group, control group, training.

Аннотация

В данной статье изучены научно-практический опыт отечественных и зарубежных ученых в области спорта по технико-тактическому и физическому развитию юных футболистов, а также научно-теоретические сведения, представленные в источниках научной литературы. Анализируя процесс подготовки юных футболистов, в процессе исследования использовались современные методы развития их технико-тактической и физической подготовленности. Выдвинуты научно-теоретические взгляды по контролю уровня подготовки и проведены научно-исследовательские работы, проведен сравнительный анализ полученных в ходе исследований результатов и сделаны соответствующие выводы.

Ключевые слова: скоростная сила, технико-тактическая подготовка, годовая подготовка, исследовательская группа, контрольная группа, тренировка

However, the problem of optimizing training sessions during the competition was left aside. We all know that in sports games, especially football, there is a specific importance of planning training and conducting it based on a specific program. The fact that football competitions consist of many "rounds" means that we must have an optimal program to ensure that the players are at a high level of physical and psychological preparation for each "round".

Due to the density of "tours" during the competition, players are required to develop high level of physical fitness and technical-tactical skills in order to prepare for each "tour".

Relevance of the study

The problem of training talented and competitive football players with high technical skills, wide physical and functional capabilities determines the need to develop alternative and effective pedagogical technologies.

A number of experts have recommended their method to increase the quickness of the players. But currently, in the training of football players, little attention is paid to the aspects of quick-strength qualities related to technical-tactical actions. First of all, it is necessary to pay great attention to the correct distribution of training loads and the development of quick-strength qualities from the initial stage of specialization. In order for football players to perform at a high level, it is necessary to develop well the various systems of the body.

The purpose of the research: The purpose of the scientific research: to improve the efficiency of the technical-tactical training of young football players during the annual training period and to study its connection with physical training.

In order to determine the dynamics of the effectiveness of technical and tactical actions of young football players during the annual training period, observations were made during training sessions and friendly matches.

Players of two groups participated in the research. 20 young players will participate in each group . In order to determine the physical and technical-tactical preparation of the students, their physical and technical-tactical preparation was checked through special tests and the following standards were adopted:

Before the study, control tests on the physical training of the experimental and control groups were taken and the following results were obtained.

Experimental group 30m before the study. 4.8 seconds, 69.2 seconds in 400 meters, 186 centimeters in long jump, 30 meters. 5.3 in the run with the ball, 77 in the footy, 29.7 meters in the long kick with the right foot and 24.4 meters in the kick with the left foot. They also showed a result of 14.2 meters when throwing the ball from the outside (Table 6).

Control group Participants 30m before the study. to run 4.9 seconds on average according to the standard of control, 68.6 seconds for running 400 meters, standing long jump 187 centimeters, 30m. 5.3 in the run with the ball, 72.7 in the footy, 29.3 meters in the long kick with the right foot and 24.3 meters in the kick with the left foot. They also showed a result of 14.2 meters in throwing the ball from the outside. (Table 1)

Tests for the assessment of physical and technical-tactical training of the experimental group before the study (Table 1)

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
	Abdukodirov J.	5.0	70	190	5.3	51	30	20	14
	Abdufaizov M.	4.8	70	180	5.4	62	28	22	13
	Abdumajidov N.	4.7	72	185	5.5	95	31	23	15.5
	Akramjonov A.	4.9	70	190	5.2	80	26	31	14
	Algadumorov G.	5.0	69	180	5.1	60	31	21	13
	Abduvaliev S.	5.1	70	190	5.4	63	32	28	14
	Boriev V.	4.9	68	200	5.3	92	27	30	14
	Ganiev A.	4.9	69	180	5.3	60	26	23	13
	Zakirov B.	4.7	70	185	5.6	63	30	20	15
	Makhamatov Kh.	4.8	70	180	5.4	97	38	19	15.5
	Mirzaev M.	4.9	69	180	5.1	53	29	25	13.5
	Madusmanov J.	4.9	68	180	5.0	85	26	31	15
	Nasirkhanov N.	4.8	67	185	5.3	112	29	26	13
	Omonov A.	4.7	69	200	5.1	101	30	20	15.5
	Rakhimov T.	4.8	70	180	5.5	58	31	18	15
	Rakhimov S.	4.7	71	190	5.6	90	32	27	14.5
	Rustamov S.	5.1	68	195	5.3	101	30	25	14
	Sadritdinov Sh.	4.9	67	180	5.1	89	30	22	14.5
	Tojiboev B.	4.8	69	180	5.5	102	29	26	15.5
	Yergashev O.	5.0	68	190	5.4	78	30	31	13
X		**4.8**	**69.2**	**186**	**5.3**	**77**	**29.7**	**24.4**	**14.2**

After that, in order to improve the effectiveness of technical and tactical training in the study group during the annual training period, the proportion of technical-tactical training was increased in the planning of training hours, physical training exercises were added to match episodes, and in the experimental group, training through this distribution trainings were conducted. After six months of training, we again received control norms from the players of the experimental group.

Tests for the assessment of physical and technical-tactical training of the control group before the study (Table 2)

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1.	Abdukodirov J.	5.1	69	185	5.6	68	28	18	13
2.	Abdufaizov M.	4.9	71	190	5.4	70	27	22	14
3.	Abdumajidov N.	4.8	67	180	5.2	59	25	24	13.5
4.	Akramjonov A.	4.9	68	190	5.5	48	22	26	15
5.	Algadumorov G.	5.0	68	200	5.3	51	29	32	14
6.	Abduvaliev S.	4.9	69	185	5.1	62	31	28	13.5
7.	Boriev V.	5.0	67	195	5.6	87	33	20	14
8.	Ganiev A.	4.9	70	190	5.3	99	31	26	15.5
9.	Zakirov B.	5.0	70	180	5.5	133	29	21	14
10.	Makhamatov Kh.	5.1	69	180	5.5	48	27	25	13
11.	Mirzaev M.	4.9	68	195	5.4	59	32	24	14.5
12.	Madusmanov J.	4.9	68	190	5.3	75	31	22	14
13.	Nasirkhanov N.	4.8	67	185	5.2	81	29	24	15
14.	Omonov A.	4.9	69	200	5.0	72	28	22	16
15.	Rakhimov T.	4.8	69	190	5.2	42	29	31	14
16.	Rakhimov S.	4.9	68	180	5.1	44	33	24	15
17.	Rustamov S.	4.8	70	185	5.3	87	31	28	15

18.	Sadritdinov Sh.	5.0	71	180	5.4	129	32	19	14.5
19.	Tojiboev B.	4.9	68	185	5.6	66	30	24	14
20.	Yergashev O.	4.7	67	190	5.5	74	29	26	13.5
X		**4.9**	**68.6**	**187**	**5.3**	**72.7**	**29.3**	**24.3**	**14.2**

Experimental group 30m before the study. 4.8 seconds in the control standard, after the study this figure was 4.6 seconds, in the 400 meter run it was 69.2 seconds before the study, 66.8 seconds after study, standing long jump 186 centimeters before study, 197 centimeters after study, 30m. 5.3 in running with the ball, 5.0 seconds after the study, 77 before the study in footwork, 108 after the study, 29.7 meters in the long kick with the right foot and 29.7 meters with the left foot 24.4 meters in the kick, 32.9 meters in the right foot after the study and 27.4 in the left foot meter. And in throwing the ball from the outside, they showed the result of 14.2 meters before the study , and after the study, this indicator was 16.1 meters (Table 3).

Tests for the assessment of physical and technical-tactical training of the experimental group after the study (Table 3)

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1.	Abdukodirov J.	4.8	66	200	5.0	89	35	24	16
2.	Abdufaizov M.	4.6	67	190	5.2	97	33	26	14.5
3.	Abdumajidov N.	4.6	68	200	5.3	130	32	28	16.5
4.	Akramjonov A.	4.7	68	200	5.0	180	30	35	16.5
5.	Algadumorov G.	4.8	66	190	5.0	160	36	27	15.5
6.	Abduvaliev S.	4.7	66	210	5.2	76	38	33	16.5
7.	Boriev V.	4.8	67	215	5.0	130	31	33	18
8.	Ganiev A.	4.8	65	190	5.1	86	29	25	16.5
9.	Zakirov B.	4.5	67	200	5.0	78	32	24	16.5
10.	Makhamatov Kh.	4.7	68	190	5.2	105	36	22	17
11.	Mirzaev M.	4.6	68	190	5.0	139	30	27	15
12.	Madusmanov J.	4.8	67	205	4.8	78	28	34	16
13.	Nasirkhanov N.	4.6	66	190	5.0	167	31	28	15.5
14.	Omonov A.	4.5	66	185	4.9	91	33	21	17
15.	Rakhimov T.	4.6	67	200	5.2	90	34	19	16

16.	Rakhimov S.	4.6	68	200	5.3	73	36	29	16
17.	Rustamov S.	4.7	69	200	5.2	363	32	33	17
18.	Sadritdinov Sh.	4.8	65	205	5.1	97	36	28	17
19.	Tojiboev B.	4.6	66	190	4.9	107	34	24	15.5
20.	Yergashev O.	4.6	67	205	4.8	126	32	28	16
X		**4.6**	**66.8**	**197**	**5.0**	**108**	**32.9**	**27.4**	**16.1**

Training in the control group was carried out unchanged and after 6 training sessions, we rechecked them through control standards. **The control group** exercised 30m before the study. The average running time of 4.9 seconds was 4.8 seconds after the study. 68.6 seconds before the study in the 400 meters, 67.8 seconds after the study, 187 centimeters in the standing long jump, 191 centimeters after the study, 30m. in running with the ball was 5.3 seconds before the study and 5.2 seconds after the study. 72.7 in kicking the ball, 90.2 after the study, 29.3 meters in the right-footed long kick before the study and 24.3 meters in the left-footed kick, from the study then this indicator showed 30.8 meters in the right leg and 26.7 meters in the left leg. Before the study, the result of the throw was 14.2 meters, and after the study, this indicator reached 14.7 meters (Table 4).

According to the results of the study, the indicators of physical fitness increased in both groups compared to the initial results, but in the participants of the control group, these indicators increased at a low level, while in the research group, the results showed a significant increase. we can reach

Tests for the assessment of physical and technical-tactical training of the control group after the study (Table 4)

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1.	Abdukodirov J.	5.0	68	190	5.4	80	30	21	14
2.	Abdufaizov M.	4.9	69	190	5.2	105	29	22	14
3.	Abdumajidov N.	4.7	67	185	5.1	145	29	27	14.5
4.	Akramjonov A.	4.9	67	190	5.4	135	26	30	15.5
5.	Algadumorov G.	5.0	68	200	5.3	170	32	35	14

6.	Abduvaliev S.	4.8	67	190	5.1	65	32	30	14
7.	Boriev V.	4.9	66	200	5.4	89	33	25	15.5
8.	Ganiev A.	4.9	69	195	5.2	138	31	28	15.5
9.	Zakirov B.	4.9	68	185	5.4	100	31	24	14
10.	Makhamatov Kh.	5.0	68	185	5.3	70	28	26	14
11.	Mirzaev M.	4.8	68	195	5.2	105	33	28	15
12.	Madusmanov J.	4.8	67	200	5.1	89	32	24	14.5
13.	Nasirkhanov N.	4.7	66	190	5.2	90	30	25	15
14.	Omonov A.	4.8	68	190	5.0	88	28	26	16.5
15.	Rakhimov T.	4.7	69	195	5.1	50	31	32	15
16.	Rakhimov S.	4.8	67	185	5.0	70	34	26	16
17.	Rustamov S.	4.8	68	190	5.1	40	33	29	15
18.	Sadritdinov Sh.	4.9	69	185	5.2	51	34	24	15
19.	Tojiboev B.	4.8	68	195	5.2	45	31	24	14
20.	Yergashev O.	4.8	70	190	5.3	80	30	28	14.5
X		**4.8**	**67.8**	**191**	**5.2**	**90.2**	**30.8**	**26.7**	**14.7**

Conclusion Special literature shows that the control of competitive activity of football players plays an important role in the process of training football players. Along with the assessment of individual technical-tactical actions, players determine the qualities of speed, strength, special agility, endurance and technical movement skills. Based on the results of the analysis, a targeted impact can be made on various aspects of the player's training.

Technique training and its improvement depends on several factors, for example, the level of preparation of the players, the training period, the number of balls, the condition of the field and the meteorological conditions. Regular monitoring of movement training serves to consciously organize the work of the coach and is of great help to young players. Control and self-control instills a sense of freshness and self-confidence in the player.

Teaching and training methods of game technique should not contradict the essence of the game, on the contrary, it is necessary to take into account the requirements of the game. Exercises adapted to home situations and selected taking into account the players' obligations at home are very important, and training sessions should make up 50-60% of the training material.

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