



Planning And Organizing Training Of Football Players

D.I. Choriyeu

Teacher, Department Of Social Sciences And Humanities, Tashkent State Agrarian University,
Samarkand Branch, Uzbekistan

Journal Website:

<https://theamericanjournals.com/index.php/tajssei>

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.

ABSTRACT

This article focuses on planning and organizing the training of players, the comprehensive development of physical abilities, strength, speed, endurance, agility, several other physical qualities, techniques and tactics.

KEYWORDS

Young player, agility, quality, technique, development, training, exposure time, agility, loading, training.

INTRODUCTION

Taking into account the popularity and great interest in football in Uzbekistan, its importance in strengthening the health of the population and improving physical culture, the wide opportunities for expanding sports ties in the international arena, assistance in the development of football and the necessary conditions creation, including strengthening the material and technical base of football clubs, bringing stadiums in line with FIFA requirements, the transfer of the Football Federation of Uzbekistan and football clubs to

self-financing, participation in world and Asian championships, international To ensure the training of highly qualified players capable of defending the honour of Uzbekistan at competitions, as well as to increase the popularity of football in our country, decisions were made. Football, which is respected by our people, is one of the priorities of our state policy. The Resolution of the President of the Republic of Uzbekistan dated March 17, 2018 "On measures to develop football" and the decisions made to date can be attributed to the

fact that Uzbekistan attaches great importance to the development of football [1].

MATERIALS AND METHODS

In the system of training players, it is expedient to distinguish the following types:

- long-term training of the athlete;
- One year of training, which includes medium and small cycles (microcycles).

The following tasks are assigned to sports schools:

- Conditions for the implementation of the curriculum; continuous practical and theoretical training; good organization of the system of selection of young players;
- Regular participation in competitions; rehabilitation, implementation of preventive measures; mentoring and arbitration internships;

Departments in sports schools are formed of primary training and educational groups.

Sports improvement groups will be set up in children's and youth sports schools (CYSS), which have achieved high results in sports training and created the necessary conditions.

Children and youth sports schools under the Ministry of Public Education of the Republic of Uzbekistan are formed taking into account the following ages: 8 - 9, 10 - 11, 12 - 13, 16 - 17 years.

The main task of the study groups is determined by the tasks of sports schools for children and adolescents.

Primary training groups: to provide comprehensive physical training of participants based on the general physical

training section of the CYSS program on football, interest in regular participation in football, sports skills in training groups it will be necessary to identify gifted children and adolescents for improvement. In these groups, young players learn tactics. Get theoretical knowledge about the tactics and rules of the game of football, the hygienic nature of the training process [2,3].

Responsibilities of the first (10-11 years old) and second (11-12 years old) study groups:

- a) Strengthening health and strengthening the body,
- b) Development of speed, agility and coordination of movements;
- c) Mastering technical techniques, learning the basics of individual, group and team tactics of the game;
- d) Mastering the game process following the rules of football, participation in football competitions; to get acquainted with theoretical knowledge about medical supervision, personal hygiene, football history, techniques and tactics, rules of the game of football.

Tasks for the second (12-13 years old) and fourth (13-14 years old) study groups:

- a) Strengthening health, comprehensive improvement of physical fitness:
- b) Development of qualities of agility, agility and general endurance;
- c) Mastering all aspects of game techniques;
- d) Improving individual and group game tactics;
- e) Mastering the basics of team tactics; development of tactical thinking;

- f) Participation in football competitions;
- g) The development of basic judging skills; exercise methods, mastering the basic theoretical knowledge of the tasks of the players on the team lines, getting acquainted with the tactical scheme of the game.

Tasks of the third (14-15 years old) and sixth (15-16 years old) study groups:

- a) Comprehensive improvement of physical fitness, including the development of more strength, speed, general and special endurance qualities, improvement of technical methods of play;
- b) Achieving a high level of technical performance in a limited amount of time and space;
- c) Improving individual, group and team game tactics, studying “standard” situations, continuing to develop tactical thinking in complex game situations;
- d) Mastering the basics of players' sportsmanship;
- e) Acquisition of arbitration skills; improve independent study skills.

Sports improvement groups (16 - 17) and (17 - 18 years): development of individual athletic training with special emphasis on endurance and agility;

- a) Improving game techniques quickly and efficiently, with particular emphasis on increasing the number of technical techniques;
- b) Development of individual tactical actions in defence and attack;

- c) Increase the level of mental preparation;
- d) Participation in competitions, mastering sports uniforms, gaining experience through games of highly qualified teams;
- e) Deep theoretical knowledge, especially in the field of sports training and refereeing, fostering determination and purpose in the organization and conduct of football competitions, the achievement of sports results.

The main forms of the educational process in the sports school: theoretical and group practical training, individual training, calendar competitions, training and friendly games, sports camps and training sessions.

Training of highly qualified players:

Modern football places high demands on an athlete's personality and training. Improved forms, methods and means of preparation should be sought. This, in turn, requires a high level of knowledge from the coach, a scientific approach to sports. The training program is an important document that reflects the amount of performance of the training process. Planning documents will be developed based on the player training program. Perspective planning determines the direction and content of the four-year cycle of player training [5,6].

Perspective planning should address the following issues:

- Increase the effectiveness of the training process;
- Improving the system of selection for the team;
- Improving the material and technical base;
- Improving the complex control system;

- Improving the efficiency of scientific and methodological support.

The future plan includes the following sections:

- Goals and objectives of training;
- Stages of preparation;
- Team building by years;
- Dynamics of competition and training load;
- Training of coaching staff;
- Logistics.

Annual planning: Annual planning is created in accordance with the future plan and is part of it. It is based on the calendar of domestic and international competitions. It is divided into the following sections:

- The purpose of training;
- Training tasks;
- Training periods;
- The content of the training process;
- Dynamics of training and competition loads;
- Allocation of time for the types and means of preparation for the annual cycle;
- Scientific and methodological support;
- Comprehensive control of training, competitions and recovery;
- Medical care;
- Logistics.

The amount of downloads in the annual training cycle depends on which league the team participates in, the length of the tournament period and the number of games in it. The annual training cycle is divided into three periods: preparation, competition and transition. During training, the average workload is 180-240 hours, and during the competition - 380-400 hours. A total of 700-750 hours of training are conducted annually.

Including games (150-170 hours), the practical workload should be around 900 hours [6,7].

The structure and duration of many years of training depending on the following factors:

- Individual and sexual characteristics of athletes, their biological changes and often associated with the growth of their skills;
- The age at which the athlete began training and began special training;
- A system of competitive activities and training of athletes that ensures high sports results;
- The content of the competition process, the use of additional factors (special meals, exercise equipment).

When planning training activities, it is necessary to take into account the goals and objectives of the team, the results of previous plans, the working conditions of the team. The plan should include a concept of perspective training that outlines specific goals and objectives.

The organization of the training process in sports schools is based on modern training methods, through the mastery of high training loads by young players.

Preparatory period: In highly qualified communities, the length of this period is reduced to 8 to 10 weeks in recent years. The main task during this period is to ensure the full training of players and, based on it, to improve technical and tactical skills and willpower. A thorough medical examination is performed before the training. The preparation period is divided into two stages: general and special. Running is recommended to develop overall endurance, taking into account that the player will run a distance of 12-15 km per game. In the

general training phase, the focus is on intensity, while in the special training phase, running exercises are performed with the ball. To develop special endurance, you need to use 3x2, 4x3, 5x3, 6x3, 4x4, 6x6, 8x8, 11x11 and other exercises with the ball. At the end of the training period, technical and tactical training will focus on improving movement skills and tactical thinking.

Competition period: This period lasts up to 9 months and is conventionally divided into three stages: first round, break, and second round. The content of the training depends on the level of preparation of the players and the length of the inter-game cycles. At the beginning of the first round, the sports uniform will continue to be achieved. The volume of nonspecific (non-traditional) exercises decreases. Special exercises should be chosen in such a way that they ensure a high level of preparation for the player for each game. The difficulty of managing a sports uniform is that training in Uzbekistan is carried out in conditions of high outdoor temperatures. During this time, classes can be held in the morning and evening to increase the effectiveness of the training. Features of training in different age groups: Training is based on their age, anatomical, physiological and mental characteristics.

RESULTS

It is necessary to take into account the relatively low functional capacity of children aged 8 to 11 years and to pay special attention to those who are engaged in it. It is advisable to train 8- to 11-year-olds in ball-handling techniques and game tactics using age-appropriate exercises. You can teach two or three techniques in one session. A two-way

match does not have to be played according to accepted rules and on a large field. Tactical moves in an 11x11 team game can be a challenge for them. It is easy for children to master individual and tactical movements in small areas (30-50 m and 20-30 m) in a limited format, such as 3x3, 4x4, 5x5, through two-sided play and play exercises.

Moving games should be used extensively to develop thinking skills in the game. Children aged 8-11 should spend 50% of their time on physical fitness. In adolescents 12-15 years of age and 16-17 years of age, primary education is conducted with a focus on the individual preparation of the trainees. Teaching young people and teenager's technical and tactical techniques and strengthening this knowledge is done through more challenging exercises than training 8-9 and 10-11-year-old players. It is important to remember that a young player comes to CYSS to improve his skills.

In the 10-12-year-old training groups, the focus should be on cultivating speed of movement in relation to the development of agility. Because children do not have a lot of strength, strength training should be done with care. The main means of cultivating overall endurance is to run long distances at the same pace. Its duration is gradually increased from 10 minutes to 30 minutes. Fostering agility and flexibility is the basis for mastering difficult motor coordination. It is recommended to use movement and sports games, acrobatic exercises, jumps. Running exercises are performed with additional tasks (sudden stop, change direction, turns). Teaching techniques and tactics are mainly integrated exercises.

At the age of 10-12 years, speed increases mainly due to the development of speed-

strength qualities and the growth of the muscular system. That's why speed-strength exercises (jumps, depressions, changes in acceleration when running) play an important role in the structure of speed training. To cultivate endurance: cross-country running at a pace; sports and movement games, running and playing games in parts. In large training groups, great emphasis is placed on speed training, as it is very difficult to develop. During the training, the exercises are selected according to the following characteristics:

- The content and direction of the game (improvement of technique and tactics, development of physical qualities);
- Influence on certain functions of an organism (aerobic, anaerobic and mixed);
- Duration and intensity of exercises, number of repetitions, number of breaks, etc.

REFERENCES

1. Resolution of the President of the Republic of Uzbekistan dated March 16, 2018 No PQ-3610 "On measures to further develop football."
2. Tolipjonov A.I. (2012). The modern system of training highly qualified players. Study guide. Tashkent. p.164.
3. Nurimov R.I. (2005). Technical and tactical training of young players. Tashkent. p.104.
4. Nurimov Z.R. (2004). Substantiation of effective means of improving the group tactical actions of qualified football players. Tashkent.
5. Karimov A.A., Tulaganov A.A. (2015). Some aspects of determining the speed of highly qualified players in the competition. Modern Problems of the

theory and methodology of physical culture and sports. Tashkent. pp. 250-251.

6. Nurimov R.I., (2014). Davletnuradov S.R. Improving the group tactical movements of highly qualified players. Textbook Tashkent. 51.
7. Djuraeva, D. D., & Berdiyeva, Z. M. (2016). Cultural heritage as a factor of human development (on the example of Uzbekistan). Ученый XXI века, 23.