



Results Of A Study Of Special Training Of 16-17 Year Old Players

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ABSTRACT

In football, the effectiveness of competitive activities depends on a number of factors, among which the special training of the athlete is of great importance. The article explores questions related to the special training of athletes in a football sport. The structure of competition activities of 16-17 year old players has been studied and analyzed through pedagogical methods. Indicators reflecting the specific game endurance and speed-endurance of the teams were studied.

KEYWORDS

Competitive activity of players, special training, process of competitive activity, special game endurance, volume of technical-tactical actions, efficiency of technical-tactical actions, speed-endurance.

INTRODUCTION

In the Republic of Uzbekistan, attention is paid to the development of physical culture and sports at the level of state policy, and the development of football is one of the priorities in the country [1,2].

Establishing a system of selection, selection and training of talented young players, bringing the country's football to a level where it can compete with developed countries, training football professionals in accordance with international requirements

and standards, developing football clubs and a number of other tasks. The decision was made by the Decree of the President of the Republic of Uzbekistan Sh.M.Mirziyoev dated December 4, 2019 No PF-5887 "On measures to bring the development of football in Uzbekistan to a completely new level" [1].

Currently (August 2020), the national team of Uzbekistan ranks 85th in the FIFA rankings. In accordance with the decree, the "Concept of bringing football in Uzbekistan to a new level by 2030" was approved, and the goal is to gradually raise the rating of Uzbekistan to 2030 by 2030.

Therefore, in the coming years, the issue of training players will be of particular importance, and the effectiveness of training will be one of the most important factors determining the outcome of achieving the goals set. Targeted and effective management of players' training, in turn, depends on a number of factors. These include knowing the features of today's football, ie having accurate information (indicators) about the structure of the competition and the organization of training of players based on them.

One of the hallmarks of modern football is the intensification of competition, the increase in the proportion of single combat moves for the ball, and the use of sharp and active counter-movement by opposing players, which have to be carried out in a short time and in very limited areas. In order to continue the competition effectively in such conditions, it is clear that an appropriate level of preparation is required. Only a high level of development of all-round training of players will allow them to effectively perform the specified actions.

The fact that the competition is intensifying, the players are carrying out large-scale activities, in turn, means an increase in the requirements for the athlete's body, its level of functional training. The special training of the player requires a high level. These

conditions, in turn, encourage to increase the effectiveness of the preparatory process, more targeted organization of training activities.

In turn, improving the effectiveness of training involves many organizers. According to many experts in the field of football, in order to effectively manage the training of players in the training process, it is important to know the results of existing competitions [3]. One of the key factors in this is to know the specifics of the competition activities of the players of each age group, which is the basis for the purposeful and focused organization of the training process of the players in the relevant group.

Due to the peculiarities of modern football, our local scientists emphasize the need to change the structure of training and further increase the requirements for the training of players [4].

Based on the results of a number of studies conducted in football, the indicators that reflect the structure of competition activities of players of different age groups have different appearances, and each of them is distinguished by its own characteristics. In particular, psychophysiological, physical and technical training, as well as psychological characteristics of the individual are important factors in the players aged 15-16 and 16-17 in the basic training phase.

The endurance of the player is one of the main issues in this regard. Its special durability comes to the fore, especially when performing special-looking movements. The player's special endurance is complex and multi-component, requiring differentiated training effects. In football, special endurance refers to the ability of a player to cope with the symptoms of fatigue that occur during muscle activity in certain game modes, and the effectiveness of technical and tactical

actions performed by the athlete should not decrease over time [7].

The importance of game endurance has been growing in recent years, especially in sports. Given the fact that in modern sports there is a growing demand for the level of technical and tactical training of the athlete, the issue of adequate formation of game endurance is important today.

The results of the study and analysis of specific sources related to football have once again shown that in the training system of players in the sports improvement group (16-17 years), one of the main organizers is the organization of special training of athletes. There will also be a number of organizers of special training. Among them, the importance of special endurance is very important for this age group. The high level of formation of all forms of special endurance in the player is ultimately considered as a factor that directly affects the results of the competition, ensuring that the team moves during meetings in high efficiency, high activity.

The purpose of the study: to study the level of special training of 16-year-old players in the context of competitive activities. Objectives of the research: - study and analysis of special scientific sources on the subject; - Determining the level of special game endurance of 16-year-old players in competitive activities; - To determine the activity of 16-year-old players in movements at maximum and close speeds, reflecting the speed-endurance.

Methods of research: analysis of scientific and methodological literature on the subject, methods of pedagogical observation of the competition, methods of mathematical and statistical analysis of the collected results. Organization of research. During the research, the processes of competition activity of young players were studied using the methods of pedagogical observation and analysis. The pedagogical observation was carried out

during the matches of Tashkent football teams Pakhtakor (U-16) and Lokomotiv (U-16), which are participating in the Tashkent city championship.

During the observation to determine the performance of the players during the football match, the technical and tactical actions taken by the players during each 15 minutes of the match were recorded on a dictaphone. Then, the collected data were copied to special accounts and processed using the methods of mathematical and statistical analysis of the collected results to determine the volume and effectiveness of actions that reflect the endurance of the game.

At the same time, the distances covered by the players of the team at the highest speeds in the meetings were analyzed. To do this, pre-prepared special recording protocols record the volume of crossing movements by players at maximum speeds during matches. Movements performed at maximum speeds (distances traveled at maximum speeds) were analyzed at intervals of 15 watts per hour. Such a study will ultimately help to form an idea of the activity of the football team in moving at maximum speeds.

RESULTS AND DISCUSSIONS

A number of scientific studies in football have recognized that the structure of competition activities in different groups of players has different views. It was found that 14-15-year-old players perform an average of 592 technical and tactical moves per match, while 16-17-year-olds perform 778 technical-tactical moves. Efficacy performance is 33% in 14-15 year olds and 28% in 16-17 year olds [8].

According to the results of the analysis of the competition activities of 16-17-year-old Uzbek players, the volume and quality of team technical and tactical actions performed by the team's players were significantly lower.



Note: TTH is the number of technical and tactical actions

SK% - coefficient of efficiency of technical and tactical actions%

Figure 1. Volume and quality indicators of collective technical and tactical actions of 16-17-year-old football team "Lokomotiv" (Tashkent).

In the observed matches, the team players made an average of technical and tactical moves in the total match. The overall efficiency coefficients of the actions were 65.8%.

In the first half, the players performed 362 technical and tactical moves, and in the second half - 313. The efficiency of the actions in the first half was 66.3% and in the second half it was 65.3%.

An analysis of the volume of movements performed every 15 minutes during the first and second halves showed that the activity of the players in performing the movements decreased at the end of the sections.

It was also noted that a significant decrease in the effectiveness of the movement was observed.

The results of a study of the level of speed-endurance training of players.

The results of a study of movement activities performed at maximum speeds at or near (submaximal speeds) showed that the movements that reflect the specific speed endurance level of the players were as follows:

Each player of Pakhtakor (Tashkent) ran an average of 52 times at maximum and near maximum speeds during one match. The average distance of the pressed movements was 8-12 meters.

Observations showed that the young cotton growers were not able to record stable performance in the conditions of the competition, running at maximum and close speeds every 15 minutes.

The midfielders ran an average of 58 times at maximum and near-maximum speeds in the observed encounters. 56% of the actions were

performed in the first section and 44% of the actions were performed in the second section. Analysis of sections every 15 minutes showed that the volume of movements being traversed at high speeds was decreasing.

In the first 15-minute interval of the sections, 39.3% of the total movements, in the second 15-minute interval, 34.2%, and in the third 15-minute interval, 24.7% of the maximum and close speed running activities were performed. Given that midfielders have a major impact on the effectiveness of the team's performance on the field, the reduction in the proportions of activities that they actively perform by the end of the section cannot be said to be positive by 15-19%.

The fast running moves by the team's defenders were less than the midfielders' performance. In particular, the defenders ran 42 times at maximum and near-maximum speeds. It is difficult to say that the performance of the defenders every 15 minutes was satisfactory. Because, by the end of the sections, it was found that the volume of movements decreased by 18-23%.

The team's forwards also recorded results close to those of the defenders. In particular, they made 46 high-speed running attempts in an average encounter. Of these, 26 (56%) were performed in the first and 20 (44%) in the second.

CONCLUSION

The results of the analysis of special scientific sources show that the importance of their game endurance is high among the special endurance training of players, and this is especially important in the context of the intensification of modern football. The results of personal pedagogical observation and analysis showed that the level of endurance of the Uzbek players, which is part of the training system, is not sufficiently formed in the players. In particular, in the performance of

technical and tactical actions performed by the players, the performance indicators showed a decline to 9-15% by the end of the sections.

The volume of technical and tactical efforts of Pakhtakor and Lokomotiv differs significantly from other foreign teams of the same age. At the same time, the fact that the volume of actions decreases significantly by the end of the meeting sections also leads to the conclusion that the specific game endurance in the players is not sufficiently formed.

The analysis of the performance of the runners at maximum and close speeds, which shows the special speed-endurance of the players in the conditions of the competition, also showed that there are shortcomings in this regard.

Thus, according to the findings and conclusions, in the training of Uzbek players, it is necessary to effectively organize the work to improve their special training.

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