

## PLANNING OF LOADS IN THE PROCESS OF TRAINING OF HIGHLY SKILLED FOOTBALL PLAYERS

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### Abstract

The process of showing special physical qualities and improving the level of training of high-skilled football players requires a lot of changes.

**Keywords:** Modern football, top category, training load , efficiency , pedagogical observation, sprinter running, reserve.

### Introduction

Today, our Republic is highly qualified attention to strengthening the health of players is increasing day by day. "Improving the social protection and health system of the population, increasing the socio-political activity of athletes was defined as one of the priorities." Special attention is paid to strengthening the health of middle-aged football players with the help of physical training and sports equipment. It is considered as a factor of physical and spiritual improvement of the person. The rapid development of the physical and spiritual health of the population can be considered as a first-rate important factor of increasing the culture and life activity of the current and future generations of our country, and a criterion of the effectiveness of our country's physical education and sports activities.

2018 March 16 "Football more development measures about" gi No. PQ-3610 decision \_ The research of this dissertation is specific to the implementation of the tasks defined in the Resolution No. PF-5368 of March 5, 2018 "On measures to radically improve the state management system in the field of physical education and sports" and other regulatory legal documents related to this field. serves as

In recent years, consistent measures have been taken to popularize physical education and sports in the republic, to promote a healthy lifestyle among the population, to create the necessary conditions for the physical rehabilitation of persons with limited capabilities, and to ensure the country's proper participation in international sports arenas. is being implemented.

Also, implementation of specific programs that help to strengthen the health of the population in the field of physical education and sports, wide involvement of young people in sports and the selection of talented athletes from among them, national competitions with skilled athletes who provide high results in sports there is a need to form national teams and create additional conditions for coaches.

**Purpose of the work:** To date, the uniqueness of planning training loads of highly qualified athletes development trends of modern football to increase the effectiveness of training of highly qualified players, to identify achievements and shortcomings based on analysis and pedagogical observations.



**Research methods:** To analyze the reflection of scientific methodological literature on the specificity of planning training loads on the research problem .

**Research results and their discussion:**

**Peculiarities of training load planning in football** the development trends of modern football create a demand to search for available reserves of opportunities to increase the efficiency of training highly qualified athletes. On the basis of these reserves (*reserve*), all organizational issues will be resolved and issues of improvement of methodological principles will be considered in the preparation of the training process in the future.

During the year, the system of training in football is largely determined by the calendar of competitions . The structure of the annual cycle consists of preparatory (8-12 weeks), competitive (34-36 weeks) and transitional (4-6 weeks) periods.

The amount of downloads in the annual cycle depends on the performance of the team, the duration of the competition period and the number of games in its composition.

**AKBelyakov** , during the preparatory period, the volume of training loads is set at around 180,240 hours, and during the competition period, it is 380,400 hours. In this view, the amount of training during the annual cycle of training is 700-750 hours for the teams of the Super League.

The duration of the training period in Uzbekistan is slightly less than in Russia, it is 76 days (if the team starts training on December 15). It is known that 6-8 weeks are enough for the competition to reach the MPK level, that is, during this time, technical-tactical and movement-related qualities can be improved at the level of the game. In transition conditions, the player is required to perform a routine of certain precise movements, which is developed by the coach.

Participation of football players in competitions is significantly related to the quality of pre-season training, its duration and structural structure.

There is no doubt that it is necessary to study the organization of the training process of highly qualified players in depth and comprehensively. This is due to the fact that at the moment, although it is possible to distinguish two opposing opinions of experts and, accordingly, two approaches to this issue, there is no definite decision on the methodology of training a woman. no data.

According to VN Platonov (1997), a group of scientists and practitioners suggest taking into account the ovarian-menstrual cycle of women when determining and planning mesocycles of training and the amount of loads. The second group of experts emphasizes the need to organize the training process of spotters based on the general rules of training. Taking this law into account, he states that it is necessary to take into account the physical capabilities of athletes when planning training and loading for highly qualified football teams.

**Conclusion:**

It is worth mentioning that it can be observed in the scientific literature related to the improvement of the technical skills of qualified football players. Also, many experts do not have a single opinion on the issues of controlling the competition activity as one of the necessary conditions for the effective management of the training process of highly qualified



players. Recommended evaluation methods are usually too labor-intensive or do not fully reflect the main components of competition activities.

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