

METHODS OF CONTROLLING THE TECHNICAL-TACTICAL PREPARATION OF YOUNG FOOTBALL PLAYERS

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Abstract:

The modern level of development of young football players requires many changes in the process of improving technical and tactical methods, which are closely related to the manifestation of special physical qualities and, in particular, to the level of their speed-strength training.

Keywords: Modern football, top class, technique and tactics, central striker, pedagogical observation, sprinter running.

Introduction

Currently, a number of measures are being implemented to take care of the health of our people, to form a mentally and physically healthy generation, and to attract the population, especially the youth, to football, which is a game played by millions and has a special place in our country.

Uzbekistan Republic President 2019 4- in December "In Uzbekistan football development absolutely new to stage take exit measuresevents about". No. PF-5887 decree, 2018 March 16 "Football more development measures about" gi No. PQ-3610 decision and decrees in our country to football especially women to sports being directed attention high level from being proofgives [1,2].

At the same time, today in our country, the selection of young players with high talent, further development of the selection (selection) system and football infrastructure, raising the activities of football sports schools to a new level, training specialists in the field and improving the system of financial incentives for them, raising the level of the competitions held such issues remain one of the urgent tasks.

Purpose of work

Analyzing the movements of young players with and without the ball during the game and identifying their achievements and shortcomings based on pedagogical observations.

Research Methods:

Analyzing the reflection of techniques and tactics related to the research problem in the scientific methodological literature.

Research results and their discussion: the modern level of development of young football players, the manifestation of special physical qualities and, in particular, the level of their



speed-strength training, many changes are made in the process of improving technical and tactical methods. requires. The internal structure of the movement of young players in the game is not the same for everyone, according to its characteristics and size. In general, it depends on the position of the player.

Central forwards perform the most actions - 264 , then central defenders - 235 , then midfielders - 217 , wing defenders - 249 , wing forwards - 231 . During the game, players run from 110 to 116 times, jump from 21 to 34 times, fight for the ball in the air from 3 to 7 times. The number of fights with the opponent is from 9 to 14, and they stand in one place from 14 to 32 times.

According to **NMYusupov's** dissertation , the exact performance of complex coordinated actions during the game depends to a large extent on the level of the athlete 's physical fitness . The most important thing is that these qualities should be developed a little more than necessary for the implementation of a specific movement task. It is necessary to admit that if the indicated actions are performed at the limit of physical capabilities, that is, if there is no reserve, they lose their effectiveness. Research by a number of sports experts shows that accuracy and physical fitness, and in many cases the level of TKT, are mutually exclusive tasks. This clearly shows that no matter what modern skills an athlete has, an adequate level of TKT cannot successfully solve the tasks set before him. given They recommend evaluating the technical-tactical skills (TTM) of athletes in competition training in relation to the qualities of movement that are technically manifested in simple tests.

According to RINurimov and Akromov.RA, the main means of movement in football is running. Players who are not in control of the ball can take different positions on the field by running. It also includes ball handling techniques as a component of running. In football, the following principles of running are used: simple running, shunting running, cross-stepping running, double-stepping running. Normal running is mainly used by straight players to get into space, chase opponents, etc. Because the movement system and structure do not differ from athletics running, it is called normal running. there is only a difference in step length, frequency and rhythm.

The length of the running stride is 1-1.2 m in sprinters, and 1.1-1.3 m in young football players. the frequency of steps is equal to 6-6.7 steps per second in sprinters. In football players, the frequency is slightly higher, 6 , 3 - 6 , 8 steps per second. This helps to stop quickly or turn quickly because the airborne phase is shorter.

From the researches of GMSergeev, IAKoshbakhtiev, RAAkromov, RINurimov, it became known that if a football game lasts 90 minutes, the actions of the players on the field are 60-65 minutes within these 90 minutes.

A large number of pedagogical observations of the actions of highly skilled players during the competition allows to express this task by means of numbers. The internal structure of the movement and its intensity depends on the task performed by the player at this or that moment of the game, and the general situation in the game. That's why the amount of time it takes to change position with running is different. For example, from 23 minutes 34 seconds to 35 minutes 56 seconds. In pedagogical observations, the player covers a distance of 3 to 7 kilometers during the game. In the first place are the midfielders. They run 4.6 to 7 kilometers on the pitch, followed by center forwards 3.9-6.5 km, wing backs 3.5-4.9 km and central



defenders 3.0-4.4 km. Running makes up most of the movement activity - about 55-65%. Also walking without the ball is 40-45%. About 10% of movement activity is kicking the ball, stopping the ball, tricking, standing, etc. Other times the player does nothing. All players in almost the same situation have the same activity level. Defensive players can instantly support the attacking movement and participate in the pressing game anywhere on the pitch when necessary. Participation of all players in organizing the game in this way is a guarantee of success. Unfortunately, in recent years, there are contradictions in the data between the distance traveled by football players. The inconsistency in the results of the observations is primarily due to the different methods of evaluating the observed state - the nature of the movement (jumping, acceleration, slow running) and the distance covered by short and long runs are different. probably. For example, for many years, it was believed that a football player would cover up to 7 kilometers at different speeds during the game, and as time went by, it began to be clarified. SASavin in 1975 concluded that from 5000 to 7000 meters

GM Sergeev, IA Koshbakhtiev, RAAkromov, RINurimov , it was found out that players cover 12-15 km during the game. They move 1000-2000m from it at high speed.

The highest number of runs is Italian national team striker Rassi - 4485, then Bonek - 4100, Maradona - 3840. The total distance covered in the race is 770 meters with jumping movements. 1,140 meters were run at an accelerated pace, and 2,575 meters were run at a slower pace. The size indicators of the observed players' running distance are 3840-3950 meters (Maradona, Demyanonko). Up to 4485 meters (Rassi). The total size of the distance run by the players is 4720-8128 meters (Rummenige, Robson). He covered from 600 to 1120 meters at high speed. This means that the players observed by the Soviet experts ran 20-50% more than the players observed by Y.Dinkov.

In conclusion, in the analysis of scientific literature, a lot of interesting information about movement activity was obtained. In the development of modern football, the analysis of recent major international competitions testifies that the development of modern football is based on the acceleration of game activity. The movement activity of the football player plays an important role in the activity of the competition, which is conducted in various other conditions equal to the competition. Thus, the problem of analysis of factors that negatively affect the movement activity of football players in competition activity is currently considered an urgent problem, and we think that its solution should be managed more effectively in the preparation processes of young players. However, the literature testifies to the fact that experts express a different opinion on increasing the efficiency of movement activity.

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