

PLANNING TRAINING FOR FOOTBALL PLAYERS AND ORGANIZING TRAINING WORK

Talipdzhanov Alidzhan Akramovich
Kokand State Pedagogical Institute Associate Professor of the
Department of Sports and Outdoor Games
Email: alidjantalipdjanov@gmail.com

ABSTRACT

This article focuses on planning and organizing the training activities of football players, the comprehensive development of their physical abilities, improving the qualities of strength, speed, endurance, agility, physical qualities, as well as improving their technique and tactics.

Keywords: young player, speed, quality, method, development, training, impact time, speed, load, training.

ПЛАНИРОВАНИЕ ТРЕНИРОВКИ ФУТБОЛИСТОВ И ОРГАНИЗАЦИЯ ТРЕНИРОВОЧНЫХ РАБОТ

Талипджанов Алиджан Акрамович
Коканский государственный педагогический институт
доцент кафедры спортивных и подвижных игр.
Электронная почта: alidjantalipdjanov@gmail.com

АННОТАЦИЯ

В данной статье основное внимание уделяется планированию и организации тренировочной деятельности футболистов, всестороннему развитию их физических способностей, повышению качеств силы, скорости, выносливости, ловкости, физических качеств, а также совершенствованию их техники и тактики.

Ключевые слова: юный игрок, быстрота, качество, метод, развитие, тренировка, время удара, быстрота, нагрузка, тренировка.

Taking into account the popularity of football in Uzbekistan and great interest in it, its importance in strengthening the health of the population and improving physical education, wide opportunities in expanding sports relations in the international arena, providing support and necessary conditions for the development of football creation, including strengthening the material and technical base of football clubs, bringing stadiums into compliance with FIFA requirements, transferring the Football Federation of Uzbekistan and football clubs to self-sufficiency and self-recovery of expenses, decisions were made in order to ensure the training of highly qualified players who are able to adequately defend the honor of Uzbekistan in world and Asian championships, international competitions, as well as to increase the popularity of our country's football. Football, which our people have been honoring for a long time, is one of the priority directions of our state's policy. The decision of the President of the Republic of Uzbekistan on March

17, 2018 "On measures for the development of football" and the decisions issued to date can be the reason why Uzbekistan attaches great importance to the development of football.

It is appropriate to distinguish these types in the football training system:

long-term training of the athlete;

one-year training that includes medium and small cycles (microcycles). Sports schools are assigned the following tasks:

the requirement to complete the curriculum; continuous practical and theoretical training; good organization of the selection system of young players;

regular participation in competitions; implementation of recovery, preventive measures; training as a guide and referee;

Departments in sports schools are formed from primary training and training groups. Sports improvement groups will be organized in secondary schools that have achieved high results in sports training and have created the necessary conditions.

Sports schools for children and teenagers under the Ministry of Public Education of the Republic of Uzbekistan are formed taking into account the following young people: 8 - 9, 10 - 11, 12 - 13, 16 - 17 years old.

The main task of the study groups is determined based on the tasks of the sports school for children and teens and i sports school for children and teens.

Primary training groups: providing all-round physical fitness of participants based on the general physical training section of the BO'SM program for football, encouraging them to play football regularly, training sports skills in training groups It is necessary to identify talented children and adolescents for improvement.

In these groups, young players learn game tactics, get theoretical information about football game tactics and game rules, and hygienic maintenance of the training process.

Duties of participants of the first (10-11 years old) and second (11-12 years old) educational and training groups:

strengthening health and training the body;

development of quickness, agility and movement coordination;

mastering technical methods, learning the basics of individual, group and team tactics of the game;

mastering the game process based on football rules, participating in football competitions; getting acquainted with theoretical information about medical supervision, personal hygiene, football history, technique and tactics, rules of the football game.

Tasks of the second (12-13 years old) and fourth (13-14 years old) school groups:

strengthening of health, comprehensive improvement of physical fitness;

development of agility, strength, agility and general endurance qualities;

mastering all aspects of game techniques;

improvement of individual and group game tactics;

mastering the basics of team tactics; development of tactical thinking;

participation in football competitions;

education of basic skills of refereeing;

to master the basic theoretical information about the methodology of physical exercises, the tasks of the players in the team lines, to get acquainted with the tactical scheme of the game.

Duties of the training group studying in the third (14-15 years old) and sixth (15-16 years old) years:

comprehensive improvement of physical training, including the development of more strength, speed, general and special endurance qualities, improvement of technical methods of the game; achieving a high level of performance of technical methods in conditions of limited time and space; improving individual, group and collective game tactics, studying "standard" situations, continuing to develop tactical thinking in complex game conditions; mastering the main situations of football players in the methodology of sports training; acquisition of refereeing skills; improvement of independent training skills. Sports improvement groups (16-17) and (17-18 years old): development of individual athletic training with special emphasis on endurance and quickness - strength qualities; improving technical methods of the game, paying special attention to increasing the volume of technical methods, performing them quickly and efficiently; development of individual tactical actions in defense and attack; increase the level of mental preparation; participation in competitions, acquiring sports uniforms, gaining experience through games of highly qualified teams; in-depth acquisition of theoretical knowledge, especially the method of sports training and refereeing, in organizing and conducting football competitions, training determination and striving for the goal in achieving sports results.

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

Training of highly skilled players:

Modern football makes high demands on the athlete's personality and preparation. It is necessary to look for an improved form, method and means of preparation. This, in turn, requires a high level of knowledge from the coach, a scientific approach to sports training. The football training program is an important document that reflects the amount of indicators of the training process. Planning documents are drawn up based on the football training program.

Prospective planning determines the direction and content of the four-year cycle (stage) of players' training.

Prospective planning should include solving the following tasks:

- increasing the effectiveness of the educational and training process;
- improvement of the team selection system;
- improvement of the material and technical base;
- improvement of the complex control system;
- increasing the effectiveness of scientific and methodological provision. The future plan covers the following sections:
 - goals and objectives of training;
 - stages of preparation;
 - gathering (completing) the team by years;
 - dynamics of competition and training loads;
 - training of coaches;
 - material and technical support.

One-year planning: One-year planning is prepared in accordance with the vision plan and is a part of it. Its basis is the calendar of domestic and international competitions. It is divided into the following sections:

- purpose of preparation;
- tasks of preparation;
- periods of preparation;
- the content of the training process;
- dynamics of training and competition loads;
- allocating time to types and means of training periods according to the annual cycle;
- scientific-methodical provision;
- complex control of training, competitions and recovery;
- medical care;
- material and technical support.

The volume of downloads in the annual training cycle depends on which league the team participates in, the length of the competition period and the number of games in it.

The annual training cycle is divided into three periods: preparation, competition and transitional periods. During the preparatory period, the amount of training loads is on average 180-240 hours, during the competition - 380 hours.

It is 400 hours. In total, 700-750 hours of training are conducted per year. Including games (150-170 hours), practical work should be around 900 hours.

The structure and duration of multi-year training depends on the following factors:

individual and sexual characteristics of athletes, their biological changes and, often, the growth of skill speed associated with them;

the age of the athlete when he started working out and started special training;

the system of competitive activity and preparation of athletes that ensures high sports results;

the content of the competition process, the use of additional factors (special nutrition, trainers).

When planning training activities, it is necessary to take into account the goals and tasks set before the team, the results of the previous plans, and the working conditions of the team. The plan should show a perspective (perspective) training concept that highlights specific goals and objectives.

Organization of the training process in sports schools is carried out on the basis of the modern methodology of training, by mastering high training loads of young players.

Preparation period: In highly qualified teams, the length of this period is reduced to 8-10 weeks in recent years. In this period, the main task is to provide all-round preparation of the players and, based on it, to improve the technical and tactical skills and qualities of will. A thorough medical examination is conducted before the training. The preparation period is divided into two stages: general and special preparation stages. Running is recommended to develop general endurance, where it should be taken into account that the player runs 12-15 km during the game. In the general training phase, the focus is on intensity, and in the special training phase, running exercises are performed with a ball. 3x2, 4x3, 5x3, 6x3, 4x4, 6x6, 8x8, 11x11 and other exercises with a ball should be used to train special endurance. At the end of the training period, technical-tactical training is aimed at improving movement skills and tactical thinking.

Competition period: The length of this period is up to 9 months, it is conventionally divided into three stages: the first stage, the break, the second stage. The content of the training and the level of

training of the players depends on the length of the inter-season cycles. At the beginning of the first cycle, the achievement of sports form is continued. The volume of non-specific (unconventional) exercises is reduced. Special exercises should be chosen in such a way that they should provide the player with a high level of preparation for each game. The difficulty of managing sports uniforms is that training sessions in Uzbekistan are held in conditions of high outdoor temperatures. During this period, to increase the effectiveness of training, training can be done in the morning and in the evening.

Features of training in different age groups:

The training of the participants is carried out taking into account their age, anatomical, physiological and mental characteristics. It is necessary to take into account the relatively low functional capabilities of 8-11-year-old children and, accordingly, to approach the participants with special attention. It is advisable to train football players aged 8-11 with age-appropriate exercises to teach ball handling techniques and game tactics. Two or three technical methods can be taught in one session. It is not necessary to play a two-sided game according to the accepted standards and on a large field. Mastering tactical actions in the conditions of 11x11 team game is a bit difficult for them. It is easy for children to acquire individual and tactical movements in limited formations such as 3x3, 4x4, 5x5 on small fields (30-50 m and 20-30 m) through two-sided games and game exercises. Education of thinking in the game. for 8-11-year-old children, 50% of the time should be devoted to physical fitness. 12-15-year-old teenagers and 16-17-year-old teenagers should be given individual training. is carried out with attention. Youth is spent teaching teenagers technical and tactical methods and strengthening this knowledge, giving more difficult exercises compared to training 8-9 and 10-11-year-old players. It should not be forgotten that a young player comes to sports school for children and teens to improve his skills.

In 10-12-year-old training groups, it is necessary to pay attention to training the speed of movement in connection with the development of agility. Since children's strength potential is not so great, it is necessary to carefully train strength. The main means of training general endurance is long running at a pace. Its duration is gradually increased from 10 to 30 minutes. Training agility and flexibility is the basis of mastering complex movement coordination. It is recommended to use active and sports games, acrobatic exercises, jumps. Running exercises are performed through additional tasks (sudden stops, direction changes, turns).

Holistic exercises are used to teach technique and tactics.

At the age of 10-12, speed increases mainly due to the development of quickness-strength qualities and the growth of the muscular system. Therefore, quickness-strength exercises (jumps, squats, changes in acceleration during running) occupy an important place in the structure of speed training tools. To train endurance: cross-country running at a pace; it is necessary to perform sports and active games, running and game exercises in parts. In large training groups, great importance is attached to training quickness, because it is very difficult to develop it. During training, exercises are selected according to the following characteristics:

direction of game content and system (improvement of technique and tactics, development of physical qualities);

influence on individual functions of the organism (aerobic, anaerobic and mixed);

the duration and intensity of exercises, the number of repetitions, the amount of breaks, etc.

REFERENCES

1. Nazirjonovich, Khatamov Zafarjon, and Tolanbayev Farrukh. "METHODODOLOGICAL FOUNDATIONS OF THE MANAGEMENT OF PHYSICAL CULTURE AND SPORTS ACTIVITIES OF STUDENTS IN ORDER TO PREPARE FOR PROFESSIONAL ACTIVITY." Proceedings of International Conference on Educational Discoveries and Humanities. Vol. 2. No. 4. 2023.
2. Nazirjonovich, Khatamov Zafarjon, and Muidinov Ikboljon Abdukhamidovich. "THE EFFECT OF PHYSICAL EXERCISES ON THE MENTAL ABILITIES OF STUDENTS." ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ 18.1 (2023): 15-19.
3. Akramovich, Talipdjanov Alidzhan, and Khatamov Zafarjon Nazirjonovich. "IMPROVEMENT OF PHYSICAL EDUCATION IN THE SYSTEM OF HIGHER EDUCATION." ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ 18.1 (2023): 10-14.
4. Nazirjonovich, X. Z. (2023). Inomov Faxriddin o'rmonjonovich." Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff.". Journal of Positive School Psychology, 870-876.
5. Nazirjonovich, Khatamov Zafarjon, and Akhmedova Nargiza Alidjanovna. "Social and pedagogical function of sport in spiritual development of youth." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 255-260.
6. Nazirjonovich, Khatamov Zafarjon, and Akhmedova Nargiza Alidjanovna. "Importance of travelling and tourism at the formation of healthy lifestyle of the pupils of beginning classes." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 81-86.
7. Khatamov, Zafarjon Nazirjonovich. "Special physical of students of higher education preparation." Educational Research in Universal Sciences 1.3 (2022): 151-157.
8. Nazirzhonovich, Khatamov Zafarjon, and Akhmedova Nargiza Alidzhanovna. "The importance of travel and tourism in the formation of a healthy lifestyle danang primary school students." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 75-80.
9. Хатамов, Зафаржон Назиржонович. "Педагогические условия формирования спортивной мотивации." INTERNATIONAL SCIENTIFIC AND PRACTICAL CONFERENCE" THE TIME OF SCIENTIFIC PROGRESS". Vol. 1. No. 2. 2022.
10. Toxirjonovich, Arabboyev Qaxramon, et al. "THE ROLE OF SPORT IN PEOPLE'S HEALTH." International Journal of Early Childhood Special Education 14.7 (2022).
11. Akramovich, Alikulov Akmal, and Xatamov Zafar Nazirjonovich. "Technologies for developing of future physical education teachers through media education tools." Academicia: an international multidisciplinary research journal 11.2 (2021): 885-890.
12. Nazirjonovich, Khatamov Zafarjon. "The use of modern educational technologies in the organization of physical education is a guarantee to increase the effectiveness of education." ACADEMICIA: An International Multidisciplinary Research Journal 11.10 (2021): 477-480.
13. Nazirjonovich, Xatamov Zafarjon, and Inomov Faxriddin o'rmonjonovich. "Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff." Journal of Positive School Psychology (2023): 870-876.
14. Nazirjonovich, Khatamov Zafarjon, and Tolanbayev Farrukh. "WORKING WITH SCALES AND EXERCISES." Conferencea (2023): 113-115.
15. Nazirjonovich, Khatamov Zafarjon. "THE IMPORTANCE OF PHYSICAL EDUCATION IN THE FORMATION OF A STUDENT'S PERSONALITY." Galaxy International Interdisciplinary Research Journal 11.4 (2023): 262-267.