

CONTROL OF TECHNICAL ACCURACY IN THE TRAINING PROCESS OF FOOTBALL PLAYERS

Artykov Askar Akbarovich

Uzbek State University of Physical Culture and Sports,

Lecturer at the Department of Theory and Methods of Football,

artiqov.80@mail.ru,

Iseev Shamil Tagirovich

Ph.D., Professor

Abstract

The article deals with the problem of improving the target accuracy of techniques in training highly qualified football players. The obtained comparative data testify to the discrepancy between the conditions for the fulfillment of training exercises aimed at increasing the target accuracy of techniques to the requirements of the official game. The use of video recording and modern computer technologies equipped with remote observation devices, as well as systems that assess the state of the body of football players, are proposed as methods for controlling technical techniques.

Keywords. Target accuracy, control of technical and tactical actions, speed and volume of motor movements in a match, special physical fitness, highly qualified football players.

INTRODUCTION

The problem of the technical preparation of the players on the stage depth th specialization and sports improvement maintains its constant relevance.

In a number of publications in yyavleny factors that determine the accuracy of the strikes on goal in training and in competitions, p azrabortany theoretical foundations and methods of control tehn nical skill players [1 , 2 , 4].

The ways of improving the accuracy of striking actions of football players in special tasks and the spatial-temporal characteristics of the motor activity of football players are high [2].

However, questions relating to improving the target accuracy of technical methods, with taking into account the intensity of the load of the training exercise, the state of the body of players , compliance with the conditions of implementation of the technical acceptance in the training requirements of the game in the present time are studied in insufficient degree .

The purpose of the study and Zouch ix efficiencies and the use of specialized exercises aimed at improving the target accuracy of techniques and compliance with the conditions of their performance in the training sessions needs competitive games.

Research methods : pedagogical analysis of the training load was carried out using the " Polar Team Pro " system, which allows tracking the position of football players using GPS ; measuring the speed of movement from 2m / s to 7m / s; the amount of running work per training session; the intensity of the training and competitive load in five zones; cadence; acceleration and number of sprints; distance in five speed zones; the amount of energy consumption; method intervalokardiografii allowing evaluated TATUS various systems of the body (heart vessel istoy, autonomic and respiratory second) using "a computer program Cardi»; the analysis of the volume and effectiveness of technical and tactical actions performed by football players in training sessions and in official championship matches was carried out using a video recording .

The research involved the footballers of the teams "Pakhtakor", "Lokomotiv", "Bunyodkor" participating in the championship of Uzbekistan in 2019.

Analysis of the exercise conditions of sovershenst in IAOD accuracy in the training sessions and their compliance with the requirements of sorevnovate Flax Games held in two basic attributes:

- The functional state of the players at the time of the training loads;
- According to the intensity of performance of techniques by football players.

All specialized exercises were divided into 2 categories:

- Standard exercises, in which there was a simple task - to perform a technique (handling and passing the ball, there is no resistance, the speed is low, a small number of players);
- Situational exercises, in which there were several options for solving a tactical problem (in one exercise, various ways of passing the ball, active resistance, increased speed and a large number of football players).

The accuracy was recorded, and in which intensity zone the technique was performed.

It was revealed that when performing the exercise under standard conditions with an intensity in the heart rate zone of 120-140 beats / min, the volume of transmissions was 75%, with 58.1% accurate. The volume of transmissions in the intensity zone of 141-160 beats / min was 13.2%, with exact 21.3%; in the intensity zone of 161-180 beats / min, the volume was 9.4% with the exact 11.3%; in the zone of intensity over 180 beats / min, the volume was 2.4% with the exact 9.1%.

It was revealed that as the distance to which it is necessary to send the ball increases and the intensity of movement of the players' increases, their accuracy decreases.

In situational exercises, with a change in the conditions of the exercise, the accuracy of the ball passing also changed.

So, when performing game exercises "6x6", with a heart rate of 130-140 beats / min, the accuracy of techniques was 63.2%, and with a heart rate of over 160 beats / min - 49.3%.

In the game exercise "9x9" in 3 zones at a heart rate of 130-140 beats / min, the accuracy of techniques was 73.3%, and at a heart rate of over 160 beats / min - 46.2%.

If the techniques were performed at low intensity and with the choice of solutions known to the player, then their accuracy was high.

Positive shifts in the accuracy of the "passes" were noted only in those cases when the players got into their usual conditions in terms of physiological effects on the body.

In the training session, game exercises were performed mainly in the heart rate zone of 120-160 beats / min. This suggests that their intensity was not high. In the heart rate zone above 160 beats / min, which is considered to be "game" in football, and according to the indicators of which one can judge the size of the training load, the intensity of the exercises varied within wide limits from 9% to 48%.

At the same time, the accuracy when performing game techniques was: in "passing the ball" over a short distance - 91.7%; long distance - 79%; in the "outline" - 83.4%; in the "selection" - 75%; in the game of "interceptions" - 77.8%.

These data indicate a good level of accuracy of playing techniques.

However, if you look at what zones of intensity the match is taking place, the following fact can be noted.

In the training session, techniques were performed in the following zones: 120-140 beats / min - 35% of the total time; 141-160 bpm - 29%; over 161 bpm - 22%.

In the control game, techniques were performed in the following zones: 120 -140 beats / min - 5% of the total time; 141-160 bpm - 15%; over 160 bpm - 67%.

It was revealed that the intensity of the special exercises aimed at improving the target accuracy of the technical tricks in the training sessions, does not correspond to the intensity of the game. Football players improve the target accuracy of techniques in training sessions in conditions that, according to the physiological criterion, are not very close to the game situation, therefore, their effectiveness is low.

In addition, when planning classes to improve target accuracy, the state of the body of football players (the degree of fatigue from the previous training load) is not taken into account. Therefore, the accuracy of techniques to match ah is not high.

When improving the target accuracy of techniques, it is necessary to use innovative control methods :

- videotape that n Allows you to identify the versatility and accuracy of techniques players;
- the system "Polar" , which allows you to control the intensity of the exercise and bring the conditions for the fulfillment of techniques in a training lesson into compliance with the requirements of a competitive game;
- " Cardi " system , which evaluates the state of various systems of the players' bodies and allows individual planning of the training exercise load .

Only with this approach can the target accuracy of techniques be improved.

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