



Methods to Increase the Efficiency of Preparation of Football Players

Nomozov Suyunbek Abdumalik ougli

Lecturer at the Faculty of Sports Activities and Management Termez State University

Annotation: The article discusses ways to improve the effectiveness of training in football. The main part of the load of a football player is the work of a speed-strength nature, which requires the manifestation of a high level of general, speed and special endurance.

Keywords: football, football players, training activity, game activity, training efficiency, physical training, technical training, tactical training, psychological training.

Introduction. Football is known to be one of the most emotional and challenging sports activities. From a physiological point of view, it is a predominantly dynamic work of variable intensity [1]. During the game, in a different sequence and ratio at different intervals, exercises alternate in nature, power and duration [2].

The continuous struggle for the ball is associated with a wide variety of movements (walking, running of varying intensity with sudden stops, jerks, accelerations, jumping, hitting the ball, various power and acrobatic techniques) [3, 4]. One of the characteristic features of football is the uneven load throughout the game, which depends on the current game situation, the balance of forces of the competing teams, the level of preparedness of the players. The intensity of physical activity during the game ranges from moderate to maximum [5].

Football is characterized by a constant combination of active actions with short periods of relative rest. The main part of the load of a football player is the work of a speed-strength nature of a sufficiently large power, requiring the manifestation of a high level of general, speed and special endurance [6, 7].

Game and training activities have a complex and versatile effect on the body of those involved, develop basic physical qualities - strength, speed, endurance, agility, increase the functionality of the body, form various motor skills [8, 9, 10]. Therefore, a football player, in addition to physical fitness and working capacity, must have a high level of psychofunctional state, coordination abilities, technical and tactical skills, psychological stability and stress resistance [11]. The need to develop and improve this entire set of qualities is precisely the main difficulty in organizing and conducting the training process in football.

Physical training. The main tasks of physical training are to increase morphofunctional capabilities, develop and improve the most important motor skills and physical qualities for football players [12].

1. Forces and speed-strength qualities, which are determined by the ability of a football player to perform movements associated with power resistance in a minimum period of time.
2. Speed and speed capabilities, which are due to the complex manifestation of the forms of speed in gaming activities. In football, speed is not only the speed of movement on the field, but also the speed of thinking and the speed of working with the ball.
3. General, speed, power and special endurance. Since the motor activity of football players during the match is very diverse both in terms of technique and intensity of movement, these abilities will be determined by the aerobic, aerobic-anaerobic and anaerobic capabilities of the body.

4. Dexterity and coordination abilities, which are manifested primarily in actions with the ball and without the ball in constantly changing game situations [13].

The above, of course, determines the accuracy of the performance of motor actions, which is one of the features of the manifestation of the motor skills of football players, since the player, performing certain techniques, regulates his movements and muscle efforts depending on the current game situation on the field.

The effectiveness of physical exercise is determined by the consistency of motor and vegetative functions, the degree of development of conditioned reflex inhibition. The accuracy of the movement is characterized by the correspondence of its program to the functional capabilities of the muscles and the physiological systems that ensure this process.

The physical training of athletes is one of the most important components of functional fitness, which is considered as its integral indicator [14, 15]. Physical performance is an important condition for the development of all basic physical qualities, the basis of the body's ability to endure high specific loads, the ability to realize functional potentials for intensive recovery in all sports.

Technical training. Football technique is a set of special techniques used in the game in various combinations to achieve the goal. Techniques are the means of playing the game [16, 17]. The ability to achieve high sports results.

Tactical training. The tactical activity of football players is the solution of operational tasks that arise in the process of interaction with a partner and an opponent. Tactical training is a pedagogical process aimed at achieving the effective application of technical techniques against the background of continuous changes in game conditions with the help of tactical actions, which are a rational form of organizing the activities of football players in a game to ensure victory over an opponent. Improving tactical training is impossible without a high level of technical training, the degree of mastery of which affects the effectiveness of the first and the structure of game activity [18].

Psychological preparation. Modern football needs players who are ready for tough challenges. Therefore, training should be considered not only as a physical, technical, tactical, functional preparation for the competition. It should be aimed at improving and strengthening the mental form of a football player, willpower, self-confidence.

Psychological training is divided into general and precompetitive, which are closely related [19, 20]. Psychological preparation in each game is a continuation of the general process.

Functional state and morpho functional features. Under the functional state of the body is understood the totality of the characteristics of its physiological functions and psycho-physiological qualities, which bear the greatest burden in ensuring the professional activity of a person. In this regard, the idea of the functional state cannot be created on the basis of the study of one or more indicators and requires an integral assessment of a number of body functions that directly or indirectly determine the effective implementation of the training and competitive activities of football players.

In football, as in any other sport, the level of achievement of sportsmanship is associated with certain morphofunctional changes, and it should be noted that individual morphofunctional indicators can be both hereditary and acquired.

One of the main tasks of the scientific management of sports training is to regulate the load adequately to the constantly changing capabilities of the body. As a result, such a link of management as the system of complex control acquires particular importance, which allows evaluating the effectiveness of the chosen direction of training work and includes pedagogical, biomedical and psychological sections.

Conclusions. The special importance of control tests and surveys lies in the fact that they allow obtaining objective information about the effectiveness of a particular training method and making appropriate adjustments to the training process at any point in the weekly, monthly, annual or long-term training cycle, that is, to quickly manage the training process. However, it should be noted that

the effectiveness of the operational management of the training process largely depends on the information content of the selected research methods and a set of control tests.

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