

## METHODOLOGY FOR IMPROVING THE TRAINING PROCESS BASED ON THE CORRELATION OF PHYSICAL AND TACTICAL TRAINING OF HIGHLY QUALIFIED MINI-FOOTBALL PLAYERS

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## МЕТОДИКА СОВЕРШЕНСТВОВАНИЯ ТРЕНИРОВОЧНОГО ПРОЦЕССА НА ОСНОВЕ СООТНОШЕНИЯ ФИЗИЧЕСКОЙ И ТАКТИЧЕСКОЙ ПОДГОТОВКИ ВЫСОКОКВАЛИФИЦИРОВАННЫХ МИНИ-ФУТБОЛИСТОВ

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## YUQORI MALAKALI MINI- FUTBOLCHILARNING JISMONIY VA TAKTIK TAYYORGARLIGI MUNOSABATI ASOSIDA MASHG'ULOT JARAYONINI TAKOMILLASHTIRISH METODIKASI

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*Аннотация: Данная статья посвящена организации современной тренировки футбола, и автор затронул вопросы эффективной организации технико-тактической подготовки. Опросы, проведенные на основе мнений экспертов в данной области, еще больше повысили уровень научной работы.*

*Ключевые слова: модель, социально-педагогическая задача, интерактив, антропометрия, скоростно-силовые качества, педагогические возможности, техническое мастерство, технико-тактическая подготовка, организм игрока, морфофизиологические и биологические особенности.*

*Abstract: This article is devoted to the organization of modern football training, and the author covered the issues of effective organization of technical and tactical training. Surveys conducted based on the opinions of experts in the field further increased the level of the scientific work. Key words: model, socio-pedagogical problem, interactive, anthropometry, speed-power qualities, pedagogical possibilities, technical skill, technical-tactical training, player's body, morfo-physiological and biological characteristics.*

*Annotatsiya: Ushbu maqolazamonaviy futbol mashg'ulotlarini tashkilotishga bag'ishlangan bo'lib, muallif texnik-taktik tayyorgarlik mashg'ulotlarini samarali tashkil etish masalalarini yoritgan. Soha mutaxassislarining fikrlari asosida o'tkazilgan so'rovnomalar ilmiy asar saviyasini yanada oshirgan. Kalit so'zlar: model, ijtimoiy-pedagogik muammo, interfaol, antropometriya, tezlik-kuch sifatlari, pedagogik imkoniyatlar, texnik mahorat, texnik-taktik tayyorgarlik, futbolchi organizmi, morfo-fiziologik va biologik xususiyatlari.*

**INTRODUCTION.** President of the Republic Sh. Mirziyoyev and our government has always been concerned about the development of football in our country. This about the «Physical Law on education and sports, «Football development in the Republic of Uzbekistan on measures» No. 144, No. 27 «On measures to fundamentally improve the organizational foundations and principles of football development in Uzbekistan» No. on support measures» No. 283, dated March 16, 2018 «Football further on development measures» No. PQ-3610, PF-5887 of December 4, 2019 number «Measures to bring the development of football to a completely new level in Uzbekistan on events» is evidenced by the Resolutions and Decrees. Improving the technical and tactical training of a young player, his technical and is inextricably linked with the formation of tactical skills. This is a service to the process exercises in strict

consistency and sequence to sports training sessions is entered. Improving the technical and tactical training of players today requires the use of interactive methods.

Currently, soccer is the most practiced sport in the world and constitutes a human and social phenomenon that has acquired a vital importance in our society. Sports forms of invasion, including football, are one of the ways of understanding the sporting phenomenon in society. In these sports disciplines has existed the traditional dichotomy between traditional teaching and teaching under an active model. In the case of the first model, the technique centered the pedagogical patterns, while the perspective of active teaching understands the learning of these sports, not as a sum of techniques, but as a global system of relations between the different elements of the game. In a sport such as football, in which the situations of play change constantly, it is suggested that the player possesses a prior knowledge (declarative) about the rules, the positions of the players in the field, which transcends in their ability to relate and apply new concepts, that is, in what, how and why to apply a behavior, what is known as procedural knowledge. This statement is based on constructivist and information processing theories, which allow analyzing how the player refines learning, structuring knowledge to act strategically during the game.

In recent years, football success has been shown to be highly dependent on various physical, technical, tactical, and psychological factors. Bangsbo emphasized that for successful competitiveness, the development of speed, agility, strength with combination of aerobic and anaerobic (even maximal) abilities is important for successful, competitive football careers.

It is crucial that individual player position requirements be considered during football practice as pertains to completing tactical tasks, such as tandem defending, attacking runs behind the defensive line, and high pressing. Players require specific skills and superior physical conditioning in order to effectively execute these tasks. Differences in the evaluation of player parameters have been shown to correlate with playing positions, as observed in many studies with respect to different parameters: Differences in total distance covered, differences in sprint distance, isokinetic strength, morphological and body composition, power assessment and VO<sub>2</sub>max uptake.

**LITERATURE REVIEW AND METHODOLOGY.** These cases are master's determines the relevance of the dissertation work. During training, young players' technical improvement of tactical training using interactive methods to study its effectiveness.

1. Improving technical and tactical training with young players to study the process of training.

2. To study the level of technical and tactical training of young players.

3. Determining the intensity of the training process and creating methodological recommendations. The fact that football players are not only jumping, running and walking, their movement is quite complex, and they fight with the opponent at the highest speed running, complex tactical tasks are performed. That's why the physicality of the players to do so taking into account the character of their game activity it should be a basis for improving their technical and tactical skills. R.A.Akramov's general fitness of the football player is all-round physical ability education, solving the tasks of increasing general working ability and general effect of developmental exercises on the body of participants they emphasize that it is related to other types of sports. Lysenchuk G.A. (2003), which is used to improve general training. Many exercises have a comprehensive effect on the body, including high and low long-term running in places requires more endurance, short-distance running at a faster pace recognition of the focus on the development of speed, gymnastic exercises on the development of agility enough. Development of muscles and ligaments in general technical and tactical training and strengthening, improving the function of internal organs and systems, actions to improve coordination and increase the general level of movement qualities is achieved.

## RESULTS

It is comprehensive in the initial preparation stage in working with young players to acquire technical and tactical training, to strengthen health and harmony development, acquisition of various skills and abilities, football game technique and it is advisable to use a set of tools

aimed at teaching the basic basics of tactics. The task of technical and tactical preparation at this time is primarily for young players movement functions (strength, quickness, endurance, agility and dexterity, as well as self control your movements in time, in the air and according to the level of muscle exertion cognition is the main component of the action function) consists of formation. Great attention should be paid to training the speed of movements, because childhood and adolescence age, there are ample opportunities to educate this most important physical quality. It should be noted that preliminary training and initial sports. In the stages of specialization, speed is strongly related to agility is brought up, which is the rational technique of moving (moving from one place to another). It creates the necessary basis for taking over. The maximum in running for 8-12 years a significant increase in speed is due to a natural increase in the speed of movement. 12-14 years old and the speed increases mainly due to the growth of speed-power qualities and muscle power. Therefore, in the development of quickness, running speed and great muscle strength you should try to maximize the frequency of actions required. It is necessary to give more space to natural movements. The game is in the form of a competition playing sports and moving games and exercises are also a great help can show. Playing practice is the best way to help young players win forces to expend effort. Game material is 50% of the total time in training should take over. Each exercise is done in a short time (10-15 seconds) in several series is done, the rest interval will be 10-15 min. Rerun at maximum speed important, this is done in a relay method at a distance of up to 20 m. In addition to relays, control exercises for running 10-15 m are included in the training is also recommended. It takes into account the mentality, traditions, geographical structure of our country in this case, general (strict) control over the performance of these tasks is necessary.

The effectiveness of the attack depends on the speed and technical- tactical techniques depends on increasing individual and collective actions of these players demand is enough. One of the modern means of defeating the opponent's met defense is fast is a counter attack. In football, the modern defense is carried out with a lot of players. In addition to defenders and midfielders, attackers also participate in it. It requires a high level of organization of the game and precise interaction of the players enough. In such conditions, the tasks of attack and defense at certain stages of the game. The importance of universal players who are able to effectively implement also increases dramatically. The ability to successfully organize and finish attacks is a must for defenders will be. A necessary condition for the success of the game is the high physical condition of the players and without the ball in all parts of the field, requiring functional training. The individual struggles of the players in the fight for the ball are intensifying. Therefore, the importance of athletic training of players increases. The best players of football show a high level of performance skills (first of all, in the wealth of various district technical moves, as well as skillful tactics due to efforts and dedication). Winning football matches is largely moral and voluntary depends on the level of qualities. Therefore, individual players and in general educational work is a necessary element of training the team. Usually sharp very important games that are played under competitive, often difficult meteorological conditions and the number of tournaments is increasing. Football players sometimes go to the competition grounds to carry out exhausting journeys, climatic-geographic regions and regional time they have to endure sudden changes. All this is training various pedagogical, hygienic and other aimed at increasing the effectiveness of the process requires extensive use of tools.

It is too early to generalize the results of best practices and observations of coaches allows to determine the main requirements for players: - high moral-will qualities (courage, determination, initiative, independence, resilience and self-control); - reliable performance of technical methods in extreme conditions; - playing a modern tactical game; - special physical qualities (speed, speed-strength, agility, endurance) to have a high level of development; - to have good health, to be physically well developed, to achieve a high level of functional readiness; - use of theoretical knowledge to strengthen team tactics. Based on personal pedagogical observations and research results, we came to the following conclusions: 1. Research has shown that young children are engaged in football. It starts from 8-10 years old. Technician in the initial training of young players paying more attention to the development of

movements, than physical qualities it is important to cultivate agility and flexibility. 2. General physical fitness of 13-14-year-old players during training. Great attention is paid to education and development during the preparation period of the annual plan was determined to be given.

In recent years, football is a sport loved by millions in our country. Thanks to the humanitarian policy, our country is striving for high development. Uzbek football is slowly entering international sports arenas. Football in our country development issues have risen to the level of state policy. The technique of a young player improving tactical training is one of the important aspects of sports training is counted. Physical qualities are morpho-functional, morpho-physiological and related to biological properties. Physical qualities are the physical, to the improvement of technical and tactical training, to the health of the whole body. It has a positive effect on the mental and emotional state of the players they perform with confidence, learn new actions faster and achieve high performance indicators. Technical and tactical training of players today requires the use of interactive methods for improvement.

**DISCUSSION.** For 10-11-year-old preliminary training students of football sports schools 60 hours of general technical-tactical training, special technical-tactical training according to the annual work plan 30 hours are allotted for preparation. During the initial preparation period many hours are devoted to the development of technical movements. 10-11 general technical and tactical training of young players more attention is paid to development. At this time of technical and tactical training first of all, the task is to improve the movement functions of young players, agility, quickness, flexibility consists in the formation of qualities. Acknowledgment of qualified trainers, preliminary with speed and agility at the stages of preparation and initial sports specialization is brought up in a strong relationship, which is the rational technique of young players creates the necessary basis for a successful takeover. Technical and tactical training of 13-14-year-old players according to the annual work plan preparation, 230-250 hours are allocated. Technical and tactical at this age development of quickness, agility, strength, endurance, flexibility will be resurrected. Technical and tactical preparation in training depends on technical actions will be held. Agility at the stages of initial training and initial sports specialization and dexterity training coordination to successfully take over actions creates a foundation. In this place, action games, exercises performed with a ball, acrobatics exercises, running over simple hurdles, jumping is smaller. Height balance exercises are typical exercises. Suddenly while running additional tasks such as stopping, turning, changing direction and speeding exercises performed with are of great importance. Natural elasticity of muscles and mobility in the joints is performed by performing light movements on a wide scale should be maintained with exercise. Train hard and improve. Identifying and changing exercises in stages in new and more complex conditions performance is appropriate. Sports games (basketball, handball) are of particular importance has.

**CONCLUSION.** In training dexterity without objects and with light objects (these are wide exercises that strengthen joints and tendons dexterity exercises combined with exercises, as well as muscles relaxation exercises are used. Speed in football is usually shown in the following set of indicators. Perform technical tricks and move from one movement to another at the speed of reaction at speed. All these complexes that make up the speed of the player are related to each other are not related and practice them both separately and in the complex of game exercises can be done. The player in the game can see the ball before the start, the situation must evaluate, come to a decision. It is clear that all these operations so that the player spends up to one second and can see the ball 70% of this time it's right. Therefore, in order to see the ball in the game, it should not be removed from the field of vision. Training endurance in young players starting from 12-15 years of age is appropriate. This is the anatomical formation of a teenager by this age will be completed and the increase in its movement activity will develop more endurance allows.

Because young players have few opportunities for strength, they have strength training very carefully, mainly short-term excellent of a dynamic character should be used to give and take away. Strength training is minimal effort that should be done with all the strength, and it will last a long time considerable strain is excluded. During training sessions with football

players mainly exercises performed at high speed with less weight are used. Physical fitness of young players in the development of technical movements the effect of training is also important. Effectiveness of training one of its indicators is its density. Training intensity as a whole or its parts can be identified separately. The preparation, main, due to the fact that the organization of work in the final parts is not the same.

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