



## A Factor Influencing the Efficiency of Technical Tactical Actions in Mini Football

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**Abstract:** This article talks about the factors affecting the effectiveness of technical tactical actions in the sport of mini football. During the article, the analyzes within the topic are given and opinions are given. Reasonable conclusions and suggestions are given at the end of the article.

**Keywords:** technical and tactical actions, dexterity, flexibility, endurance.

Around the world, mini football is a young, exciting and dynamic sport that is actively developing and becoming more and more popular. Mini football requires the variability of technical and tactical actions and a high level of physical training in the competition. In the process of major competitions organized around the world, highly qualified mini-football players require speed, strength, dexterity, flexibility and endurance to perform technical and tactical actions at a high level. General physical training is aimed at strengthening health, hardening, developing multifaceted physical abilities, improving the working capacity of the body of the participants, which ultimately implies the further improvement of sports and also creating a solid foundation for the future work of young athletes. In short, general physical training is the most important aspect of the training process of young players, without which it is unthinkable to master the entire arsenal of mini-football techniques and tactics. The main means of general physical training are, first of all, general development exercises with and without objects, exercises from other sports, open games that have a general effect on the body of the participants. When planning general physical training sessions with students, teachers must comply with the following methodological requirements:

Special physical fitness is based on general, sufficiently high physical fitness of students. It is intended to develop physical qualities specific to mini-football, such as strength, speed, endurance, agility and flexibility. The main task of special physical training is to improve the functioning of all systems of the body, which are the leading links of the main technical options in attack and defense.

The collection and analysis of competition activity indicators is of great importance for experts, scientists and practicing coaches, because the results of competitions are a criterion of the effectiveness of sports training of athletes and teams in all sports. The essence of sport is manifested in competitive activity (CA). Therefore, the information about competitive activity content, parameters and indicators of the activity has a demand for a detailed analysis. During the game, they receive statistics, train experts and make adjustments to the competition process, thereby they increase the efficiency of the competition. Automated systems for evaluating and analyzing competitive performance have been developed in most sports [1,2].

**Purpose of work.** Analyzing the opinions of mini football experts and scientists on factors affecting technical-tactical actions. The analysis of the literature on the problems of organizing control over competition activities showed a lack of information on effective methods of monitoring and recording game performance in the field of mini-football [1,2,3,4]. As a result, mini-football coaches and experts face difficulties in analyzing the performance of teams and players in the



competition, they do not have the ability to compare the performance of the competition with other players and teams, and then, they do not have the ability to determine the direction of training analysis. With the objective assessment and analysis of competition activity, the coach can improve all the content or individual aspects of the training process, for example, technical and tactical or psychological preparation, taking into account the individual psychological characteristics of the players' personality [1,3].

Ample opportunities for analyzing competitive performance are provided by the results of the biggest competitions in sports. Thus, the Euro-2016 European futsal championship, which took place in February 2016, provides information about the progress of the competition, the results of the matches and the technical and tactical actions of the players [5,6,7,8,9]. The relevance of this information is confirmed by another major futsal sports event - the World Championship held in Colombia in September 2016. Therefore, analyzing the performance of the team and individual players can help in preparing for these competitions.

Today, an athlete with the highest technical training, together with a high level of physical fitness and a strong spirit wins sports competitions. It is known that the process of becoming an athlete from a beginner to a world-class master is very long and difficult [10]. Therefore, in domestic and foreign sports sciences and practice, great attention is paid not only to introducing preschool children to certain sports, but also to scientific research related to scientifically based methods of teaching them. In this regard, in the process of teaching preschool children to play sports, in our opinion, a special place should be given to the development of technical elements (techniques) of sports as one of the leading factors of the stability and efficiency of future athletes' performance in competitions. At the same time, comprehensive technical training serves as the basis and foundation for the implementation of tactical actions in game practice [10].

Technique in mini-football is a complex of multidimensional and multidirectional movement techniques of the athlete, and through this the game is conducted. The international practice of game sports (football, basketball, table tennis, etc.) has shown that a preschool child can successfully learn complex techniques with a ball. In many countries, children who play sports from the early years already demonstrate excellent ball skills and the ability to use these motor movements in game practice by the time they reach school age. Unfortunately, a scientifically based method of sports training for 6-7-year-old children playing mini-football has not yet been developed [10,11].

All of the above led us to the need to develop a scientifically based methodology for teaching children aged 6-7 to master the complex technical elements of the mini-football game. This training method is based on the use of long repetitions of the exercise, the use of the main and auxiliary exercises of the mini-football game in contact with the children's ball during the training. At the same time, the method of teaching children to play mini-football ensures the parallel development of physical qualities. In our opinion, all of these conditions for conducting mini-football training with 6-7-year-old children help to successfully train children in mastering the complex motor technical elements of the game [12].

Achieving high sports results in modern football is impossible without quality training of the young reserve. The success of any football team, including the youth team, is mainly determined by three factors: players' technique, tactics and the general condition of each player (physical, moral, voluntary, psychological, etc.). A highly technically and tactically competent player will never be able to fully demonstrate his skills if he rarely takes possession of the ball due to poor physical preparation, moves slowly on the football field, and hits the ball weakly. Demonstration of muscle



strength and speed in the game helps to fully implement the technical and tactical power of the player [13,14].

In recent years, research conducted by advanced domestic and foreign experts in the field of football training shows that skillfully and rationally applied exercises in the special strength training system of young football players aged 15-17 significantly reduce the likelihood of injury and contribute to the growth of sports results in the future [15,16,17,18,19,20,21,22,23,24,25,26]. It should be noted that in sports games, special strength exercises are used more and more to improve the physical condition of athletes and to increase the speed of execution of game techniques in competitions. However, there are very few experimental studies on the methodology of strength training using strength training in the training system of players. Some experts advise training teams to incorporate strength training into the training of their players. According to the opinion of people in sports improvement groups, strength training should be an integral part of training young players. In the last twenty years, strength training exercises have played an increasingly important role, which allows you to selectively affect muscle groups that are structurally important for the manifestation of effort in football activities. Although modern football is becoming more and more popular and stronger every year, unfortunately, there is an opinion among qualified coaches and players that the quality of strength exercises in the training cycle of the football player leads to low mobility and sluggishness [15].

**In summary.** In the analysis of the literature and published articles by specialists and coaches, we noted the result that the physical training of mini football players is of great importance for increasing the efficiency of technical and tactical actions. We found out from the resources provided by them that the qualities of speed and strength are more important than physical qualities. From this point of view, physical training is the main factor in increasing the effectiveness of technical-tactical actions.

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