



The Method of Increasing the Technical Training of 16-17 Years-Old Football Players

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Abstract: This article describes the methods and effective aspects of improving the technical training of 16-17-year-old players. Various opinions and comments are given throughout the article. At the end of the article there are conclusions and suggestions.

Keywords: test norms, technical training, turnover training, and organization of training.

Importance. At the current stage of the development of society, the issues of training young athletes (football players) are gaining special importance. In particular, the main goal of the Republic of Uzbekistan is to raise young athletes, including schoolchildren, to be physically strong, cheerful, healthy, mentally mature, and conscientious. Attracting schoolchildren living in residential areas, including neighborhoods, to sports from a young age is the most pressing issue today.

Improving the effectiveness of physical education classes in general education schools in regional districts and cities, preparing young people for the defense of the Motherland, raising them to be healthy and well-rounded are urgent issues of the "Personnel Training Program". Children's special sports schools, sports clubs that manage and perform sports activities with children are a great help in training the system of young athletes and their important role in society.

Youth sports should be a reliable reserve base of national teams defending the honor of our republic. In practice, a good, experienced coach leads young players without separating physical training, technical, tactical and physical skills. You should never increase one of these factors and ignore the other, only then young players will become mature, technically and tactically strong players.

The problems of improving the technical-tactical actions of football players have been studied by many expert scientists (1,2,3,4,5). According to these authors, the issues of formation and improvement of technical and tactical actions are solved on the basis of different methods, tools and approaches. In order to demonstrate such skills, players need to understand each other and perform technical-tactical movements. The results of best practices and researches used in the training of football players until this day do not raise any doubts.

Purpose of work. It is to increase the effectiveness of technical training by using rotational training during the training process of football players.

Research tasks.

- to determine the level of technical training of players through test standards.
- analysis of the effect of rotational exercises on the effective performance of technical-tactical actions performed by players.

Use of scientific methods. Solving the above-mentioned tasks was carried out on the basis of the following scientific methods:



1. Analysis of scientific literature and their summarization.
2. Adoption of test norms.
3. Pedagogical experience
4. Mathematical-statistical methods.

Analysis of results. Special tests were used to study the level of technical training and the dynamics of its formation. The tests are tests that determine the technical readiness in positive examinations according to the specialization of Uzbekistan State Institute of Physical Education (football) and Pakhtakor Football Academy (PFA).

Tests representing the technical level: carrying the ball for 30 m (second); kicking the ball for a long distance (m) (movements kicked on one leg); kick a stationary ball from a distance of 16.5m to the indicated side of the goal that is split vertically. The ball must cross the goal line in the air and land at least 5m away from the goal: 5 times on goal (25 points); 4 times (20 points); 3 times (15 points); 2 times (10 points); 1 time (5 points); 0 times (0 points). Kicking the ball to a long distance and accurately kicking the stationary ball on the field in the 5x5 section 3 times. Correctly kicked balls from different distances are evaluated: 3 times on target from 25 m (10 points); 2 from 25 m (6 points); 1 from 25 m (4 points); 3 from 20 m (8 points); 2 from 20 m (5 points); 1 from 20 m (3 points) 3 from 15 m (6 points); 2 from 15 m (4 points); 1 from 15 m (1 point); 0 from 15 m (0 points). Carrying the ball starting from the center line of the field. Tricking the ball through 4 posts that are 2m apart. After deceiving the posts, a shot is made at the goal from inside the penalty area. The time that counts is the time it takes to complete the test and accurately drop the ball into the goal. The time is started from carrying the ball and stopped when the ball crosses the goal line. If the ball does not enter the goal, the participant will receive 0 points. (2 chances for time)

The obtained results indicate that players should pay attention to their technical actions during the game. For this reason, we tried to increase their technical actions by using our traditional standard exercises and specially selected exercises. We introduced it in our selected group in the pedagogical experience and in order to find out if it affected the tools and methods we gave, we took 6 test norms and compared them in the control (BO'SM#1) and experimental (BO'SM#2) groups. Test norms were obtained before and after the study. The results of the obtained control and experimental groups are shown in Table 1.

In our training test control, we found that the technical actions of the players corresponded to their performance during the game. The initial test standards were taken at the training sessions at the beginning of the competition period. Here, the 30 m ball run, shot at the goal, long kick, juggling and long throw tests were used. In control tests, a significant difference was seen in the performance of 16-17-year-old players.

From the obtained results, we found out that the technical and tactical actions of young players of the control and experimental group are not high.

It is shown that the performance of the 16-17-year-old football players of the control and experimental groups are not the same in the test norms, which are reflected in the technical movements. Judging from the preliminary results, we found that the performance of 16-17-year-old players corresponds to the results obtained from pedagogical observations during the game.

Our investigations revealed that there is no difference between the test results of the two sports schools and the results of the technical training of the players.

At the end of our work in the training process, it became known that in the technical training of 16-17-year-old football players of the control group before and after the research, in carrying the ball



for 30 meters $t=0.55$, which is $R \geq 0.05$, in kicking the ball far $t=1.66$, which is $R \geq 0.05$, in playing the ball (juggling) $t=1.81$, which is $R \geq 0.05$, in kicking the ball into the goal $t=0.99$, which is $R \geq 0.05$, and in efforts to square the ball $t=1.62$, this is $R \geq 0.05$, and we noted the values of $t=0.31$, this is $R \geq 0.05$, when carrying the ball and hitting the goal. Moreover, there was no significant difference between the pre- and post-study results of the young soccer players of the control group. That is, there was no increase in the technical training of young people who were taken as a control group. But we can see from the results in the table that the results of the experimental group have increased.

In this case, in the technical training of 16-17-year-old football players of the experimental group, $t=2.24$ in carrying the ball for 30 meters, this is $R \leq 0.05$, in kicking a long ball $t=13.11$, this is $R \leq 0.05$, in playing the ball (juggling) $t=22.63$, which is $R \leq 0.001$, in efforts to square the ball $t=79$, which is $R \leq 0.001$, in carrying the ball, we recorded $t=2.27$, which is $R \leq 0.05$.

If we pay attention to the received test norms, no changes in the results of young players were observed in the control group based on their own methods and tools. On the basis of our activities in the training sessions of the experimental group, we achieved an increase in their test standards.

As a result of the test, it became clear that the 16-17-year-old football players of the control and experimental groups did not have enough technical training as a result of their methods at the beginning of the study. At the end of the study, in the tests of the experimental group, it was found that the actions of carrying the ball for 30 meters, kicking the ball far, playing the ball, kicking the ball accurately into the goal, throwing the ball far, hitting the goal while carrying the ball have changed significantly.

Summary. The obtained results show that as a result of properly oriented training, that is, after the research with the help of traditional standard exercises aimed at increasing technical movements in young football players through rotational training, their technical movements increased, which indicates that our work in training has paid off.

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