

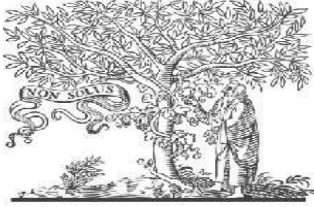


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METHODOLOGY OF OPTIMIZATION OF TRAINING FOR YOUNG PLAYERS

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Annotation: This article scientifically describes the development of physical qualities such as speed, agility, strength and endurance of 14- and 15-year-old players in Olympic reserve children and youth sports schools, as well as methods for optimizing their training load.

Keywords: Young player, cycle, theoretical training, general physical training, special physical training, technical training, tactical training, psychological training, control games.

In recent years, a number of measures have been taken to take care of the health of our people, to form a spiritually and physically harmonious generation, to attract the population, especially young people, to the sport of football, which is a game of millions and has a special place in our country.

At the same time, such issues as the selection of talented young players in the country, the further development of the selection system and football infrastructure, raising the activities of sports schools to a new level, improving the system of training and financial incentives, raising the level of competitions remain one of the most pressing ones.

Our government has adopted a number of resolutions and decrees to make football the most popular sport in Uzbekistan, to establish a system of selection, selection and training of talented young players, to make the country's football competitive with developed countries, to train football specialists in accordance with international requirements and standards. In order to develop the

activities of football clubs, to effectively organize the training process for national teams, to hold major international football competitions in our country, including world and continental championships among juniors, youth and women's teams. In particular, in accordance with the Decree of the President of the Republic of Uzbekistan dated March 5, 2018 No -5368 "On measures to radically improve the system of public administration in the field of physical culture and sports" was adopted.

On the basis of these documents, colleges of Olympic reserve have been established in almost all regions of the country. In this way, the necessary conditions have been created, in particular, for the training and improvement of the country's junior and youth national teams, young players who are able to fill the ranks of major league teams. However, despite these efforts, the teaching process in colleges is not yet fully based on research data. This, in turn, does not allow us to identify the hidden potential of young players.

In order to address these important issues, it is necessary to describe the state of the problem of developing a system of training young players and to identify insufficiently studied scientific and methodological areas of training of young players to develop the necessary qualities that characterize sports training. A number of issues, including a set of factors that affect the physical, functional, technical and tactical training of players, have not yet been reflected in the scientific and methodological literature. Some experimental and methodological developments in the training of young players have taken place in different contexts and with different athletes of different ages and qualifications, often limited to solving specific problems performed without connections [3,4,5]. Therefore, in our view, the need for further in-depth research and development, taking into account their age characteristics, on the basis of comprehensive control over the effectiveness of training young players as an understudied issue is important.

The purpose of the study: to optimize the training process of young players, taking into account the characteristics of age.

Based on the purpose of the study, we set ourselves the following tasks.

1. To determine the dynamics of physical, technical and tactical training of young players on an annual basis.
2. Establishment of stable and informative tests of complex control of training of young players.
3. Practical substantiation of methods and tools aimed at improving the limiting aspects of the training of young players

The following research methods were used to solve the problem:

1. Analysis of the literature on the subject.
2. Generalization of practical experience.
3. Questionnaire.
4. Supervision of general, special, physical training and technical skills.
5. Assess the functional status of athletes through testing.
6. Methods of mathematical statistics.

The object of research is the annual training process for young players.

The subject of research is the methods and tools for developing the physical qualities and functional training of young players. Based on the above information, we conducted a major pedagogical experiment in 2020. We have come to the conclusion that the positive effect of adaptation of the organism to physical loads in the planning of the basic pedagogical experiment is possible only if the natural laws of development of the organism of children and adolescents are taken into account, so they should be one of the main tasks.

These general features of the development of the human body allowed to express the basic rules of organization of the process of exercise. In particular, the parameters of training loads, such as specialization, orientation, intensity, coordination complexity and size, should correspond not only to the objectives of the exercise, but also to the age of the participants. We assumed that taking this into account in practice would increase the effectiveness of the training of children and adolescents.

The main experiment involved 23 and 22 players aged 14 and 15 years. A total of 45 people took the test. Their choice is

due to the fact that at this age the main parameters of physical development, such as body length, body weight, lung vital capacity, maximum oxygen consumption, endurance, anaerobic-glycolytic abilities, speed are emphasized. It is more in line with the given developmental cycles. Natural growth rates are described as "high" and "very high".

Basically, the programs and methodical recommendations for olympic reserves children and youth sports schoolers received (Akramov R.A., 2001), which are corrected by us in accordance with the problem under study - Tables 1 and 2.

The principal difference of the schedule proposed by us in the annual schedule for young players is that we have increased the percentage of general physical training, special physical training and technical training mainly through theoretical training, coaching and refereeing practice without changing the total number of hours.

For example, the schedule for 14-year-old players shows that 22.8% of the time is spent on general physical training, 25.6% on special physical training and 27.7% on technical training. The remaining 23.9% of the time is spent on other types of training. Approximately the same ratio of training types is also planned in the training schedule for 15-year-old players.

Annual schedule of training hours for 14-year-old players

Table 1

№	Types of training	Months												Total
		January	February	March	April	May	June	July	August	September	October	November	December	
1.	Theoretical training	2 2.8%	1 1.4%	1 1.2%	2 2.3%	1 1.1%	1 1.2%	1 1.2%	2 2.2%	1 1.2%	2 2.5%	1 1.3%	1 1.5%	16 17%
2.	GPT	18 26%	20 28.1%	20 25.6%	18 20.2%	18 20.9%	18 22.2%	20 24.3%	20 22.9%	18 23.0%	16 20.2%	14 10.4%	14 18.1%	214 22.8%
3.	SPT	16 23.1%	18 25.3%	20 25.6%	22 24.7%	22 25.5%	22 27.1%	24 20.2%	24 25.2%	20 25.6%	20 25.3%	20 25%	18 25%	240 25.6%
4.	Technical training	18 26%	20 28.1%	24 30.7%	26 20.2%	26 30.2%	24 29.6%	20 24.3%	24 27.5%	20 25.6%	20 25.3%	20 27.7%	18 28.1%	260 27.7%
5.	Tactic training	10 14.4%	12 16.9%	12 15.3%	10 20.2%	10 20.9%	10 19.7%	14 17.0%	16 18.3%	18 23.0%	18 22.7%	16 22.7%	14 21.8%	180 19.2%
6.	Psychological training	1 1.4%	-	1 1.2%	1 1.1%	1 1.1%	-	1 1.2%	1 1.1%	1 1.2%	1 1.2%	1 1.3%	1 1.5%	10 1.06%
7.	Take a test	2 2.8%			2 2.2%				2 2.2%			2 2.7%		8 0.85%
8.	Control games	In accordance with the schedule of competitions												
9.	Participation in competitions	In accordance with the schedule of competitions												
10.	Get a medical checkup	2 2.8%			2 2.2%			2 2.4%			2 2.5%			8 0.85%

Notice: the top row - the number of hours, the bottom row - percentages

Annual distribution schedule for 15-year-old players

Table 2

№	Types of training	Months												Total
		January	February	March	April	May	June	July	August	September	October	November	December	
1.	Theoretical training	2 2.8%	2 2.6%	2 2.3%	2 2.1%	-	2 2.8%	2 2.0%	2 2.2%	2 2.2%	-	2 2.5%	2 2.5%	20 0.52%
2.	GPT	18 25.3%	22 29.3%	24 28.5%	22 31.1%	22 21.5%	20 21.0%	22 22.6%	24 26.6%	20 22.4%	20 23.2%	18 22.7%	18 23.3%	250 24.0%
3.	SPT	17 23.9%	19 25.3%	20 23.8%	26 24.7%	30 29.4%	29 30.5%	29 30.5%	22 24.4%	19 21.3%	18 20.9%	17 21.5%	17 22%	200 25%
4.	Technical training	10 25.3%	20 26.6%	22 26.3%	25 26.3%	30 29.4%	24 25.2%	22 22.6%	24 24.4%	24 26.9%	24 27.9%	22 27.8%	22 28.5%	275 26.4%
5.	Tactic training	10 14.0%	12 16%	14 16.6%	16 16.8%	18 17.6%	20 21.0%	20 20.6%	22 22.2%	20 24.7%	20 23.2%	18 22.7%	16 20.7%	206 19.8%
6.	Psychological training	2 2.8%	-	-	2 2.1%	-	-	2 2.0%	-	-	2 2.3%	-	2 2.5%	10 0.94%
7.	Take a test	2 2.8%			2 2.1%					2 2.2%		2 2.5%		8 0.74%
8.	Control games	In accordance with the schedule of competitions												
9.	Participation in competitions	In accordance with the schedule of competitions												
10.	Get a medical checkup	2 2.8%			2 2.3%			3 3.0%			2 2.3%			11 1.0%

Notice: the top row - the number of hours, the bottom row - percentages

Thus, in making adjustments to the existing schedules, we have increased the number of hours devoted to the main types of training, which address the necessary issues of training players in adolescence.

It is known that the development and improvement of physical qualities and

functional training is a difficult task, and sometimes it is impossible, especially during long competitions, especially in high temperatures in Uzbekistan. Therefore, two-year annual planning has been proposed (Table 3), which has been successfully used by highly qualified players.

Annual periodicity plan for training young players

Table 3

I-cycle			II-cycle			Transition period
Preparatory period		Competition period	Preparatory period		Competition period	
General preparation stage	Special preparation stage	I Round competitions	General preparation stage	Special preparation stage	II Round competitions	
January	February March	April May June	July	August	September October November	December

The structure of the given annual cycle excludes official games during the hot season, and, most importantly, additional basic (functional) training with young players. In these two-year annual planning, the main focus is on organizing the second additional cycle of the preparatory period.

Here, as in the first cycle, it is expedient to devote more than one-third of the time in the general preparatory phase of the second stick to the improvement of functional capabilities by nonspecific means. In this case, firstly, the training efficiency of young players will be the highest, and secondly, the load can be more accurately dosed in nonspecific exercises [6,7,9].

In special training, the percentage of nonspecific exercise time is reduced by increasing the specific gravity of the specific exercise. The use of specific ball exercises has been linked to technical and tactical skills and physical qualities. In short, control games were held at this stage, participation in which supports the practice of competition and develops tactical thinking.

In short, taking into account the sensitive periods of development in the body of children and adolescents, the introduction of the second cycle of the preparatory period in the development of physical qualities and functional capacity is fully justified. This is especially important for 14- and 15-year-olds, because it is at this age that all

movement qualities develop rapidly, and this includes speed, agility, strength and endurance, high excitability of nervous processes, plasticity of the body

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