

ESTIMATION OF THE STRUCTURE OF THE COMPETITIVE ACTIVITY OF YOUNG FOOTBALL PLAYERS 13-17 YEARS OLD

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ABSTRACT

In article the question about methods of assessment of the technician - tactical actions of young football players in the course of competitive activity is considered. Volumes of hours in the program of the sports school which are taken away for training of the technician - tactical actions.

Keywords: Competitive activity, the technique - tactical preparation, individual tactical preparation.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The relevance the Competitive Activity (CA) is integrated characteristic of quality of efficiency of training of athletes. Disclosure of regularities of the most competitive confrontation has to be the subject of scientific research. Such research will allow to approach knowledge of fundamental regularities of training process, to show the way of the solution of the problem of formation of sports skill and management of the athlete in the course of leading it to the ready state before responsible competitions (1,2,3,4). Unfortunately, in literature till today's time there are no concrete data about age dynamics of elements of structure of CA of young football players. This shortcoming doesn't allow to create certain methods of effective technical and tactical training of young football players taking into account their rational sequence. It, in turn affects skill of the adult football player, as is relevant.

Research objective: To estimate structure of competitive activity of young football players. Research methods: the most effective way is registration of the CA elements in soccer record on the Dictaphone of the main technical and tactical actions (TTA) with the subsequent interpretation on the special form of the protocol which can will be applied also to graphic record with the subsequent calculation of quantitative and qualitative characteristics of the game of certain football players and all team in general. At the same time it is fixed such TTA most of which widely practices for CA assessment by quantity (volume) and to quality (percent of marriage or effectiveness ratio) of TTA, both individual, and all-team executed in the game. The obtained data are compared with the video of this match. At the same time the percent of mistakes shouldn't exceed 10-12.

In the theory and the technique of soccer as the parameters, indicators used apply the following to control of CA: quantity and efficiency of shots on goal, including the head, quantity of passes, maintaining and selection of the ball, quantity and efficiency of single combats below and in air; quantity of combinations and number of the players participating in combinations, etc.

Due to above stated, for the purpose of specification of values of indicators of CA in the course of training of young football players of 13-17 years, we conducted questionnaire of

specialists in soccer, coaches teachers. In total 72 coaches teachers, practical length of service who are made by not less than 10 years are interviewed.

In the course of questioning were studied the number of questions, including also the importance of the CA elements in training of young football players was analyzed. In processing of questionnaires the CA significant elements in the following order (Table-1) are revealed most

Table-1: The importance of indicators of CA when training young football players 13-17 years (by results of questionnaire) n=72

№	Name of the CA element	Number of respondents	%
1.	Shots on goal leg and head	59	81,9
2.	Passes	55	76,3
3.	Dribbling (feints), groundmoves	44	61,1
4.	Trapping	42	58,3
5.	Technology of movement without ball	34	47,2
6.	Dribbling	52	72,2
7.	Selection of the ball (intercept)	50	69,4
8.	Playing technique head	22	30,5
9.	Efficiency of group interactions	12	16,7
10.	Implementation of standard provisions	14	19,4
11.	Ball throw-in because of side	9	12,5

Results of the research: It is visible that, according to the interviewed coaches, such TTA as shots on goal – 81.9%, various passes – 76.3%, dribbling – 72.2% are the most significant, selection of the ball – 69.4%. These receptions are the main components of the football game and therefore coaches not casually give preferences to these actions.

It is necessary to notice that according to experts, in the international official matches our adult football players allow up to 70% of marriage in these difficult receptions of the game.

Unfortunately, is slightly lower estimated there was such indicator as groundmoves of the opponent and feints – 61.1%. It in spite of the fact that at age for children and young people the foundation to individual actions of the football player is laid. In our opinion, if not to support and to train in these actions at early age, then in the future the class and level of teams of masters will strongly unite.

The interviewed coaches pay even less attention to the playing technique-headed – 30.5%. Probably, it also is the consequence of the fact that our adult football players at the international level chronically for already many years concede in this powerful and effective remedy of the organization of the game.

Most of the interviewed experts note need to observe the certain sequence (sequence of elements) in training of TTA of young football players on the basis of accounting of their age features (62 people or 86.1%).

For the purpose of further specification of features of CA of young football players, we made pedagogical observations of football matches with participation of young football players of five age groups: 13, 14, 15, 16 and 17 years. Such control of readiness of football players needs to be carried out in the conditions of process of the training. It has to be concrete for

every year of training and it is obligatory to be expressed in numerical indicators, the characterizing achievements (1). The most informative, the data registered directly in games are now. Such way of assessment of TTA is informative at systematic control of volume and efficiency of actions in each match. At the stage of elementary education, data can be used as the test according to which not only extent of digestion of material is estimated, but also it becomes clear what material is insufficiently acquired. At the improvement stage for assessment of level of the technique indicators extend (3). Such feedback, does the training system of football players at different stages operated. And it in turn, will positively affect the performance of our club and national teams of masters.

In communication above stated, during observations by us elements, CA in the course of the football matches played on championship of Tashkent and the Republic of Uzbekistan were registered. In total it is analyzed from above

80 matches. Values of such indicators as were defined: quantity and efficiency of short, average and long passes, dribbling, opponent's ground moves, selection of the ball, intercept, single combats, shots on goal, loss of the ball. In table 2 average values of these indicators as a percentage are given to their general quantity for one match.

The analysis of data of table 2 shows that young football players of 13-17 years carry out for one match, on average according to 380-520 actions with the ball. The research of nature of TTA of young football players testifies, that at 13 summer children of the short and average

Table-2: Value of indicators of CA of young football players of 13-17 years executed on average for one match (%)

№	Name of indicators of CA	$\bar{X} \pm \delta$				
		Age (years)				
		13	14	15	16	17
1	Quantity of short and average backwards passes and across	8±1,5	10±4	10±2,5	12±3	15±4
	Efficiency of short and average backwards passes and across	0,5±0,08	0,6±0,07	0,6±0,04	0,6±0,03	0,7±0,1
2	Quantity of short and average passes forward	16±3	17±4	17±3	18±3	19±4
	Efficiency of short and average passes forward	0,4±0,05	0,4±0,04	0,5±0,06	0,6±0,08	0,7±0,15
3	Quantity of long passes	6±1,0	4±0,8	3±0,8	2±0,5	3±0,2
	Efficiency of long passes	0,2±0,04	0,25±0,04	0,3±0,04	0,35±0,04	0,45±0,06
4	Quantity of the lumbago	2,8±0,4	3,6±0,4	3,5±0,4	4±0,6	6±0,8
	Efficiency of lumbago	0,15±0,02	0,18±0,03	0,2±0,03	0,3±0,05	0,45±0,08
5	Dribbling	14±3	15,2±2	10,5±2	12±2	10,5±2
6	Ground moves	8,2±2	6±1,5	7,4±2	7±2	6,5±1
7	Tackling	9±2	7±2	10,2±2	6,4±2	8±1,5
8	Selection of the ball	10±1,5	12±2	11±2	11±1,5	10±2
9	Single combats below	7,2±2,	8±1	6,8	6±2	5±1,5
	totop	1,4±0,4	2±0,4	2±0,3	4±0,4	5±1
10	Number of heading	2±0,8	2,5±0,6	3±0,8	4±0,6	5,8±0,8

	Efficiency of heading	0,3±0,04	0,32±0,04	0,34±0,04	0,4±0,06	0,55±0,08
11	Quantity of shots on goal leg	4,6±0,4	5,5±0,8	5±1	6±1,5	6,5±2
	Efficiency of shots on goal leg	0,3±0,08	0,3±0,1	0,4±0,1	0,45±0,1	0,6±0,2
12	Quantity of shots on goal head	2±0,2	2±0,6	2±0,5	4±0,5	4,2±0,6
	Efficiency of shots on goal head	0,18±0,04	0,2±0,04	0,3±0,04	0,35±0,05	0,45±0,06
13	Losses of the ball	8±1	6±2	4,6±0,6	4±0,5	2,5±0,5

passes delivered back and across the smallest is also equal to $8 \pm 1.5\%$. However with age this indicator tends to increase and at 17 summer it makes $15 \pm 4\%$.

Such phenomenon, in our opinion connected with the fact that these actions are connected with the indicator of tactical thinking, and it, as is well-known depends on age and qualification. Actually, the young football player who only began to participate in competitions, in the course of the game having got the ball, only and thinks of how quicker to drive the ball in any way on the half of the field of the opponent. And to it it is still unclear that for preservation of the ball passes across and are in certain cases expedient back. Therefore with age the percent of indicators of such passes increases, and at 17 summer it is the highest.

As for the same passes but executed forward, here the difference is insignificant, though the tendency to increase is observed. So, at 13 summer $19 \pm 4\%$. In general, the quantity and efficiency of the short and average passes delivered in various directions increases with age. It is quite natural as passes are the basis of team game, and coaches in the course of preparation pay to this TTD special attention.

At the same time, if to pay attention to quality of performance of long passes, then situation opposite here. So, the greatest percent 6 ± 10 at 13 summer and the smallest at 16, 17 summer football players, $2 \pm 0.5\%$ and $3 \pm 0.2\%$ respectively. Probably, it is connected with the fact that the beginning football players who have skills of the technique and tactics of the game soccer aren't acquired yet, play on "release" more often, that is, having got the ball, try to kick out it as it is possible far away from the goal. For this reason quantity of long passes prevail at younger players. With age, with acquisition of experience of the game, football players use this action in case of need; as the game situation dictates. It is confirmed also on the efficiency indicator – than the football player is more senior, than the indicator is higher.

Let's address dribbling and groundmoves. These receptions of the game as is well-known, always were in concepts of young football players priority qualities. They consider that, the more the football player owns the ball and outplays, the higher it skill and authority and therefore reluctantly leaves the ball. From the table it is visible, with age the number of dribbling and groundmoves decrease. But, as it was noted above, the quantity of indicators of collective actions – passes increases.

We consider that in this case, in training process at the solution of this question, nurseries of the coach have to approach doubly. On the one hand, to train and impart skills of team actions, on the other hand already at children's age not to ruin, and in every possible way to encourage and develop abilities and abilities of the individual game. As, the future of soccer

and the class of team are defined by the reasonable combination of individual and team actions.

As for intercepts and selections of the ball, percent on age groups it is distributed approximately equally. The difference makes 1-2%. This fact is explained by the following – as it was noticed above, young 13th summer boys often playing the "selection" game and having big percent of marriage of the ball (see the table), in comparison with more adult, are forced to enter fight for return of the ball more. While their senior colleagues enter for selection of the ball consciously, for the purpose of the fastest return of the ball and deprivation of the opponent of the initiative.

Indicator of quantity of kicks will be agreed by the head with data of questionnaire. It was noted that children's coaches give attention in training process to the technique of kicks the head a little, and for what reasons. Thereof too small percent, in comparison with other actions. So, in competitions, the number of headers and their efficiency at junior football players 2 ± 0.8 . In process of growth the percent increases and in 17 years reaches 5.8 ± 0.8 . But, nevertheless, it is in general and here is low.

The influence of the number and accuracy of shots on goal on the entertainment and performance of the game does not require a comment. Therefore, it is not by chance that in the questionnaire these actions took the first place, according to the trainers. Apparently, in the training process, exercises in this direction occupied an appropriate place. Therefore, all age groups are distributed approximately equally. However, the efficiency is low. Apparently, in training it is necessary to pay more attention not only to the number of strokes, but more importantly, the exercises should be as close as possible to game conditions.

However, one should pay attention to the fact that the level of these indicators is determined during the analysis of football matches of the internal championships of the city of Tashkent and the Republic of Uzbekistan. In the case when the young footballers of our Republic met with rivals from other countries, namely Russia, Ukraine, Belarus, the level of CA of our teams is significantly reduced to 25-30% ($P < 0.01$).

The CA analysis of young football players also revealed that the values of indicators of collective methods of playing a game are very low (pressing, counter and group selection, creating a numerical advantage in crucial parts of the field based on high functionality, on reliability of performance of TTA at high speed in conditions of active resistance from the enemy and lack of time. There are practically no quick transitions during the game from defense to attack and vice versa, instantaneous switching of players from defensive actions attacking actions, especially for older players (16-17 years old). It is no coincidence that adult club and national teams of Uzbekistan in international competitions are noticeably inferior to foreign teams in this component of the game.

The analysis of programs of training of young football players which is carried out by us for the children and youth of the Sport Olympic reserve showed that found turning aside of the task of work with pupils whose maintenance of the training material is aimed at the development of physical, technical, tactical and theoretical training in these programs. Scheduled plans of passing of the training material are provided in these programs. At the same time, in our opinion, the ratio of hours on types of preparation aren't quite optimum.

Conclusions: At the stage of initial preparation not enough time for mastering the techniques connected directly with rather long control over the ball is allowed: to processing of the ball, maintaining, feints, various passes. Exercises will be applied in conditions, without restriction space and time.

There are no priorities in training of TTA on the basis of age dynamics of football players taking into account the sensitive periods of their physical development. Not enough training funds of various physical qualities allocated for development are interfaced influencing and on the playing technique.

There is no interrelation between structures of training and competitive activity with the content of technical training in lesson programs for the children and youth of the SportOlympic reserve

Very little in programs it is given attention to individual tactical training of football players, to selection of the ball collective by methods, conducting the game, to the playing technique-headed, to tactical thinking.

Such state of affairs demands carrying out more in-depth study of features of physical development of young football players, dynamics of indicators of their general and special physical fitness and physical working capacity on various periods and stages of the year cycle.

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