

RESEARCH OF THE METHODS OF IMPROVING THE SPECIAL COORDINATION OF YOUNG FEMALE FOOTBALLERS

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ABSTRACT

This article discusses the statistical analysis of data from scientific research that focusing on the role and importance of coordination skills in the preparation of young female footballers aged 15-16. It is recommended to introduce a special test system for female footballers in their trainings. In this research, special valuation tests were chosen and applied on the basis of V.I.Iyakh's researching. The article presents an overview of the organization of the study and its results, which will greatly help the young coaches.

Keywords: Control, evaluation, football players, start, test, coordination, variation, statistical analysis, variation coefficient.