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.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

At the present stage of female football, the problem of specialized training of female footballers is becoming increasingly important and is discussed in special literatures. At the same time, we should addmit that currently, the scientifically-motivated recommendations on monitoring and evaluation of girls' co-ordinate capabilities and the improvement of their technical skills are not sufficiently developed. In addition, many experts do not have a single idea of controlling competitiveness, which is one of the prerequisites for the effective management of female footballers' trainings. Recommended assessment methods usually require a lot of work or do not reflect the main content of the competition. There is not enough recommendation on coordinating girls' skills. The available recommendations are for male footballers. Although the process of educating young female footballers is completely systematic, monitoring this process is an important factor. It is very important to control the training process of female footballers. This is due to the fact that the development of women's football is behind men's football (1,3,4,6). This article summarizes the results of the study of the Polish expert V.I. Lyakh, estimating the balance of girls in the age group of 15-16 using the method of assessing the balance of boys and girls. The following tests were used for the study, based on materials published in the scientific and methodological literature, and according to the personal experience:

1. Carrying the ball through the rings:
a) 30 m running from the start (1st attempt).
b) carrying the ball across the rings (2nd attempt)
2. Remove the ball behind with the right and left legs.
3. Keeping one foot on the ball with the base and non-base leg.
4. Turnings on the gymnastic bench (times).After the signal (time is up), one should move the ball back and forth. Whenever the ball is pulled back, the legs are on the ground. After 10 exercises, the base is formed on both legs. According to these tests, the test results were obtained at the beginning and at the end of the experiment at the age of 15–16 years for the female footballers of ‘’Sevinch’’ and ‘’Metallurg’’ football clubs (see Table). The results were statistically evaluated and characterized by $\overline{X}$, σ , V characteristics. The values of the coefficients of variation (from 6.58 to 9.63) for „Sevinch’’ and „Metallurg’’ tests showed that

the level of training of the athletes in the group was close to each other, that is, their tensile strength. At the same time, conclusions were drawn about the reliability of changes in the $t_{ст}$ - critical values of the Student's distribution, calculated from the test results at the beginning and at the end of the experiment. Thus, the test results of girls from the Sevinch team based on the results of changes in arithmetic mean values of the test results in all selected tests and ball exercises on the right leg (tst ≥ 2.60 and R <0.01) even in some exercises, "Return ball with right foot "and" Breakthroughs on the gymnastic bench "(Tst ≥ 4.06 and P <0.001) have changed significantly more. The results of the evaluation of the coordination skills of young male footballers. Table 1

a) Sevinch football team									
tests	т.у.к	At the beginning of the experiment			At the end of the experiment			$t_{ст}$	P
Carrying the ball through the rings		$\overline{X}$	σ	V, %	$\overline{X}$	σ	V, %		
	1st-attempt	6,63	0,61	9,20	6,02	0,58	9,63	3,24	< 0,01
	2nd-attempt	9,35	0,72	7,70	8,66	0,57	6,58	3,36	< 0,01
Pulling the ball	Right foot	6,2	0,57	9,19	5,5	0,52	9,45	4,06	< 0,001
	Left foot	6,1	0,53	8,69	5,6	0,51	9,11	3,04	< 0,01
Standing on one foot holding the ball	The main foot	34,94	3,32	9,50	58,73	3,47	9,20	2,09	< 0,05
	Not main foot	21,25	1,83	8,61	23,24	2,04	8,78	3,25	< 0,01
Turnings on the gymnastc bench(times)		3,45	0,33	9,57	4,96	0,38	9,60	4,53	< 0,001

In the Metallurg team the result is different: the arithmetic average of the results of all the exams chosen for the exams in teaching practice varies depending on the Sevinch team and is less than statistical confidence.

Table 2

a) Metallurg team									
tests		At the beginning of the experiment			At the end of the experiment			$t_{ст}$	P
Carrying the ball through the rings		$\overline{X}$	σ	V, %	$\overline{X}$	σ	V, %		
	1st-attempt	6,48	0,62	9,57	6,13	0,56	9,14	1,87	> 0,05
	2nd-attempt	9,23	0,72	7,80	8,84	0,68	7,69	1,76	>0,05
Pulling the ball	Right foot	6,1	0,57	9,34	5,75	0,48	8,35	2,10	< 0,05
	Left foot	6,3	0,56	8,89	6	0,49	8,17	1,80	> 0,05
Standing on one foot holding the ball	The main foot	33,12	2,69	8,12	34,86	3,16	9,06	1,88	> 0,05
	Not main foot	20,12	1,45	7,21	21,12	1,84	8,71	1,91	> 0,05
Turnings on the gymnastc bench(times)		3,35	0,29	8,66	3,56	0,31	8,71	2,21	< 0,05

There was a significant change in the average arithmetic average (%) of the experiment results at the beginning and at the end of the experiment of girls of two girls at the ,,Turnings on the gymnastics bench ", which showed 14.78% ,,Sevinch'' and 6.27% in ,,Metallurg''. The smallest change was 7.38 and 4.23%, respectively, in the exercise "Ball through rings" (second attempt). The remaining exercises vary, respectively, from 4.76 to 11.29%; From 4.76 to 5.74 percent. Thus, we tried to approach the young female footballers in the experimental group by coordinating abilities. We basically developed exercises that relate to the state of the body, and included them in the training process. Here we practiced among columns of exercises with balls and without balls that we can not perform, and as an example we give the following exercises: The columns are located at a distance of 2 m from a range of 30 m. Moving forward with these signs will make the trainer's signal fast; in this case, the athletes move in the opposite direction at a distance of 30 meters; in this case, those who engage with the ball move; in this case, passengers pass about 30 m, passing each pillar; In the case of a square at a distance of 10 m, all practitioners take their course, changing direction. Just as in test 2, the exercise is performed in repetitive, forward and reverse repetitions. - move in a circle, standing. The ball must be able to hold the ball on the surface of the foot, and then turn left and right to the left. The result of this exercise was that in our experimental group there was an increase in results compared with the initial results, as well as the effectiveness of the technical and practical movement of girls.In summary, it is important to note that the young player organizes a constant assessment of coordinating the coordination of girls' actions, and the introduction of special exercises close to the game forces them to increase the effectiveness of tactical exercises, since the level of women's coordinated skills is not as high as in men. This will increase the effect of exercise.

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