

FORMATION OF TRAINING MOTIVE AT YOUNG FOOTBALL PLAYERS NOT TRADITION THE METHOD

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ABSTRACT

In given article the role of nonconventional motivation of training process of young football players is experimentally established by introduction of rating system. Introduction in training process of an individual estimation of activity of each football player (during 3 months) has improved technician-tactical skill and productivity of competitive activity of young football players.

Keywords: Motivation, the young football player, success, training process, activity, competition, points an estimation, a condition.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

High indicators in modern sports are reached as a result of long-term regular trainings. The relation of the sportsman to training process, to the sports duties is substantially defined by the motives which have developed at it of training and participation in competitions. Motives in psychology are understood as thoughts, aspirations and the feelings of the person connected with comprehension of those or other requirements which induce it to this or that activity. [4].

Football this command game success in competitions is reached only at high readiness of all its members. Therefore in soccer team training it will be necessary to choose such the motivation form which to show activity and responsibility of each football player during trainings.

The knowledge of motives of training and performances has the big practical value for the trainer. As they directly influence the relation to training, to forthcoming competition, a mode, define the purpose of playing sports, influencing on degree and character of exercises. Therefore it is very important to improve the motives causing the greatest activity of sportsmen during trainings which will as much as possible mobilise forces of the sportsman for overcoming of difficulties.

In the modern literature is available works devoted to a problem of motives and their value in sports activity. It is necessary to notice, that in researches of some authors E.N.Gogunov, B.I.Martyanov, Z.G.Gapparov, O.M.Kokun, R.A.Pilojan., A.Hafedh, L.N.Rogaleva, N.S.Grinevich [1,2,5,6,7,8,9] is reflected ascertaining of sports motivation and questions of management by formation of motives at young sportsmen are to a lesser degree reflected. [3]

In practical activities of the trainer there is a variety of ways of motivation of sportsmen to training activity. It is necessary to notice, that selection of means of motivation depends on many factors, in particular, from a kind of sports, an age, sex, qualification of the sportsman, a rank of the sportsman, etc.

The research organization: research was spent in nursery - youthful football academy of Tashkent.

The conversation with three trainers has preliminary been spent, two from them have estimated the command as enough active in training process. These commands in competitions have shown good results. The third trainer characterised the command as insufficiently active in training process, and also low result of competitive activity.

In a current of month supervision of training process with an estimation of activity of football players were anonymously spent at development of techniko-tactical actions. For the purpose of supervision carrying out the ball rating system has been developed 10 тн. The essence of rating system consisted in the following:

- On each training the sportsman could receive as much as possible 10 points:
- For the shown discipline and activity preparatory parts of training 2 points
- For the shown activity and it is qualitative performance of tasks of the trainer in the basic part of training of 6 points
- For accurate performance of regenerative exercises in final parts 2 points were estimated.

Daily estimation the trainer together with the psychologist of a command of activity of football players in training process, in development of techniko-tactical combinations within 3 months had been revealed preliminary data.

Results of supervision are resulted in table 1.

Table 1: Results of supervision over game activity of experimental group three months prior to carrying out of the basic experiment

№	F.M.L name	Oktober	November	December	Average index
1	A - I	132	146	146	141.3
2	B - SH	133	127	134	131.3
3	G - X	150	155	146	150.3
4	G- D	144	151	140	145,0
5	K- J	124	116	119	119.6
6	K - E	132	142	137	137,0
7	H -A	148	148	141	145.6
8	H- R	129	135	139	134.3
9	O- L	152	155	143	150,0
10	P- A	145	134	128	135.6
11	T -A	126	124	122	123.3
12	T-T	157	154	150	153.6
13	T-O	134	131	131	132,0
14	X- A	136	126	128	130,0
15	SH-X	152	144	144	146.6
16	SH- A	158	154	149	153.6
	In total				2229.1
	Average index				139.3
	δ				10,3

In table-1 results of an anonymous estimation of performance of quality of techniko-tactical tasks of the trainer are reflected. (In a current of 3 months)

It is necessary to notice, that results low.

For the purpose of improvement of quality of training process the rating system of an estimation has been developed and informed all participants of a command. The essence of rating system consisted in an estimation of discipline and activity of young football players during realisation of tasks of the trainer. In the end of training each player was estimated in points. Results informed players. At disagreement of the sportsman to it was given the chance to carry out repeatedly the training task, and, objectivity of the put points by the trainer, the psychologist thereby was specified. The received points were summarised and brought on the screen which hung in a class corner. Thus, the condition has been declared, that at competitions those sportsmen who have typed high points will participate only. There by the internal competition in a command has been created.

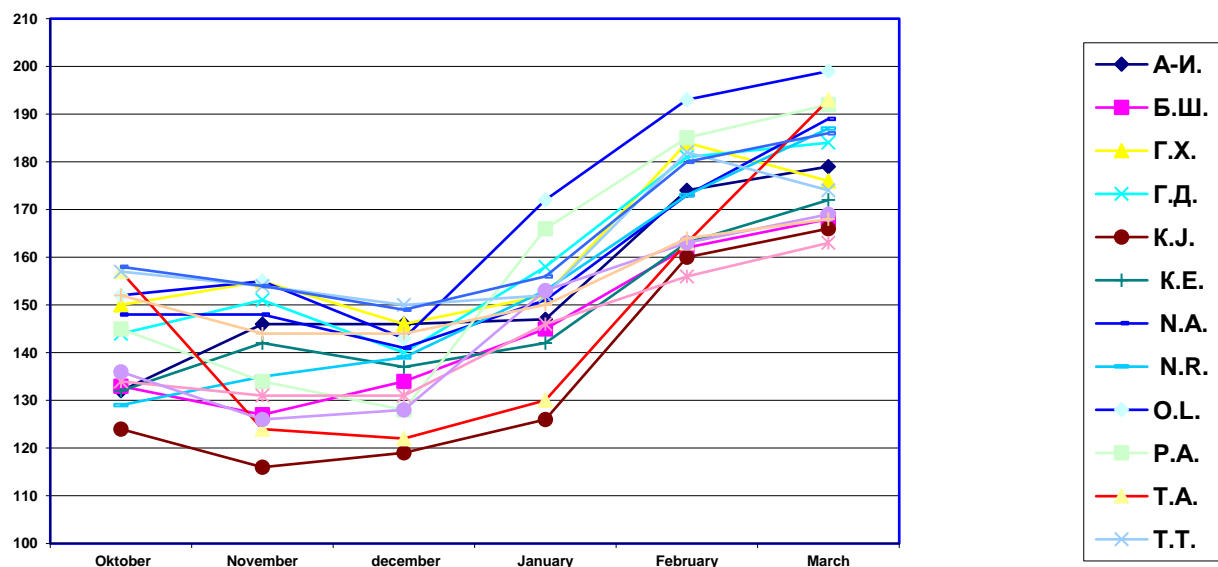
Results of ascertaining experiment are resulted in table-2.

Table 2: Results of ascertaining experiment

№	F.M.L name	January	February	March	Average index
1	A - I	147	174	179	166.6
2	B - SH	145	162	172	159.6
3	G - X	152	184	187	173.6
4	G- D	158	181	189	176,0
5	K- J	126	160	166	150.6
6	K - E	142	163	168	157.6
7	H -A	151	178	184	171,0
8	H- R	153	173	176	167.3
9	O- L	172	193	199	188,0
10	P- A	166	185	192	181,0
11	T -A	130	163	174	155.6
12	T-T	152	182	193	175.6
13	T-O	146	156	163	155,0
14	X- A	153	163	169	161.6
15	SH-X	150	164	168	160.6
16	SH- A	156	180	186	174,0
	In total				2673.7
	Average index				167.1
	δ				9,98

From the table-2 it is visible, that command motivation have appeared effective. As a whole indicators of ascertaining experiment considerably above than preliminary data.

Comparative the characteristic of the received data in preliminary and basic experiment most brightly it is possible to see on rice-1 where dynamics of individual results of young football players is reflected



Rice 1. Dynamics of individual indicators of a rating estimation before experiment.

From drawings it is visible, that before pedagogical experiment a rating estimation of young football players during preliminary research rather low. At the first stage of experiment, in the course of usual training in a current of 3 months, rating points of football players do not change, and during ascertaining experiment the motivational indicator sharply tends to increase. An average index before experiment was 139,3 (sigma 10,3), after experiment has increased to 167,1 (sigma 9,98), reliability of distinctions at $P < 0,001$.

Efficiency of the spent experiment it was reflected and on competitive activity of young football players. From eight companionable meetings among the contemporaries before experiment 4 games have lost, two games have drawn and only 2 have won. After experiment other picture is observed: 4 games have won, 2 drawn games, 2 have lost.

The conclusions: Introduction of rating system has led to an internal competition, activation of young sportsmen and, finally, to training improvement of quality.

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