

## STRUCTURE OF THE SYSTEM OF LONG-TERM SPORTS TRAINING OF FOOTBALLERS

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### ABSTRACT

This article discusses the implementation of the principles of continuity and duration of the physical training process for different age groups of children and adolescents.

**Keywords:** Physical, technical, tactical, power, efficiency, deceptive actions, fintur, shock.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Football is a universal game. It has a comprehensive effect on the body. In the process of training and games, football players improve the functional activity of the body, ensure the correct physical development, form the right positive skills and character traits, such as the ability to subordinate personal interests to the interests of the team, mutual assistance, activity and a sense of responsibility.

Modern football is characterized by an ever-increasing intensity of actions in the conditions of active martial arts of rivals, often against the background of significant physical and psychological strain and developing fatigue.

Sports training can be considered as a continuous process, since the influence of external influences on adaptation allow us to talk about the experimental nature of the entire training process. The program of training of football players is made taking into account constantly changing tendencies of preparation of athletes. It provides a scientific basis for the organization of the training process, designed for a long period of training. The ultimate goal is to train highly qualified players, etc..

Studies of the modern stage of football development cover the main methodological provisions on the basis of which a rational unified pedagogical system of long-term sports training and training of football players in specialized schools is built.

The development of methods of training athletes in different age groups provides continuity in solving problems on the formation of the personality of the athlete, health promotion, harmonious development of organs and systems of the body. This is the idea of the target orientation of the training strategy in relation to the stage of higher sportsmanship, the sequence of application of means, methods and organizational forms of training of all age groups.

The difficulty of training players is that they go through different age stages with different ratios of biological, psychological and social parameters. Means, methods and physical activities used in training do not always correspond to the seasonality of the sport, the nature of motor actions, individual age development. In addition, in some cases, they may not meet the prospective requirements for higher sports skills associated with achieving a high level of sports results, which will be possible after 12 - 13 years of systematic training[2,4]. The process

of preparing an athlete consists of interrelated and interacting components. Here psychomotor properties that determine the purpose, and qualitative signs of the effectiveness of muscle activity in football. In the analyzed system it is possible to allocate:

- technical component, including effective possession of motor skills, primarily the technique of the main elements of the game,
- tactical, which in football determines the ability to rationally distribute the running speed of the field with the effective implementation of the energy capabilities of the body,
- theoretical and psychological components.

Achieving this goal, which may include the implementation of standards of sports categories, record results, achieving the necessary level of physical and special performance, lies through the solution of tasks expressed in real terms. They determine the model characteristics of athletes. It is necessary for each athlete to set very specific tasks throughout his sports activities. Players develop exactly those qualities and systems that, from the conventional point of view, do not fit into a certain framework and, thus, provide the highest sports and technical result at a relatively low level of development of the potential of other body systems. At the expense of the highest potential of explosive force and development of speed-power level and, on its basis, - speed endurance basically alaktatny and glycolytic orientation[1,3,4].

This program is intended to prepare football players at the initial training stage, the training stage (stage of sports specialization), which is organized at the bases of Municipal budgetary educational institution of further education "Children's and Youth Sports School" named after G.S. Khusainova.

This football program implements on practical principles of continuity and succession of physical education time for individual age groups of children and adolescents at playing football and physical education as a whole: from the formation of a stable interest in physical education to achieve the level of national teams of Uzbekistan and demonstrating high results in national and international official competitions. The purpose of this program:

The formation of a healthy lifestyle, attracting students to systematic physical education and sports;

Professional self-determination;

Health promotion and comprehensive physical development (development of physical, intellectual and moral abilities);

Achieving sports success in accordance with the individual abilities of children and adolescents.

The objectives of the program vary depending on the stage of preparation:

*At the stage of initial preparation:*

- provide comprehensive physical training for students on the basis of a curriculum in physical education;

- instill interest in systematic football;

- identify promising children and adolescents for the subsequent improvement of their sportsmanship at the training stage.

*At the training stage:*

- strengthen health and temper the body of students;

- instill a steady interest in football;

- provide comprehensive physical training with the predominant development of speed, agility and coordination of movements;

- master the entire arsenal of technical methods of the game;

- improve individual and group tactics of the game, master the basics of team game tactics;

- improve tactical actions in the links and lines of the team;
- develop tactical thinking, determine the playing inclinations of young football players;
- develop refereeing skills;
- improve the technical methods of the game, bring them to the level of high performance in conditions of limited space and time, with active resistance of the enemy.

### **Types of football players training.**

Implementation of complex long-term training of football players is carried out through training and training, which have an educational orientation. At the same time, the theoretical training of football players covers the area that is aimed at understanding sports activities, directly related processes, as well as the development of intellectual abilities. Such training is directly related to the formation of rational bases of motivation of the athlete, his strong-willed and psychological training, meaningful development of sports equipment, tactics, improvement of sportsmanship. The systematic process of education and self-education contributes to the formation of the athlete's personality.

Theoretical training is necessary for improvement in sport. In order for an athlete to master the heights of sportsmanship, his theoretical knowledge must outstrip practical work and serve as a basis for improvement.

For formation of strong-willed qualities of the athlete the system of psychological influences for development of so-called sports character is applied. This character is formed in the process of long-term sports, and the victory is achieved by those athletes who fully possess strong-willed qualities.

Under volitional activity are understood such qualities as willpower, perseverance, patience, endurance and self-control, determination, self-confidence, discipline, the will to win.

Revealing the value of strong-willed qualities, it is necessary to analyze typical situations in which an athlete overcomes difficulties to achieve sporting success. The main method of education of strong-willed qualities is a method of gradual complication of the tasks solved in the course of training and at participation in competitions. Systematic training and regular performances in competitions are effective means of their education[4,5].

The most important type of training is the development of motor abilities of the athlete, in which there are often four main forms. These are motor endurance, power capabilities, motor efficiency and coordination abilities. They are discussed in more detail below:

1. Motor endurance of the athlete is considered as the factor determining duration of maintenance of the set power of work. From the standpoint of modern achievements of physiology and biochemistry, it can be argued that endurance is determined both by the amount of oxygen delivered to the working muscles, and the adaptation of muscles to long-term hard work. This is dictated by the conditions of the game and is expressed in the ability of the athlete to long-term manifestation of power qualities.

2. Strength abilities of the athlete are defined as the ability to overcome external resistance. The strength of skeletal muscle contraction is determined by at least three groups of physiological factors: Central nervous, organizing the exciting effect on the motor neurons and regulating the impact of muscles; peripheral, determining the contractile property and the current functional state of the muscles; energy, providing a long-term mechanical effect of muscle contraction. The presence of these physiological factors makes it necessary to use

various methods of special physical training for the development of explosive power and reactive ability in the cyclic activity of football players.

3. Motor efficiency is understood as two independent actions of a person in the conditions of time limit-speed and speed of movement.

4. Coordination abilities of the athlete affect the ratio, or ordering of external and internal forces arising in solving motor problems. These abilities provide achievement of the required effect at full use of motor potential of the athlete and improvement of functional mechanisms according to their role and performance of sports exercise.

Technical training of the athlete is mainly aimed at mastering and improving the technique of performing the main elements of the game. It is based on mastering the technique of performing a set of special exercises used in training. The technique of auxiliary sports exercises and high-speed running should be considered from the standpoint of the unity of form and content, as a holistic activity. Under the form of movement is understood kinematic structure of movements, and under the content-dynamic characteristics. In football, there is often a gap between the two when teaching technique, as some coaches put training in the external form of the technique of the elements of the game in the foreground, leaving the improvement of dynamic characteristics in the background[3,4].

The development of sports equipment is a continuous process, which can be divided into a number of stages. This is the stage of initial learning, then the stage of detailed learning with the formation of the skill, the stage of consolidation and further improvement of the skill. Training at the listed stages differs in essence of the solved tasks, the content of the used means and methods of training, features of formation both Executive, and control and corrective parts of action. When teaching technology prevails installation on the perspective of advancing the formation of technical skills. The essence of this provision is that at all stages athletes gradually assimilate the biodynamic structure of the motor in the mode that in the future is implemented in competitive activity.

Tactical training is aimed at the formation of the player's ability to effectively compete. The complexity of this type of training is that it integrates mental and motor, Executive, components, that is, the technique of sports movements and the strategy of fighting on the field. At the heart of sports tactics are its motor manifestations. In football, the main criteria for optimal tactics are variability of speed, efficiency, accuracy and safety of technical elements[1,3,4].

In the program of practical mastering of tactical skill it is necessary to include the exercises promoting improvement of spatial sensitivity and distinctive sensitivity on effort. This set of measures, included in the training process, will allow the player to choose the ability to control the elements of equipment for the main components of competitive activity.

### **The structure of the multi-year sports training system.**

Long-term sports training of football players consists of the systematic passage of the following stages:

- the stage of initial preparation (NP),
- training stage (stage of sports specialization) (TE),

Ranks and sports ranks are assigned in accordance with the requirements of the Unified All-Uzbek Sports Classifier. Typically, the following skill levels of athletes correspond to the training steps:

- the stage of initial preparation corresponds to beginners, II and I youth categories;  
In exceptional and justified cases, approved by the decision of the Coaching and Methodological Council, it is allowed to transfer the athlete from stage to stage externally or re-passing the stage of a lower level[1].

The training process includes and consists of the following types of classes:

- regular group and individual practical training sessions;
- theoretical studies, including lectures, discussions, master classes and seminars;
- participation in training camps;
- participation in sports, including health camps;
- participation in sports competitions;
- medical and rehabilitation measures;
- methodological training, including refereeing, trainee and instructor practice, as well as viewing sporting events as a spectator;
- passing offsets and standards.

### **Normative part**

Students are enrolled in a sports school in accordance with the Admission Rules at Municipal budgetary educational institution of further education "Children's and Youth Sports School" named after G.S. Khusainova. People who do not have medical contraindications who are selected in accordance the standards of general physical and special physical training, established by the federal standards of sports training for each stage of training are enrolled. To enroll students, you must provide the following documents: application for admission, consent to the processing of personal data, photos, copies of a birth certificate or passport, a medical certificate that there are no contraindications, copies of the ITN and insurance certificate, accident insurance. When moving from another sports school, documents are provided confirming the fulfillment of the standards corresponding to the preparation stage[2].

The academic year in all groups begins on September 2. Training sessions are held according to a schedule, the compilation of which should take into account the employment of students at the place of study. The training process at the school is carried out throughout the calendar year. The duration of the school year is 12 months with a maximum amount of work, designed for 52 weeks of training sessions. Planning of the training process for the period of active recreation of students during the holidays is carried out during the summer holidays at the camps of health camps, for primary training groups over 2 years of study and training groups[3].

Beginning of classes no earlier than 8.00 hours, end no later than 20.00. Classes can be held on any day of the week, including Sundays and vacations.

Training in groups of different stages is carried out in accordance with the requirements of the curriculum, year-round, using the latest techniques, technical training and monitoring equipment, training devices and rehabilitation measures, with strict observance of safety measures during classes. The main form of the training process is a training session - an academic hour of 45 minutes.

**The duration of the stages of sports training, the minimum age of persons to enroll in the stages of sports training and the minimum number of people undergoing sports training in groups at the stages of sports training by type of sport football**

Table number 1

Stages of sports training	Duration of stages (in years)	Minimum age for admission to groups (years)	Occupancy of groups (person)
Initial preparation phase	3	8	12-14
Training stage (stage of sports specialization)	5	10	12-14

**The ratio of the volumes of the training process by type of sports training at the stages of sports training by type of sport football**

Table number 2

Sports Training Sections	Stages and years of sports training			
	Initial preparation phase		Training stage	
	1 year	over a year	up to two years	over two years
General physical preparation (%)	13-17	13-17	13-17	13-17
Special physical fitness (%)	4-6	4-6	9-11	9-11
Technical Training (%)	35-45	35-45	26-34	18-23
Tactical, theoretical, psychological preparation (%)	9-11	9-11	9-11	9-11
Technical and tactical (integrated training (%)	22-28	22-28	26-34	31-39
Participation in competitions, coaching and refereeing (%)	4-6	4-6	5-8	5-8

**Planned indicators of competitive activity in the sport of football**

Table number 3

Types of competitions (games)	Stages and years of sports training			
	Initial preparation phase		Training stage	
	Up to a year	Over a year	Up to two years	Over two years
Control	one	one	one	2
Qualifiers	-	-	one	2
The main	one	one	2	2
Total games	22	22	28	28

**Training modes**

The acquisition of training groups is based on a scientifically based system of many years of training, taking into account age-related patterns in the development of sportsmanship. The transfer of students to the following training groups and the increase in training and

competitive loads are determined by the experience of classes, the level of general and special physical fitness, health status, level of sports results[4].

Table 1 shows the recommended modes of sports training; athletes who have been trained for at least 1 year are enrolled in the training phase. The maximum composition is determined taking into account the observance of safety regulations in training sessions [3].

The weekly mode of sports training is maximum and is set depending on the period and training tasks. The total annual volume of educational work provided by the indicated operating modes, starting from the educational training stage of preparation, can be reduced by no more than 25%. For the initial training phase, the duration of the academic hour can be reduced to 30-40 minutes.

The duration of one lesson at the stages of initial preparation of the first year of study should not exceed 2 academic hours, at the stages of initial preparation over a year should not exceed 3, and in training groups - 4 academic hours.

Depending on the training period (transitional, preparatory, competitive), starting from the stage of sports specialization of the third year of study, the weekly training load may increase or decrease within the framework of the annual sports training plan defined for this stage. So, during the holidays and during the stay in the sports camps, during training camps, the training load increases so that the total amount of the sports training plan for each group is fully implemented [4].

The main forms of sports work in a sports school are: group classes; individual sessions; participation in competitions of various ranks; theoretical classes (in the form of conversations, lectures, viewing and analysis of educational films, film rings, film or video recordings, watching competitions); classes in a sports camp, training camp; medical rehabilitation measures. Athletes of older age groups must participate in the refereeing of competitions and may be involved in the conduct of individual parts of the training session as an assistant coach.

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