ANALYSIS OF TESTS TO MEASURE THE TARGET ACCURACY OF TECHNICAL TECHNIQUES IN FOOTBALL PLAYERS

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ABSTRACT

The paper offers tests used to assess the target accuracy of technical techniques of 16-17-year-old football players. The analysis of correlation stability of tests is made, 2 groups of football players are revealed. The results of the work can be used in the work of coaches and football specialists.

Keywords: Target accuracy of technical techniques, young players, tests to control technical training.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

In modern football due to the increase in the level of special physical fitness of athletes and increasing the intensity of performing technical techniques in a unit of time, accuracy issues are becoming increasingly important [2,5].

At a high pace of play, it becomes increasingly difficult for players to control the target accuracy of movement techniques and ball strikes. At the same time, there is an objective contradiction between the speed and accuracy of movements [1].

The accuracy of movement depends on various factors: individual characteristics of a person, the level of his physical fitness, the target setting, so that accuracy in sports practice is considered as one of the main criteria for the effectiveness of motor activity, and, accordingly, as an integral criterion for the development of technical and tactical skill in sports games [3,4].

Over the past two decades, the target accuracy of technical techniques in competitive games for major League teams has remained almost at the same level. At the same time, individual target accuracy for individual players in certain technical techniques can be quite good.

The analysis of a number of works allowed us to determine a set of pedagogical tests that assess the accuracy of technical techniques in football [1,2,5].

The purpose of the work is to identify the tests used to assess the target accuracy of technical techniques of football players.

To achieve this goal, we selected tests that are used to evaluate the accuracy of technical techniques (table-1).

The experiment to assess the stability of the tests involved 45 players of 16-17 years of age who have the first adult category and more than 5 years of experience.

Table-1.

A list of tests to control the accuracy of ball passes and shots on goal for young players.

№	Name of the control exercise (test) and the nature of its execution	Value Kst
1.	A shot on goal for accuracy from 17 m on a stationary ball with the right and left foot 5 times. The gate is divided in half. The amount of hits is taken into account	0,73
2.	Shots on goal from 16 m with the maximum force in the specified goal zone 10 times with each foot, the amount of hits is taken into account	0,94
3.	Shots on goal from 25 m with maximum force on a stationary ball. 10 times with each foot.	0,92
4.	Shots on goal from 16 m on a flying ball with maximum force. 10 times with each foot	0,72
5.	Shots on goal from 16 m on a Bouncing ball with maximum force. 10 times with each foot	0,74
6.	The amount of kicks the ball at targets (94,95). The goals are as follows: a Hoop is placed in the middle of the gymnastic Mat, and a stuffed ball is placed in the Hoop. Blows are applied 10 times with each foot. If you hit the Mat-1 point, hit the Hoop-2 points, hit the field between the ball and the Hoop-3 points. Hit a stuffed ball-4 points. The amount of points is taken into account.	0,76
7.	Passing the ball at a long distance -25 m to the target on a hinged trajectory, 20 passes	0,93
8.	Move with the ball for a short distance at an average speed. Passing the ball along the ground to the direction-reflecting panel at an angle so that the reflected ball bounces into the designated space where the player himself could receive the ball while running. Performed 20 times	0,88
9.	Shots on goal, from 16 m with an average force on a straight trajectory, 10 times with each foot. A target is placed in the goal.	0,74
10.	Shots at the goal from 16 m with an average force on an arcuate trajectory, 10 times with each foot. A target is placed in the goal.	0,75
11.	Shots on goal from 25 m on a straight trajectory, 10 times with each foot.	0,66
12.	Shots at the goal from 25 m on an arcing trajectory, 10 times with each foot.	0,82

Analysis of the results shown in table 1 shows that these tests are sufficiently stable, since the coefficient values for 11 tests are higher than 0.7 (or 70%). Only one test #11 "shots on goal from 25 m on a straight trajectory" has a KST value=0.66. But this value is also acceptable.

Using the calculation of correlation coefficients between tests evaluating accuracy actions, 2 groups of players were selected whose values of the accuracy of ball passes and shots on goal were as follows.

Group I has a high level. The accuracy values were above 50% and approaching the level of 70% above.

Group II has a low level. The accuracy values were below the average level (30%).

During the experiment, it was revealed that the selected motor tests for controlling the accuracy of ball passes and goal kicks of young players of 16-17 years of age have sufficient stability and are recommended for stage-by-stage, current control.

The proposed tests should be implemented in training programs for young players of 16-17 years of age.

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