

PLANNING OF A YEAR DUAL CYCLE OF PREPARATION OF STUDENTS OF BRANCH SPORTS PERFECTION ON FOOTBALL IN UNSUCCESSFUL CONDITIONS OF AN ENVIRONMENT

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ABSTRACT

In article the developed year dual cycle of preparation of students branch of sports perfection engaged in unsuccessful conditions of an environment is resulted.

Keywords: The dual year plan of preparation of students, integrated readiness.

With a view of achievement of efficiency of educational training process it is necessary to plan and project preparation of football players. The planning system provides statement of the purposes and problems and definition of the basic control indicators of integrated readiness, control specifications on the general and special physical preparation and competitive activity. Now are applied one-day, stage forward planning.

Of separate training employment develop small (microcycles of 1-2 weeks). They make average (mezocycles - one or several months), in turn, developing in big (macrocycles). Repetition of big (macrocycles) creates all-the-year-round and long-term training process.

The big place in a life of student's youth of the Karakalpak state university is occupied with studies-training work on football. At planning of preparation of students of groups of sports perfection were established given gidrometsentr (Republics Uzbekistan) about the lowest temperatures in three months. Therefore in these of month preparation is spent in the conditions of sports camp.

Planning of advanced technology of application of football in groups of perfection in the conditions of adverse factors of an environment.

Modern practice of sports activity of students on football basically is based on exclusively intense training loadings exceeding norms of adaptable possibilities of an organism of the young man. At a choice of training means and methods, level and dynamics of set loadings, features of youthful age and adverse conditions of pool Aral region frequently are not considered. In turn preparation of sportsmen in the conditions of influence on a heat organism external environments heifers storms. Stay the person in the conditions of external temperature substantial increase of requirement of oxygen and highlight causes carbonic acids.

As other, not less important, significant reason absence in the theory and a technique of football of features of preparation of students of branch of sports perfection acts. As a rule, the loadings proved for sportsmen of high qualification are used and at the same time modern lines construction the plan of preparation of sportsmen are not considered. Students on football of group of sports perfection in the conditions of zone aral region.

Innovative technology of construction of a year dual cycle of preparation of football players of branch of sports perfection

As replacement of a traditional method of repeated repetition of strictly regulated exercise, wide use of various training, game exercises is offered.

1. The problem of formation and perfection of tehniko-tactical skill should dare by as much as possible wide application of a situational method which was considered as synthesised «domestic football» in the presence of organizational-methodical norms of study-training process.

2. Special exercises for fastening of the received skills should have a specific orientation, offering the student to realise impellent problems by means of tehniko-tactical actions which were studied on employment. For this purpose it is necessary to create conditions in exercises which put the student before a choice of certain tactical actions. Repeated repetition of tactical actions in a game situation positively influence, both for speed of training, and on quality of perfection.

The basic defining factors at scheduling of study-training employment were:

- Conformity of the maintenance of study-training employment to level of readiness of students;

- Continuity and a coordination between employment parts; fastening of a studied material in game exercises;

- Application of various game exercises at training and perfection of tactical actions;

- Use of the reduced method on employment.

Thus, in construction of study-training process basically following principles are put in pawn:

1. To use a competitive method as much as possible widely.

2. The situational method increases speed of performance TTA and is powerful stimulus in development of skills. At scheduling on employment especially carefully to select the game exercises of the basic part fixing skills of the preparatory.

3. Exercises with the strict regulation, directed on perfection of techniques, are used in insignificant quantity.

4. For effective, positive carrying over, it is important to co-ordinate problems on development of physical qualities to problems on perfection of tactical actions, applying a method of the interfaced influence [6].

The combination is recommended:

- Speed development - perfection of shock actions;

- Development of speedily-power qualities - perfection of blows on a ball a head, a foot on collars;

Education of the general dexterity - training to feints, dribbling;

- Education of the general and special dexterity - perfection of stops of a ball and performance of is difficult-coordination blows;

- Complex education of impellent qualities or education of the general endurance - perfection of group tactical actions;

Education of high-speed endurance - perfection of group, command tactical actions;

- Perfection of passes in the course of group, command tactical actions.

Very important, keeping an orientation to apply various training means. It creates efficiency of novelty, not going in cycles on the same exercises. Except maintenance of necessary interest to employment, it is important to consider adverse factors, such as a high-speed barrier [4].

The plan of preparation of students of branch of sports perfection

Year educational doubled branches of sports perfection of students on football is planned and under construction on the basis of a certain periodization, division into the periods and stages. Year training shares for three periods: preparatory, competitive, transitive. The preparatory period shares on three stages: the general preparatory (2 months IX-X); specially-preparatory (2 months - December-April); competitive (4 months III-IV); transitive (2 months-VI-VII);

It is important to note features of preparation of football players. Long the general preparatory and specially-preparatory stages are connected to provide first of all good physical readiness in the conditions of low temperatures during winter time of pool Aral region. Further, training in the preparatory period is directed on increase integrated to readiness.

The parity of these components of preparation is reflected in the dual year hourly plan.

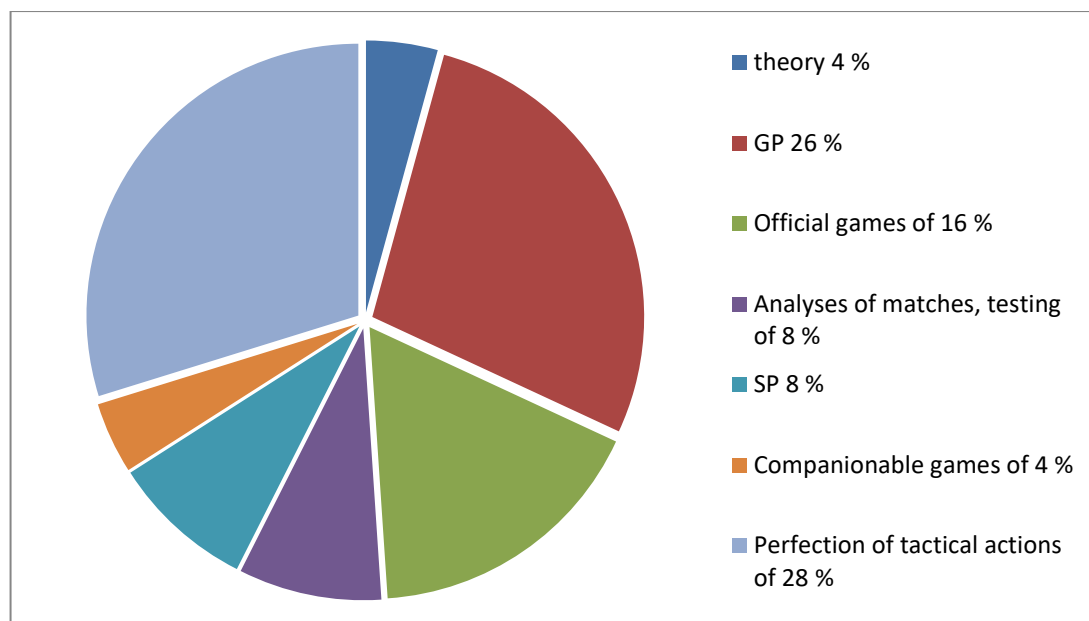
The hourly plan of preparation of students of branch of sports perfection

Total of hours - 178 hours. On the theory 6 hours, on general preparatory -2622 are taken away

Hour, specially- preparatory - 2 hours, perfection of tactical actions - 38 hours, companionable games-8 of hours, official games - 20 hours, analysis of matches, testing - 4 hours (table 1).

Table1: The plan of preparation of students of branch of sports perfection on football in a dual year educational

№	The preparation periods					Competitive	Transitive	All
	The maintenance of material	The preparatory		January-February				
	(2 months) September-October	(2-months) November-December		(3-month) March-April-May	(2-month) June-July			
I	Theoretical section	1	1					
II	Practical section							
1	the General preparatory	4	2	2	6	10	22	
2	Specially preparatory	2	3	1	7	10	15	
3	Perfection of individual tactical actions	4	4	2				
4	Perfection of group tactical actions						8	
5	Perfection of command tactical actions		2	3	4		9	
6	Participation in companionable educational games	4	4	3	8		11	
7	Participation in official games			3		4	15	
8	Analyses of matches			4	24		28	
9	Testing	2	2	2	4	2	4	
10	Independent employment	+	+	+	+	+	6	
	In total hours	17	36	26	50	29	47	



Picture 1: Distribution of hours to components of the year hourly plan of preparation of students

The control of integrated readiness of students and estimated norms of game activity of sportsmen

To operate training process, in time to introduce corrective amendments, it is necessary to conduct the control of integrated readiness of students. Each student possesses certain impellent qualities - force, speed, endurance, movement coordination. In turn football players of different roles - defenders, the halfbacks attacking, owing to the functions, carry out peculiar specialisations tehniko-tactical actions [6].

Means, first of all it is necessary to be able to define level of integrated competitive readiness with the account of game specialisation [6].

Decrease in results in test exercises and achievements in sport specifies in wrong, insufficiently rational training. They mismatch level of impellent both competitive readiness occupying and to its specific features.

On the basis of data of experimental group, estimated norms of integrated and competitive readiness of football players (table 2,3) are developed.

As a result of sports training occurs various morphological and functional changes in an organism of the sportsman, defining a condition of its readiness which can be connected with adaptable reorganisations of biological character [1].

Integrated readiness consists of parametres of physical development, physical and special physical readiness of parametres of competitive activity according to game specialisation (table 2,3). Training the sportsman in turn can be defined with use of estimated norms which are revealed on the basis of data of experimental group. Comparing results of testing of the sportsman with estimated norms, it is possible to estimate objectively the separate parties of integrated readiness of the football player in which they too cause interest, and to correct lacks motivate the player to study-training employment.

Table 2: Estimated norms on integrated readiness of students of branch of sports perfection on football

№	Parametres points	5	4	3	2	1
1	Weight of a body, kg	68	67.5	67	66.5	66
2	Length of a body, sm	179	177	175	173	171
3	Index of weight of a body, kg \m ²	24	23	22	21	20
4	Blow on range, m	42	39	35	31	27
5	Broad jumps from a place, m	284	264	244	224	204
6	Lifting by revolution, time	12	11	10	9	8
7	Without 3000 m, mines, sek	12'66"	12'69"	12'72"	12'75"	12'78"
8	Run 7x50 m, mines, sek	1'05"	1'06"	1'07"	1'08"	1'09"
9	Run 10x10 m, sek	23.5	24.1	24.7	25.3	25.9
10	Ball ejection on range, m	17	16	15	14	13
11	Run of 100 m, sek	11.2	11.4	11.6	11.8	12.0
12	In total actions, quantity	49	45	41	37	33
13	Efficiency of actions, %	76	73	70	67	64
14	Passes, quantity	34	31	28	25	22

Halfbacks according to the game duties should co-operate in each match with partners (52 transfers) at 82 % of efficiency, only then it is possible to be put on on positive result

Table 3: Estimated norms of parametres of competitive activity of students with the account of game function

	5	4	3	2	1
	Defenders				
Passes, quantity	34	31	28	25	22
In total TTA, quantity	49	45	41	37	33
Efficiency TTA, %	76	73	70	67	64
	Halfbacks				
Passes, quantity	41	38	35	32	29
In total TTA, quantity	52	49	45	41	37
Efficiency TTA, %	82	79	76	73	70
	The attacking				
Passes, quantity	37	34	31	28	25
In total TTA, quantity	47	45	43	41	39
Efficiency TTA, %	74	73	72	71	70

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