

THE ANALYSIS OF LEVEL OF SPECIAL READINESS OF FOOTBALL PLAYERS OF "SUPERLEAGUE" OF UZBEKISTAN ON INDICATORS OF THEIR IMPELLENT ACTIVITY

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ABSTRACT

In article the problem of special physical readiness of football players of high qualification is considered. Data about impellent activity of football players, participants of the World championship of 2018 are cited and the comparative analysis of volume of impellent movings of football players of "Superleague" of Uzbekistan is made.

Keywords: Special physical readiness, the control of impellent activity, volume and speed of movings to match time, football players of high qualification.

Urgency

As has shown the analysis of matches of the World championship 2018 which were passing in Russia by primary factors, the characterising commands, achieved successes in modern football high speed, rate of performance of individual, group and command actions and high functional readiness of players is. Physical readiness of players is one of the key factors influencing directly on results of performance of commands [1].

Aim

studying and the comparative analysis of impellent movings of the football players participating in the championship of Uzbekistan with similar indicators of the best football players - participants of the World championship of 2018

Research methods

For the analysis such indicators of impellent movings of football players in the course of game, as have been chosen:

- The maximum speed;
- Quantity of sprints;
- The general distance prurun by football players in game.

For registration of impellent activity of football players used system "PolarTeamPro". System of monitoring of sportsmen this mobile and convenient in use unites in itself high-precision GPS-given about movement, indicators of the inertial gauge and tracing of a warm rhythm by means of the built in module. Thanks to this system, except above named parametres it is possible to trace also position of players by means of GPS, to measure speed and a distance, Frequency Cardiovascular System, acceleration, quantity of the maximum sprints, frequency of steps, and also a distance on separate zones of speed.

The research organization

Football players of clubs "Nasaf" have taken part in research, «Bunyodkor», "Andizhan", "Locomotive", «Navbahor», "Sogdiana".

The research organisation was spent during matches of the championship of "Superleague" of 2019.

Results of researches and their discussion

In table 1 the best data received in the course of supervision over football players of a line of attack in matches of "Superleague" are presented

Table 1. Indicators impellent movings of football players of "Superleague" of Uzbekistan

№	The initials of the player	The maximum speed [km/h]	Quantity of sprints	The general distance (m)
1	Ab-ov B.	32,3	18	10564
2	K-ov I.	32,0	15	11324
3	K-ev I.	32,2	17	10995
4	Ko-ov S.	31,8	14	11480
5	M-ov M.	30,6	29	10345
6	Ub-ev SH.	32,2	25	10486
7	Ax-ov R.	30,7	18	10412
8	Is-ov D.	29,9	19	11342
9	Am-ov B	30,1	15	9880
10	Al-ov X	30,8	21	9214
	On the average	31,26	19,1	10604

It is visible, that on the average the maximum speed makes 31,26 km/hour. The total amount of movings has on the average made 10604 m. Three football players B.Ab, I.K-ev and S.U-ev have shown the maximum speed of run of 32,3 km/h and 32,2 km/h

If to compare movings of participants of the World championship for a match, carried out on the maximum speed our football players considerably concede to them. Indicators of the maximum speed of the best foreign football players are presented in table 2.

It is visible, that football players of high level develop in a match the maximum speed from 36,9 to 32,5 km/h. It is very high speed. Football players of "Superleague" did not show such level of speed in national championship.

Table 2. The maximum speed of the best football players of the world

№	Surname a name	The maximum speed of km/h
1	Gareth Bale	36,9
2	Kylian Mbappe	36,0
3	Theo Walcott	35,7
4	Antonio Valencia	35,2
5	Virgil van Dijk	34,5
6	Ieroy sane	34,4
7	Kyle Walker	34,2
8	Cristiano Ronaldo	33,9
9	Romelu Lukaku	32,8
10	Lionel Messi	32,5

Not less important indicator of level of special physical readiness of football players is the quantity of the sprints which are carried out for a match. On the average football players of the best foreign clubs make from 40 to 65 sprints for the speed from above 6,7m/sec [2]. In the championship of Uzbekistan on the average for a match the quantity of sprints makes 19,1. It is very low indicator of impellent activity of football players.

Players who overcome the big spaces for minimum time solve much, if not all. As the trainer «Manchester of City» Pep Gvardiola marked in one of interview: «In football it is necessary to run and struggle. I can forgive any errors but if you do not run - that you not in a command. Analyzing us, people say, that we do not have problems with physics. Run of a command and quantity of intensive runnings always at good level. It is one of our secrets. I think, it even is more important than tactics». Run can disguise many tactical problems, and its shortage to destroy even the powerful tactical plan.

Indicators of impellent movings at participants of the World championship it agree to statistican FIFA [3], testify, that most of all kilometres for all played matches football players of modular Serbia - on the average on 113 km for game have overcome. For comparison, the French national team on this indicator became 28th: its players on the average ran of 101 km for a match.

It is most in the Croatian national team have run: the attacking Ivan Pereshich - 72,5 km for 632 minutes in 7 matches, and the owner of "the Gold ball», halfback Luka Modrich - 72,3 km for 694 minutes in 7 matches. If to look average indexes it will turn out, that Ivan Pereshich in each match for one and a half hour ran 10,4 km.

On the average in the World championship of 2018 for a match football players ran from 11 to 13 km, depending on game role. In the championship of Uzbekistan the total amount of movings made from 10,5 to 11km. Thus, foreign sportsmen ran almost on 1,5-2km more than the football players acting in the championship of Uzbekistan.

It is necessary to notice, that in the World championship, depending on game role, high-speed movings had interindividual distinctions. So, players of defence overcame for game distance from 9427 to 10572 m. From them for the speed (5,5 - 7 km/s) from 423 to 646 m; for the speed over 7 km/s from 88 to 140 m. Players of an average line ran for game from 9042 to 10272 m, from them for the speed (5,5 - 7 km/s) from 655 to 729 m; for the speed over 7 km/s from 72 to 240 m [1].

The obtained data testify that on run with the submaximum and maximum speed is necessary to 25 % of time of game. Therefore, if the player in game runs 5000 m and from them with the maximum speed of 500 m its running loadings in training (in running and game exercises) should be same, i.e. it is a question of planning of individual norms of running loadings of football players.

It in turn, assumes absolutely new approach to planning of training process at football players of the high qualification, consisting first of all, in an individualization of training influences [2; 4;].

The conclusion

To football players, during a match, it is necessary to carry out many the submaximum and maximum accelerations dictated by game situations. And after each such acceleration the organism needs time for rest for restoration. And than faster and longer there was an acceleration or the more such accelerations it is necessary to carry out to the player successively, the it is necessary for it time for restoration more to remain competitive on a match course. Therefore to very important trainer to consider specific features of course of regenerative reactions at football players with different level of special physical readiness.

All trainings should be as much as possible approached to competitive activity. Difference of the football player from the athlete that at the football player, speed with a ball, should be not below usual speed of run on this or that piece. In training of the football player there are no separate running trainings. Therefore, in training employment at perfection of level of special physical readiness of football players of high qualification it is necessary to plan the loadings which intensity would correspond to calendar game.

It is necessary to remember, that the football player should be developed versatily, it is impossible to attach significance only to one quality. The European clubs start differently directed to train from 12 years, and at us much later.

As have shown matches of the World championship of 2018 football has considerably changed: rate has increased, speed of technico-tactical actions, commands apply active pressure on all field. All it forces to change structure and quality study-training work. Therefore the special urgency is got by the researches connected with search of new means, methods and forms of the organisation of training process on perfection of special physical readiness of football players of high qualification.

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