

TECHNICAL TACTICAL OF PLAYERS

Otaqulov Ergashjon Abubakir ugli

Navoi State Pedagogical Institute

"Physical Culture" faculty women's direction 2 Course student

Annotation: Activity in the field of theory and methodology of physical education and sports training in the research work of the growing number of leading scientists in the physical fitness system of athletes fast-strength training is viewed along with his physical abilities. We think, improving the speed-strength qualities of sports girls in an integrated way during technical-tactical training is a promising direction is.

Keywords: physical fitness, physical qualities, physical activity, education.

Introduction: In the theory and practice of football in the world qualification of athletes, planning training, psychological, physical, technical-tactical and tool used in functional training and on the introduction of methods into practice there have been many R & D studies. Sport the rapid growth of the results of the time in this area training to meet the requirements of requires searching for the optimal system.

An effective system of selection and training of talented and potential players in our republic creation, national teams and professional it is important for football clubs to form a quality sports reserve. Players in the research work on preparation experts rely on such a point of view that, fast-highly qualified in increasing strength training from the basics of preparing football girls is one. In recent years in Uzbekistan women's sports, including women's football great importance is paid to the development. Training with women issues related to the specific characteristics of their it emerged from the Times of his first participation in various sports competitions. Our homeland and foreign training by scientists, coaches, educators further improving the process and Sports Sports girls its activities are aimed at increasing the effectiveness of despite the fact that many proposals have been made, he or to the women's training itself in this sport almost no attention is paid to its characteristic features.

Increasing the level of physical fitness of young players and technical-tactical when developing movements, yu.K.Lukin, I.M.Blashak, A.V.Dublinski, T.T.Imanaliev, R.A.Akromov and Sh.T.In their research, scientists such as Iseev argue that this issue those who did research on the surface. But, theory and practice of the present tense rapid development of young players in accordance with international requirements exceeding the requirements for training the course calls for the use of modern methodologies to promote the physical fitness of 11-12-year-old players in nataja [4,5].

As we know, special children's and junior football training and training processes in schools are special based on the developed and approved program training processes are carried out. Training and training of young players during the annual training period training and training of players aged 11-12 in order to study the size and composition of their processes the processes were analyzed.

It is important to note that most football boarding coaches are in their training programs developed for young players they approach very responsibly. In this the ball the amount of time the exercises are performed with and time quantities of exercises performed without a ball Correctly distributed to the 1-year training process.

The microcycles recommended in the perfect training of young players every completion are the basis for an annual plan that is suitable for all periods serves. But types of such preparations the percentage of tool and time comparison varies for, except. General for special preparation groups the

time in the period of physical fitness is equal to 25% if technical training is 25%, tactical training while 20% is true.

This is exactly how the tools are distributed, in general, the sports uniform of players to scientific information about the recovery period and fits the imagination of coaches.

According to the results of the study, the size of the performance of fast movements shows that the total performed by players during the playing period the number of fast runs is allocated almost the same.

As can be seen from Table 1, in the continuation of the game total distance 4840 m.ni if established, and fast runs with the ball 1860 m.ni, which gives 38.4% no-ball technical effort 28-90 m.ni (61.6%) this information, however, was not specifically designed to increase technical performance in the training process how much it will be necessary to apply exercises proves.

This is what we have at the end of our pedagogical research it turned out that after the retest, the players were 15 m and 30 m.ga stand-up run the growth of speed quality indicators in control and research groups on less did not rise (the growth result did not exceed 2.64%). The only study is in the players in the group Running from 15 M start and subsequent speed increased the indicator for a while ($t=2,504$, $R<0.05$).

The results of a pedagogical study in the upbringing of speed-strength qualities showed, jump exercise in both groups (control and research group) players, especially in the research group significantly according to the results of execution there was a significant change.

Standing high jump both growth rates are less than 3.8 cm (2.15%) and 5.05 sm (2.86%). Good growth result indicator speed-the quality of strength, from the indicated location the high jump study showed that in Group players 6 cm (23.0%) compared to the result in the head increased to. Growth in players in the control group a slightly lower result was observed, that is, a result of 2.1 cm it was noted.

Control and research group players absolute and relevant leg muscle forces pedagogical almost the same at the beginning and end of the experiment changed. The results are as follows: in the control group 64.5 kg (22.6%) while 50.4 kg in the research 62.8 kg (24.6%). In control and research groups, the matching power grew from 22.7% to 25.9%.

"Shock method" in the process of pedagogical experiment an indicator that gives clarity to its exercises is absolute and accuracy in the Relative Strength Indicator is strength. Conclusion. As a result of pedagogical experience, this is the thing became clear that at the beginning of the experiment, the speed and agility-power attributes control and research group hardly developed in his players.

Agility and agility at the end of the experiment-strength qualities 30 in the research group m.ga in running it is known to have grown considerably, to 4.49% was, while the growth in the control group was 1.3% did.

At the end of the experiment, investigations also showed that the long jump, from position to top jump, triple jump indicators control and the study was achieved to improve the result in Group players.

References:

1. Law of the Republic of Uzbekistan "on physical education and sports"(new taxriri), September 5, 2015.
2. President of the Republic of Uzbekistan for 2017-2021 designed " on further development of the Republic of Uzbekistan Decree "on action strategy". T.: February 7, 2017,



PF-4947.

3. President of the Republic of Uzbekistan dated December 4, 2019

"Taking the development of football in Uzbekistan to a completely new level
decree"on exit measures" PF-5887.

4. Godik M.A. Fizicheskaya podgotovka futbolistov V podgotovitelnom
period. - J.: "Science to sport", 2007. - №3. - S. 18-23.

5. Nurimov R.I. Football theory and methodology. T.: ITA-PRESS,
2018. – 289 b.