© Eurasian Journal of Sport Science 2024; 1(1): 71-74
https://eajss.uz

Analysis of the results of the assessment of the technical training of a group of football players for sports improvement

Makhmudov Azam Mukhtarovich[1]

[1]Uzbekistan state university of physical education and sport, Chirchik, Uzbekistan

Abstract

Purpose: Development of proposals and recommendations to improve the technical training of 16-year-old football players.

Methods: The level of technical training of 16-year-old players is reflected, as well as the analysis of testing and retesting data is highlighted. Based on the results of determining the level of technical training, methods for improving the level of training are justified.

Results: In particular, the relative difference in movement when kicking in the penalty area was 23.29% (10.33%). The rest of the results are as follows: The dribbling test showed a relative difference of 18.04% (9.32%), the juggling test - 29.95% (12.2%), kicking the ball bounced off the bench - 19.66%, the header test - 22.46% and the kick test from 11 meters - 22.95%. The results obtained show that the methodology of using the means of developing technical training used in the learning process is organized correctly.

Conlcusion: It is considered effective to regularly familiarize oneself with the methodological guidelines for the application of modern control standards and give methodological instructions to testers. Since tests are also an exercise, repeating them forces the body to adapt to these tools.

Keywords: football player, technic, recommendation, movement, pressure, attack, chart, ball.

Introduction

Football is developing rapidly in the world. The name "weak team" has lost its place after learning the secrets of modern football in all regions of the world. This is due to the fact that there is a different approach in the player training system in all teams. Football in our country is developing rapidly. Several presidential decrees and resolutions have been issued on this sport, and large-scale work is being carried out on the basis of this to further develop football (1).

According to many experts, the ability of teams to accurately assess their level of preparation, identify advantages and disadvantages and take appropriate measures is enhanced by the use of innovative technologies in the process of preparing players. So, in order to get ahead of the opponent, it is necessary to pay special attention to comprehensive training. Many scientists emphasize the need for different approaches to the development of integrated learning in different age groups. The main factor in this is the high level of physical and psychological training (2, 3, 5).

Especially these days, all teams focus on accurately passing the ball to each other during the start of the attack on the opposing team. Currently, all teams have unique approaches to these techniques, which makes it difficult to use passes with the ball when they break through the dense zone of the opponent's defense, and complete the attack under pressure with a goal kick.

According to many experts, the main factor in the effectiveness of an attack is its implementation based on technical training (4, 5). Because it will be easy to cover a long distance thanks to a perfectly executed movement from the technical side. Our clubs and national teams have ambitions in this direction and there is some progress in this direction. However, in our teams of different ages, mistakes and shortcomings are visible when performing technical movements under high pressure and high intensity.

Based on the above information, we have set ourselves the task of conducting an experiment aimed at improving the technical training of the players of the sports improvement group by identifying advantages and disadvantages.

Methods

The following methods were used during the study:

1) Analysis of literary sources, research papers and scientific articles in which scientific research, scientific and practical experience of foreign and domestic scientists in the field of sports were studied and analyzed. 2) A pedagogical test during which the technical actions of young handball players during competitive activities were monitored. 3)

Mathematical and statistical calculation, in which the coefficient of useful movement of technical movements of handball players in attack was calculated using a mathematical formula. 4) Methods of pedagogical control were used.

Results and discussion

Observation work was carried out among young players of different ages of the "TFA" team at various competitions. According to preliminary results, the relative difference between the players of the control group and the experimental group in striking movements from the penalty area was 3.16%. The rest of the results are as follows: The dribbling test showed a relative difference of 4,75%, the juggling test - 3,34%, kicking the ball bounced off the bench - 2,85%, the header test - 3,58 % and the kick test from 11 meters - 3,03 %.

Based on the results of the relative difference determined during the initial testing, it was noticed that the performance of the teams is almost the same, but it is known that it is significantly lower than the performance of the model. So, based on these factors, it can be concluded that these teams do not have the flexibility to conduct these tests. Because these tests are not part of the training program for football players, and therefore adaptation did not appear during their testing.

However, based on the general analysis, there was a need to further improvement of technical training. In this case, the tools related to technical training were adapted to the game episodes, and a high-intensity execution technology was developed. At the same time, the special preparatory stage of the preparatory period and the content of loads of competitive microcycles were improved (see table 2).

This table reflects the content of the weekly microcycle with a strong emphasis on technical and tactical actions.

The improvement of technical training tools in the organization of the experiment was carried out as follows:

increasing the level of complexity of

Table 1. Control (n=20) and experimental (n=20) groups on tests characterizing the level of technical training of 16-year-old football players recorded at the beginning of the pedagogical experiment and comparing their statistical characteristics

№	Test	CG	sig-ma	V, %	EG	sig-ma	V, %	AD	RD	t	P
		X			X						
1	Kicking from the side of penalty area	*23,13*	*2,68*	*11,59*	*23,86*	*2,86*	*11,99*	*0,73*	*3,16*	*0,65*	*>0,5*
2	Dribbling	*38,31*	*4,81*	*12,56*	*40,13*	*5,21*	*12,98*	*1,82*	*4,75*	*0,89*	*>0,3*
3	Juggling	*47,87*	*6,51*	*13,60*	*46,27*	*6,47*	*13,98*	*1,6*	*3,34*	*0,60*	*>0,5*
4	Kicking the ball bounced off the bench	*33,28*	*4,52*	*13,58*	*34,23*	*4,78*	*13,96*	*0,95*	*2,85*	*0,50*	*>0,6*
5	Header to the goal	*33,83*	*4,26*	*12,59*	*32,62*	*4,22*	*12,94*	*1,21*	*3,58*	*0,70*	*>0,4*
6	Kicking to the target	*32,68*	*3,79*	*11,60*	*34,09*	*4,08*	*11,97*	*1,41*	*4,31*	*0,88*	*>0,3*
7	Kicking from 11 meters	*29,71*	*4,03*	*13,56*	*28,81*	*4,03*	*13,99*	*0,9*	*3,03*	*0,55*	*>0,5*
	Total score	*238,81*			*240,01*						
	Average score	*34,12*			*34,29*				*3,57*		

Note: AD-absolute difference, RD-relative difference (in percent's).

Table 2. The content of the 7-day training plan for 16-year-old football players

Days of cycle	Training time	Specialty	Effect	Size
1	Morning	Rest, restorative events		
	Evening	Technical-tactical exercises	Improving speed abilitiess	medium
2	Morning	Technical-tactical exercises	Improving fast abilitiess	big
	Evening	Technical-tactical exercises	Special endurance improvement	small
3	Morning	Technical-tactical exercises	Comprehensive improvement of motor skills	small
	Evening	Technical-tactical exercises	Improving speed endurance	big
4	Morning	Special exercises	Individual work on the technique	small
	Evening	Technical-tactical exercises	Comprehensive improvement of motor skills	small
5	Morning	Special exercises	Comprehensive improvement of motor skills	small
	Evening	Technical-tactical exercises	Mixed endurance improvements	small
6	Morning	Special exercises	Comprehensive improvement of motor skills	small
	Evening	Technical-tactical exercises	Mixed endurance improvements	small
7	Rest day			

coordination in the versions of the means;

development of options for the development of physical qualities when using means;

the use of means in modeling a game situation.

According to the analysis of the results obtained after the experiment, there was a significant change in the results of the retest of the players of the experimental group.

Conclusion

Based on this experiment, it can be concluded that low results with improved implementation

Table 3. In the experimental group (n=20), the results of tests characterizing the level of technical training of 16-year-old football players and their statistical characteristics, the dynamics of changes during the pedagogical experiment were recorded

EG	X	sigma	V, %	X	sigma	V, %	AD	RD	t	P
1	23,86	2,86	11,99	29,44	3,28	11,14	5,58	23,39	4,44	<0,001
2	40,13	5,21	12,98	47,37	5,73	12,10	7,24	18,04	3,24	<0,01
3	46,27	6,47	13,98	59,94	7,88	13,15	13,67	29,54	4,64	<0,001
4	34,23	4,78	13,96	40,96	5,37	13,11	6,73	19,66	3,24	<0,01
5	32,62	4,22	12,94	40,87	4,95	12,11	8,25	25,29	4,39	<0,001
6	34,09	4,08	11,97	41,68	4,64	11,13	7,59	22,26	4,26	<0,001
7	28,81	4,03	13,99	35,28	4,63	13,12	6,47	22,46	3,65	<0,01
Total	240,01			295,54						
Average	34,29			42,22				22,95		
EG										

of tests aimed at determining technical training have determined the real state of technical training. After all, the initial results of both teams were very low. The reason for this is that the current technical training tests are outdated, and when new modern tests are applied, the real skills of the players are clearly visible. Based on experiment, the inclusion in the training process of the players of the sports improvement group of elements of technically complex elements in the content of microcycles as well as in the content of technical and tactical improvement tools, and the introduction of this process using various methods, with approximate conditions for game situations, this will have a great effect.

References

Nurimov R.I., AkramovR.A., Isaev SH.T., Davletmuratov S.R. (2018) *Futbol nazariyasi va uslubiyati* [Theory and methodology of football]. Textbook, "ITA –press", Tashkent, (in Uzbek).

Ahmatov M.S. (2013) Uquv muassasasida yoshlarni ommavij sportga zhalb qilish va ularni harakatga keltirish mekhanizmlarini tashkilij va boshqaruv asoslari [Organizational and managerial foundations of the mechanisms of youth involvement in mass sports and their mobilization in an educational institution]. *Fan-sportga [Science to sports],* **2,** 21-25 (in Uzbek).

Bal'sevich V.K. (2004) Puti povysheniya effektivnosti pedagogicheskogo processa fizicheskogo vospitaniya v obshcheobrazovatel'noj shkole[Ways to improve the effectiveness of the pedagogical process of physical education in a school]. In the collection of materials of the All-Russian scientific conference: "Methodology - modern general and sports pedagogy" , "SCOLIPE", Moscow, (in Russian).

Lyakh V.I., Zdanevich A.A., (2005) *Kompleksnaya programma po fizicheskomu vospitaniyu. 1-11 klass*[Comprehensive physical education program for grades 1-11]. Moscow, (in Russian).

Shvykov I.A. (2002) *Futbol v shkole* [Football at school]. "Olympia Press", Moscow, (in Russian).

Varyushin V.V. (2007) *Trenirovka yunyh futbolistov* [Training of young football players]. Moscow, (in Russian).

AUTHOR BIOGRAPHY:



Azam Mukhtorovich MAKHMUDOV

Employment
Researcher at Uzbekistan state university of physical education and sports
Degree
PhD
Research interests
Physical education and sport, Theory of physical education, Analyzing of sport competitions
E-mail:
maxmudovs.@mail.ru