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Training the football players of the training stage in technical techniques, taking into account sensitive periods

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Abstract

Purpose: is to study the importance of the stages of their body's development – their sensory periods, when teaching technical methods to football players of the training group.

Methods: analysis of educational and methodological literature, pedagogical testing, pedagogical observation, pedagogical experiment, methods of mathematical statistics.

Results: Our research confirms the need to take into account the age of football players aged 11-15 years when teaching them technical techniques. The use of these studies in the training of players is effective and can be recommended for inclusion in the training process of players.

Conlcusion: From the analysis of the conducted studies, we found out that many studies have been conducted to improve physical and technical training in these age groups.

Keywords: sensitive periods, age groups, technical training, physical fitness, relative height, statistical reliability, performance analysis, performance indicators.

Introduction

It is important to create an effective training system for promising and talented players in our country, to form a high-quality sports reserve for national teams and professional football clubs. To this end, consistent measures are being taken to popularize physical education and sports, create the necessary conditions and infrastructure to promote a healthy lifestyle in all segments of the population, especially among young people, as well as to ensure the country's decent participation in international sports arenas. The issues that need to be studied in the sport of football in our country, the scientific study of many problems awaiting solution, such as increasing the popularity of the sport of football, the supply of young talented and capable athletes to the national teams of Uzbekistan, properly coordinating the physical and technical training of players, developing optimal load ratios, there is a need for a scientifically based organization taking into account sensitive periods of the organism .

Decree of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev, dated 04.12.2019 № PD-5887 "On measures to raise football to a completely new stage of development in Uzbekistan", and resolution № PR-115 dated April 7, 2023 "On additional measures for the comprehensive development of mass and professional football", special attention is paid to increasing the interest of children and teenagers to play football, popularize amateur football, and regularly organize football competitions. As attention to football increases, so does the need to use new methods and technologies in player training. This is due to the constant increase in the level of physical and technical training of players, which expands the scale and effectiveness of actions on the field. This factor places high demands on the provision of reserves in football, as well as on the physical and technical training of young players, which leads to the need to increase the level of training of young players and improve the quality of their training. Taking this into account, the relevant issues are improving the technical training of young players and taking into account sensitive periods of physical development (1).

A lot of experience has been accumulated in studying and analyzing the performance of young football players, an urgent problem is considered to be the regulation of their training loads, increasing their physical fitness, increasing the effectiveness of competitive activities, optimizing the means of participating in fast football matches. It is necessary to improve the technical training of young people playing football, constantly improve the means and methods of education, and it is also significant to conduct various experiments on this problem. The age-related features of physical development have not been sufficiently developed as well as a separate study and analysis of sensitive periods, suggestions and recommendations aimed at quickly eliminating problematic aspects.

Methods

The experiment was conducted from September 2021 to September 2022 at the FC "Lokomotiv" Football Academy. A total of 60 players participated in the experiment. 12 children from each age group from 11 to 15 years old were selected.

TESTS SELECTED FOR EXPERIMENT:

1. Running from a high start to a distance of 30 m.

2. Running in place for 5 seconds with a maximum frequency of movements with a high hip lift.

3. Long jump from place.

4. The aim is to hit a standard goal with a stationary ball from a distance of 16 m, without time limit, the the task of hitting the ball in the designated center of the goal was set. 10 kicks were performed with the leading leg. In each attempt, the deviation of the ball from the center of the target was recorded (in meters).

5. Passing a stationary ball from a distance of 9 and 16 m along an ascending trajectory, without time limit, with the task of touching a designated target on the surface of the field. 10 kicks were performed with the leading leg from each distance. In each attempt, the deviation of the ball from the center of the target was recorded (in meters).

6. A series of fast passes of a stationary ball along an ascending trajectory to the targets marked on the floor surface, the size of the targets in the first variant was 1.5 x 1.5 m, in the second variant - 3 x 3 m. 10 balls are arranged in a line at a distance of 20 cm from each other at a distance of 9 m from the center of the target. The subjects were asked to perform 10 consecutive passes with the leading leg at maximum speed, provided that they would definitely touch the target. In both versions, the execution time of 10 passes was recorded.

7. Quickly move the ball 20 m by overcoming five "obstacles" marked with lines on the floor. The width of the "obstacles" in the first version is 25 cm, in the second – 50 cm, the height of the fences in both versions is h = 40 cm. The test subjects were asked to pass the ball through the "gate" as quickly and accurately as possible, located in the same way as in the slalom. Two attempts were made for each option, and the best one was accepted. In both versions, the time of the execution ball was recorded.

Results and discussion

Today, the training of young players begins at the age of 7-8 and lasts until the age of 17-18. At this time, there are major changes in the development of the body of children and adolescents, so it is necessary to take into account the age characteristics of maturity in education. This period corresponds to puberty, which begins around the age of 12. Due to this, there is an intensive restructuring of the functioning of all organs and systems. The height and weight of the body increase significantly. The average growth of body height is 6-8 cm per year, weight gain is 4-5 kg, growth of chest circumference is 2-5 cm. As muscle mass increases, so does muscle strength, with the maximum increase in strength occurring one year after the largest increase in

Table 1.The results of control tests to assess the technical readiness of 13-year-old football players in the training group, as well as the dynamics of changes in their basic statistical characteristics and arithmetic averages during their pedagogical experiment (n=12)

Control tests	Beginning of the experiment			End of the experiment					
	$\overline{X}$	σ	V, %	$\overline{X}$	σ	V, %	AG	t	P
Carrying the ball 30 meters (s)	5,43	0,79	14,55	4,54	0,64	14,10	0,89	3,03	<0,01
Dribbling (s)	12,37	1,71	13,82	11,00	1,48	13,45	1,37	2,10	<0,05
"Zig-zag" running without ball (s)	13,04	1,92	14,72	10,94	1,56	14,26	2,10	2,94	<0,01
Long-range kick (m)	42,54	5,72	13,45	49,34	6,49	13,15	6,80	2,72	<0,05
Kicking to the target from a distance of 11 meters	33,28	4,87	14,63	41,48	5,94	14,32	8,20	3,70	<0,01

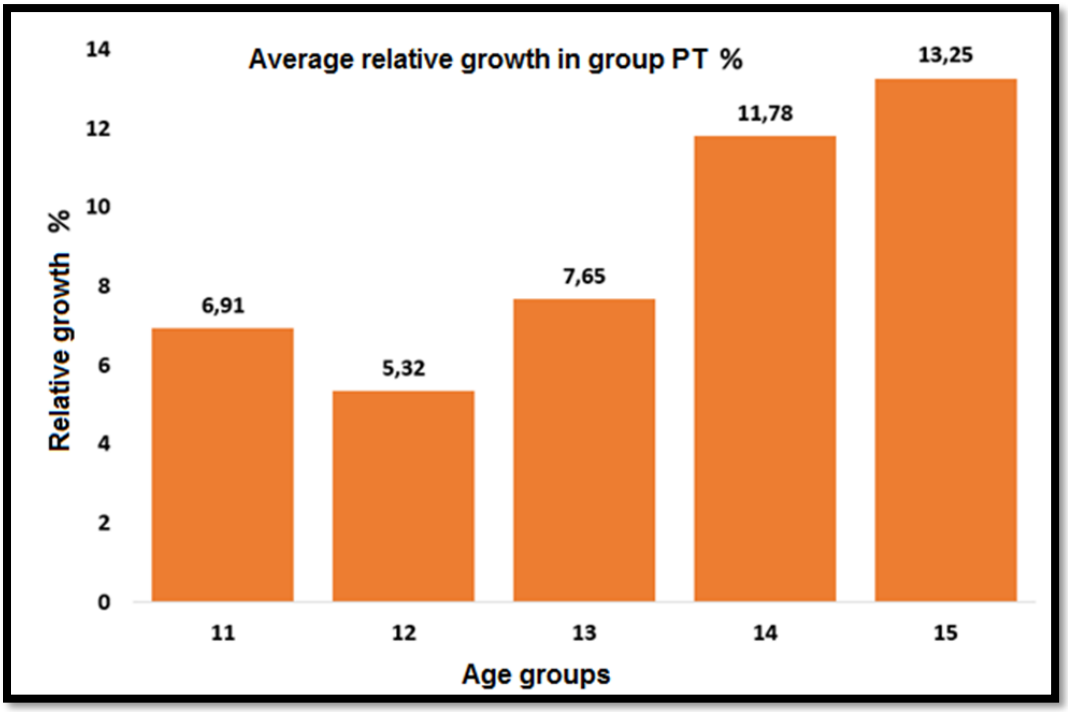
Table 2. The results of control tests to assess the physical fitness of 13-year-old football players in the training group, as well as the dynamics of changes in their basic statistical characteristics and arithmetic averages during pedagogical experiment (n=12)

Control tests	Beginning of the experiment			End of the experiment						
	$\overline{X}$	σ	V, %	$\overline{X}$	σ	V, %	AG	relative %	t	P
Long jump from place (cm)	154,43	20,73	13,42	162,27	22,69	13,98	7,84	5,08	0,88	>0,3
Throwing stuffed ball (m)	5,14	0,76	14,79	5,41	0,81	14,97	0,27	5,25	0,84	>0,4
Running to 30 m (s)	4,98	0,67	13,45	4,21	0,56	13,30	0,77	15,46	3,05	<0,01
Running to 1000 m (m)	4,12	0,61	14,81	3,91	0,57	14,58	0,21	5,10	0,87	>0,3
Bending forward (cm)	5,04	0,69	13,69	5,41	0,73	13,49	0,37	7,34	1,28	>0,2

body weight. The processes of skeletal formation continue, the curvature of the spine is determined, the musculoskeletal system is becomes like in adults. The work of the cardiovascular and respiratory systems improves, by the age of 14, the heart rate reaches 70-78 beats/min in rest, the vital capacity of the lungs is 3000 ml.

In the modern theory of sports, cases have been established that the development of physical qualities depends on morphological and biochemical changes in the motor apparatus. External factors related to the means and methods of influence also play an

Fig 1. Comparison of the arithmetic mean values of the results of control tests characterizing the level of physical fitness of football players of 11, 12, 13, 14 and 15-year-old training groups and their relative increase during the pedagogical experiment (in



important role in this process. The methodology of physical training is based on scientific approaches to the development of specific motor qualities. On this basis, it is necessary to train special physical qualities. Taking into account age characteristics, it is desirable to develop dexterity and flexibility before the age of 11, speed - 12-13 years, speed and strength skills - 14-15 years, endurance - after 15 years (4,9,11,12).

In the course of the study, the level of influence of sensitive periods on the performance of technical techniques of football players in the training group was analyzed. The control tests are selected in such a way that the testers have the opportunity to demonstrate a combination of speed and accuracy when performing the following actions:

a) tasks not related to football;

b) special football tasks;

c) in conditions when the requirements for the technique of performing methods have changed.

The study studied the technical and physical fitness of football players, and some of their results will be presented. The main statistical characteristics of the indicators recorded at the beginning and end of the experiment on control tests used to assess the technical readiness of 13-year-old football players in the training group, the absolute and relative growth of the arithmetic mean. The values of the test results during the pedagogical experience and the statistical reliability of these absolute increases, the calculation of the theoretical critical values of the Student's distribution and calculated degrees of freedom, the data of the significance level are presented in table 1 below.

The generalization and analysis of the data presented in this table shows that the results recorded on tests characterizing the level of technical fitness of 13-year-old football players participating in pedagogical experiment have changed in a positive way during the experiment. In particular, at the beginning of the pedagogical experiment on the time of ball transfer to a distance of 30 meters, at the beginning of the studied test 1, the arithmetic mean and standard deviation of the results of young football players were determined as $\overline{X} \pm \sigma = 5{,}43 \pm 0{,}79$ s (variation coefficient V=14,55 %) and by the end of the experiment it turned out that these indicators change in a positive direction up to $\overline{X} \pm \sigma = 4{,}54 \pm 0{,}64$ s (variation coefficient V=14,10 %). At the same time, the results of the group of young players on these test indicators showed that the absolute increase in the arithmetic mean values during the experiment was 0.89 s, and their relative increase (compared with the corresponding indicator at the beginning of the experiment) was 16.39 % (see diagram 1).

Conclusion

The research conducted on football shows the principles and methods of training the physical qualities of young football players, taking into account the age characteristics of the development of children and youth. Long-term observations of young football players have shown that the purposeful development of speed and strength qualities leads to an increase in the growth rate of running speed and agility. A successful result in football is closely related to the fast and accurate execution of technical techniques.

The basics of the technique are laid in childhood, therefore, in the method of training the skills of speed and accuracy, it is necessary to take into account the peculiarities of the development of the child's body. A review of literature and research shows that the relationship between speed and accuracy skills and the sequence of their formation has not been sufficiently studied (6, 9, 12). As can be seen from the results of our research, the development and sensitive periods of the football players' body are different. By teaching them techniques, we can also find out the age of the players based on the results of control tests obtained in accordance with sensitive periods of physical development, that the effectiveness of training methods varies at different ages. When teaching techniques, it is necessary to take into account their sensitive periods, and this will bear fruit.

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