© Eurasian Journal of Sport Science 2022; 1(2): 74-78
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Analysis of the level of special physical training of female football players in the training period

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Abstract

Aim: This article analyzes the level of special physical training and the scientific and theoretical foundations of football players during the training period.

Methods: The assessment of the physical training of the female football players was carried out when the testing program provided for the assessment of speed, speed-strength qualities and speed endurance. The evaluation of speed qualities was carried out according to the parameters of the starting and distance speed. To do this, we used a test run of 30 meters from a high start with an intermediate registration of the running time of the first ten-meter segment (starting speed). The running time was recorded using a stopwatch.

Results: The assessment of speed and strength training was carried out with the help of test tasks consisting of three stages. Her program included an assessment of starting and distance speed (running time for 10 and 30 meters from a place), high-speed endurance (shuttle run of 7 to 50 meters) and speed-strength training (long jump from a place with a push of two legs).

Conclusion: The increase in the level of physical abilities at different stages of the training period is associated with the ratio and planning of training. The use of special exercises that have a positive effect on the dynamics of physical training. To further develop their special resistance, it is necessary to increase the volume of physical exercises in the field of anaerobic glycolytic capabilities. At the same time, quantitative indicators describing the physical training of female football players do not allow the coach to analyze the players therefore timely corrections will be made during the training process. Thus, it has been established that the basis for improving the structure of sports training of highly qualified female football players should be the system principles of building sports training. During the analysis, it was found that it is necessary to modernize the structure of sports training based on the existing scientific knowledge and experience of advanced sports countries.

Keywords: physical training, load, training, general training period, special training period.

Introduction

Recently, one of the main problems of training athletes has become quite significant, namely, , increasing the effectiveness of their special training throughout the training cycle. At the same time, in the training period, it is necessary to lay a functional foundation, and in the competitive period not only to maintain a high level of training during the competition, but also to continue improving the special preparedness of football players.

The problem of improving the system of training athletes of various qualifications in sports games, in particular in football, is one of the most important, the solution of which will allow achieving a high level of sporting achievements.

Within the framework of the training period, it is customary to distinguish two main stages: "general training" and "special training" (2).

The main focus of training at the "general training" stage is to increase the functional capabilities of the body of female football players, the versatile development of physical qualities (strength, speed-strength, endurance, etc.), as well as improving coordination abilities and technical and tactical skills, but only to the extent that the level of development of motor abilities allows.

In general, the planning of the training process of highly qualified female football players at the general training stage of training testifies to the wave-like distribution of the various effects of training loads on the development of motor abilities, the perfection of technical skills and tactical skills of athletes.

In order to study the dynamics of the integral level of physical training of female football players and its structure of individual athletes and the team as a whole, as well as to test the effectiveness of the experimental program before its implementation, three stage surveys were conducted, i.e. testing was conducted on the physical training of the participants of the experiment.

Methods

In sports games, including football, 10-point proportional scales have become widespread (3). Where the test results are converted into points according to the following initial formula:

T = 5.0=(x- x)/0.5, where:

T - evaluation of the test result in points;

X_i - the result of the athlete in the i-th observation;

$\overline{X}$ - the average result of the team corresponding to the score of 5 points;

δ - the value of the standard deviation.

The first necessary step in the development of evaluation scales was the definition of normative indicators of various aspects of preparedness. As standard indicators, the average indicators of four tests conducted at the general training, special training and competitive stages of the annual cycle were adopted.

Results and discussion

The assessment of speed and strength training was carried out with the help of test tasks consisting of three stages. Her program included an assessment of starting and distance speed (running time for 10 and 30 meters from a place), high-speed endurance (shuttle run of 7 to 50 meters) and speed-strength training (long jump from a place with a push of two legs).

The first test was conducted on the second day of the general training stage. Practice shows that testing on the second day of classes allows you to avoid injuries of the musculoskeletal system in athletes, on the one hand, and objectively determine the initial level of physical training of football players, on the other hand.

The second test was conducted at the end of the general training stage. The purpose of the survey is to identify the impact of training loads of this stage on the level of physical training of athletes.

The third test was conducted before the competition period, in order to determine the level of preparedness of athletes for competitions.

To calculate the reliability of the estimated events in the processing of numerical values, methods of mathematical statistics were used, the arithmetic average ($\overline{x}$), average square deviation (δ), coefficient of variation (V), measurement errors of these parameters were calculated. Calculations were performed on a computer using standard EXCEL statistical programs.

The following summary table shows calculated on the basis of the results obtained on the physical training of football players - the arithmetic mean, the mean square deviation and the coefficient of variation according to the test results. As a result of the analysis of the physical training of the female football players of the “Bukhara – W” team, it was revealed:

Table 1 shows the dynamics of the main motor qualities of athletes at the stages of the annual cycle. The first testing was carried out after the retracting microcycle at the end of the transition period.

Comparing the PT indicators obtained after rest (January) with the data characteristic of the end of the competitive period, we can conclude that there was a significant decrease in the level of development of all motor qualities during the rest period ($p<0.05$).

The informativeness and reliability of the tests used was determined by specialists in men's football earlier and the use of these tests has become widespread in the system of training qualified sportsmen and sportswomen in football.

The test results show the initial level of physical training of female football players. The data obtained as a result of the second and third tests show the effects of the training loads of these stages on the level of physical training of athletes, in this case they show an increase in the level of development of motor abilities, but these data are insufficient to make a deep analysis.

Criteria for quantifying the physical training of athletes have not been developed, which makes it difficult to manage the training of female football players. Absolute test scores do not allow an objective assessment of the integral level of physical training of individual players and the team as a whole, therefore, the development of a methodology for quantifying test results is of great importance for the practice of managing the training process. The need for such an assessment is due to the fact that, firstly, modern instrumental diagnostic methods are based on indicators whose numerical values are expressed in different units of measurement and are not comparable with each other, do not in themselves indicate how satisfactory they

are. The developed scale for translating the test results of football players into points is presented in Table 2.

In connection with the above provision, criteria for quantifying the level of development of the motor abilities of football players were developed.

The integral assessment of readiness was determined by the sum of points, according to previously developed criteria:

- very high - above 34 points;
- high - 34-28 points;
- above average - 27-24;
- average - 23-19;
- below average - 18-16;
- low - 15-10;
- very low - below 10 points (3).

Considering the level of development of individual motor qualities, it is considered that a score of 7 points or higher indicates the presence of a leading link in the athlete's training structure. A score of 4 points or lower indicates a weak (limiting) link of preparedness (6,7) (see table 3).

Considering how the team structure of physical training changed during the pre-season training of female football players. The presented data of the first test indicate a significant change in the structure of physical training of athletes from stage to stage ($p<0.05$). However, attention should be paid to the low initial level of physical training of the team's players. So,

Table 1. The initial level of physical training of athletes

Indicators of athletes ' PT	Stages of the general training period								
	I test Beginning of the GT period			II test End of the GT period			III test Before the competition period		
	$\bar{x}$	δ	V	$\bar{x}$	δ	V	$\bar{x}$	δ	V
Running 10 m (s)	2.15	0.79	36	2.05	0.23	11.2	2.04	0.19	9.7
Running 30 m (s)	5.3	1.18	22	5.04	0.79	15	4.90	0.47	9.5
Shuttle run at 7×50 m (s)	75.0	3.71	4	73.4	2.52	3.4	72.7	0.79	1.2
Long jump from a place (cm)	184.1	24.9	13.5	194.2	23.7	12.2	197	13.4	6.8

Table 2. The scale of assessment of the level of development of motor abilities (points)

Indicators of	Points										
	10	9	8	7	6	5	4	3	2	1	0
Running 10 m (s)	1.77-1.81	1.82-1.86	1.87-1.91	1.92-1.96	1.97-2.01	2.02-2.06	2.07-2.11	2.12-2.16	2.17-2.21	2.22-2.26	2.27
Running 30 m (s)	4.16-4.30	4.31-4.45	4.46-4.60	4.61-4.75	4.76-4.90	4.91-5.05	5.06-5.20	5.21-5.35	5.36-5.50	5.51-5.65	5.66
Shuttle run at 7×50 m (s)	68.0-68.7	68.8-69.5	69.6-70.4	70.5-71.2	71.1-72	72.1-72.8	72.9-73.6	73.7-74.5	74.6-75.3	75.4-76.1	7.62
Long jump from a place (cm)	220-217	216-213	212-209	208-204	203-200	199-196	195-191	190-187	186-183	182-179	178

the assessment of the starting and distance speed is 3 points each, special endurance and jumping ability – 2 points each. The total score is 10. In the team structure of physical training, a high level of development of starting speed was registered in 31% of football players, distance speed – 38% of players, speed-strength abilities – 19% of female football players.

The analysis of data characterizing the individual level of physical training of qualified female football players indicates a low level of development of the studied indicators. Only 31% of athletes had an above average level of development of speed and strength abilities. In this case, the integral level of physical training of the team's players is assessed as low. The data obtained indicate that during the transition period, the team's players did not solve the tasks of maintaining physical training. Moreover, many of them started training with a significant excess of body weight (2-3 kg). In the conditions of a short-term training period, such shortcomings significantly delay the time to achieve the optimal level of special training of athletes.

The data obtained as a result of the second physical training test of the team's football players show an increase in the level of development of motor abilities. The most significant increase occurred in the level of development of speed abilities. The starting speed increased by 2 points, the distance speed – by 2 points. The special endurance and jumping ability of the team players increased by 2 points. In the team structure of physical training, only 36% and 18% of female football players have a high level of development of distance speed and special endurance. The integral level of physical training of the team's players is estimated as below average.

The results of the third test showed that the starting speed of the players remained at the same level (5 points). The distance speed and jumping ability of the players increased by 1 point. The indicator characterizing special endurance had negative dynamics and amounted to 5 points. In the team structure of physical training, a high level of development of starting speed was registered in 9% of football players, distance speed – 18% of players, speed-strength abilities – 18% of female football players.

The level of special endurance is at an average level in 18% of football players. The integral level of physical training of the team's players remained at the same level and corresponded to the average indicators. The revealed dynamics of the integral level of physical training of highly qualified female football players suggests that the training process of the training period is not sufficiently rational.

Table 3. The initial level of physical training of football players in points

Indicators of athletes ' PT	Stages of the training period					
	I test		II test		III test	
	$\bar{x}$	point	$\bar{x}$	point	$\bar{x}$	point
Running 10 m (s)	2,15	3	2,05	5	2,04	5
Running 30 m (s)	5,3	3	5,04	5	4,90	6
Shuttle run at 7×50 m (s)	75,0	2	73,4	4	72,7	5
Long jump from a place (cm)	184,1	2	194,2	4	197	5
Total score		10		18		21
Integral level	low		below average		average	

The different increase in the level of motor abilities development at different stages of the training period in this case is due to the ratio of training means. The use of specific exercises has a positive effect on the dynamics of running speed and jumping ability of female football players. To further develop the special endurance of the team's players, it is necessary to increase the volume of anaerobic glycolytic exercises. At the same time, quantitative indicators characterizing the team level of physical training of athletes does not allow the coach to analyze the individual indicators of female football players, and, therefore, to make timely adjustments to the training process plan.

At the end of the "general training" stage, the comprehensive training of the team's players is completed. Here, special attention is paid to the full restoration of the necessary technical skills and tactical skills of football

players, the development of the game systems adopted by the team. The volume of special physical training facilities is significantly increasing.

Conclusion

The analysis of practical experience allows us to conclude that the duration of the training period in the system of one-year training of qualified football players does not exceed two months. The duration of the competition period is about eight months. In women's football, a tour system of competitions has been adopted, when a team holds one game daily during the week, and in some cases up to two games.

According to the predominant orientation, the training loads at the preparation stages were distributed as follows. It was found that at the training stage, the volume of loads aimed at the development of general endurance was the largest (46-60%), and the volume of work of speed-power orientation was the smallest (0-2%). This ratio looks quite logical, since in the training period a "foundation" of functional training is created, in the structure of which the aerobic performance of the body of football players occupies a leading place.

At the general training stage, where the ratio of general and special physical training was 70% and 30%, there was a significant increase in both the speed and strength potential of the players and speed endurance. By the beginning of the competitive period (the end of March), the players had reached about the maximum physical training indicators, which had not undergone significant changes during the competitive period.

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