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Planning the annual training cycle of football students of sports improvement groups

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Abstract
Purpose: The aim of the study is the substantiation and testing of the methodology of planning the training of football students of sports improvement groups in the one -year cycle.
Methods: The study used the analysis of scientific and methodological literature, questionnaires, testing, pedagogical experiment, methods of mathematical statistics.
Results: The content of general and special physical training of football players of sports improvement groups has been studied, as a result of which the most significant components of physical preparedness have been identified. The planning method of physical training process of football players of sports improvement groups in the annual cycle, taking into account time for the education of general and special physical qualities has been developed. During the experiment a significant increase in the level of speed, speed-power and strength abilities of football players confirmed the effectiveness of physical training planning of football students of sports improvement groups with the distribution of time for the development of physical qualities by the periods of the one-year cycle.
Conclusion: The results obtained indicate that the above concretization of funds for the development of both general and special qualities positively affects the level of physical preparedness of football students of sports improvement groups. The analyzed theoretical information, the revealed new data are of practical importance for the training process in football.

Keywords: Annual training plan, control of integral readiness, educational process, training process, development of physical qualities, special and general physical training, structural components, planning, stage of sports specialization.

Introduction

The growing popularity of football makes the issues of increasing the level of the effectiveness of the training process urgent. To a greater extent, this concerns methodological approaches to the design of the process of training football players, the rational construction of which largely determines the entire course of the training activity of athletes. Physical training, as is known, is a long process, without which neither technique, nor tactics, nor the development of an athlete as a person are feasible. However, despite a number of studies in the field of optimizing the planning of physical training of football players, regulatory and educational documents do not take into account a number of features of this type of training at the stage of sports improvement, in particular, the ratio of training time in terms of the preferential development of general and special physical qualities is not provided, as a result of which a range of issues on the organization of long-term physical training at an important stage for the transition to sports professionalization remains unresolved.

The modern practice of sports activity of football students is mainly based on extremely intense training loads that exceed the norms of the adaptive capabilities of the body of young men. When choosing training means and methods, the level and dynamics of the assigned loads, the peculiarities of adolescence and the unfavorable conditions of the Aral Sea basin are often not taken into account.

Another, no less important, significant reason is the absence in the theory and methodology of football of features of training students of sports improvement groups. As a rule, loads are used that are justified for highly qualified athletes and at the same time, modern trends in the design of a training plan for athletes are not taken into account.

Methods

To achieve the set goal, the following methods were used: analysis of scientific and methodological literature, modeling, questioning of football specialists, testing the level of physical fitness, methods of mathematical statistics. The study was conducted on the basis of the Karakalpak State University with the participation of football students of the Faculty of Physical Education and football coaches of the university team.

Results and discussion

As a replacement for the traditional method of multiple repetition of a strictly regulated exer-

cise, it is proposed to widely use a variety of teaching, game exercises.

The problem of the formation and improvement of technical and tactical skill should be solved through the widest possible application of the situational method, which was considered as a synthesized "yard football", in the presence of organizational and methodological norms of the educational and training process.

A game exercise for consolidating the acquired skills should have a specific focus, offering the student to realize motor tasks through technical and tactical actions that were studied in lessons. For this, it is necessary to create conditions in the exercises that put the student in front of the choice of certain tactical actions. Multiple repetition of tactical actions in a game situation has a positive effect on both the speed of learning and the quality of improvement.

The main determining factors in drawing up the plan of the educational and training session were:

- compliance of the content of the training session with the level of readiness of the student;
- continuity and consistency between the parts of the lesson;
- consolidation of the studied material in game exercises;
- the use of a variety of game exercises in training and improving tactical actions;
- using a variable method in lesson.

Thus, in the construction of the educational and training process, the following principles are mainly laid:

1. Use the competitive method as widely as possible.

2. The game method increases the speed of technical and tactical actions and is a powerful incentive in the development of skills and abilities. When drawing up a lesson plan, especially carefully select the game exercises of the main part, as well as fixing the skills of the preparatory part.

3. Exercises with strict regulations aimed at improving technical techniques are used in small quantities.

4. For an effective, positive transfer, it is important to link the tasks of developing physical qualities with the tasks of improving tactical actions, using the method of conjugate impact.

It is recommended to combine the following:

-development of speed-improvement of percussive actions;

-development of speed-power qualities - improvement of strikes on the ball with the head, kick on the goal;

- education of general dexterity - training in feints, dribbling;

- education of general and special dexterity - improvement of ball stops and implementation of complex coordination strikes;

-complex education of motor qualities or education of general endurance - improvement of group tactical actions;

- education of high-speed endurance - improvement of group, team tactical actions;

-improvement of ball passes in the process of group, team tactical actions. It is very important to use a variety of training tools while maintaining focus. This creates the effectiveness of novelty without dwelling on the same exercises. In addition to maintaining the necessary interest in classes, it is important to take into account unfavorable factors, such as the speed barrier.

The plan for the preparation of students of sports improvement groups.

The annual educational cycle of football students of sports improvement groups is planned and built on the basis of a certain periodization, division into periods and stages. The annual training is divided into three periods: the preparatory period, the competition period, and the transition period. The preparatory period is divided into three stages: general preparatory stage (2 months-XI-XII); special preparatory stage (2 months-I-II); pre-competition stage (1 month-III); competitive stage (2 months IV-VI); transitional stage (2 months-VII-IX).

It is important to note the peculiarities of training football players.

Long-term general preparatory and special preparatory stages are primarily associated with ensuring good physical fitness in conditions of low temperatures in the winter of the Aral Sea basin. In the future, training in the preparatory period is aimed at improving special preparedness-physical, technical, tactical, volitional.

The ratio of these training components is reflected in the annual hourly plan.

An hourly plan for the preparation of students of sports improvement groups in football. The total number of hours is 152 hours. Theory takes 3 hours, General physical training - 36 hours, Special physical training - 25 hours, improvement of techniques - 12 hours, improvement of tactical actions - 33 hours, friendly

Table 1. The plan for the preparation of students of groups of sports improvement in football in the annual educational cycle.

№	The annual training						
	Material content	Preparatory			Competi-tive (2 месяца)	Transition (2 месяца)	Total
		General preparatory (2 months)	Special preparatory (2 months)	Precompetitive (1 month)			
I	Theoretical section					3	3
II	Practical section						
1	General physical train-ing	18	4	1		13	36
2	Special physical train-ing	6	8	1		10	25
3	Improvement of tech-niques in exercises with coordination complexi-ty:						
	simple	2	2				4
	complex	4	4				8
4	Improving individual tactical actions in exer-cises:						
	simple		4	2			6
	complex coordination		6	1			7
5	Improving group tacti-cal actions		2	3	4		9
6	Improving team tactical actions			3	8		11
7	Participation in friendly games			3		4	7
8	Participation in official games				24		24
9	Analysis of matches				4		4
10	Testing	2	2	2		2	8
11	Self-study	+	+	+	+	+	
	Total hours	32	32	16	40	32	152

games - 7 hours, official games - 24 hours, analysis of matches, testing - 12 hours.

In order to manage the educational process, make adjustments in time, it is necessary to monitor the integral readiness of students. Each student has certain motor qualities - strength, speed, endurance, coordination of movement. In turn, football players of different roles - defenders, midfielders, forwards, by virtue of their functions, perform technical and tactical actions inherent in specialization.

So, first of all, you need to be able to determine the level of integral and competitive readiness, taking into account the game specialization.

A decrease in results in test exercises and sports achievements indicates an incorrect, insufficiently rational training. They do not correspond to the level of the student's motor and competitive readiness and his individual characteristics. Based on the data of the experimental group, the evaluation standards of integral and competitive readiness of football players were developed (Table 2.3).

Conclusion

As a result of the study, it was found that planning physical training with the distribution of training time for the development of both general and special physical qualities over the periods of the annual cycle made it possible to rationally build the training process of football students of sports improvement groups during

Table 2. Evaluation standards for the parameters of physical development, general and special physical fitness of students of sports improvement groups in football.

№	Parameters	5	4	3	2	1
1	Body weight, kg	68	67.5	67	66.5	66
2	Body length, cm	179	177	175	173	171
3	Body mass index, kg/m2	24	23	22	21	20
4	Kick at range, m	42	39	35	31	27
5	Long jump from a standstill, m	284	264	244	224	204
6	Backflip, times	12	11	10	9	8
7	Running 3000 m. min, sec	12′66″	12′69″	12′72″	12′75″	12′78″
8	Running 7x50 m, min. sec	1′05″	1′06″	1′07″	1′08″	1′09″
9	Running 10x10 m, sec	23.5	24.1	24.7	25.3	25.9
10	Throwing the ball at a distance, m	17	16	15	14	13
11	Running 100 m, sec	11.2	11.4	11.6	11.8	12.0
12	Total actions, number	49	45	41	37	33
13	Effectiveness of actions, %	76	73	70	67	64
14	Ball passes, number	34	31	28	25	22

Table 3. Estimated norms of the parameters of students' competitive activity, taking into account the game function.

№	Parameters	5	4	3	2	1
Defenders						
1	Ball passes, number	34	31	28	25	22
2	Total technical and tactical actions,%	49	45	41	37	33
3	Efficiency of technical and tactical actions%	76	73	70	67	64
Midfielders						
1	Ball passes, number	41	38	35	32	29
2	Total technical and tactical actions,%	52	49	45	41	37
3	The effectiveness of technical and tactical actions,%	82	79	76	73	70
Forwards						
1	Ball passes, number	37	34	31	28	25
2	Total technical and tactical actions,%	47	45	43	41	39
3	The effectiveness of technical and tactical actions,%	74	73	72	71	70

annual cycle and achieve a higher level of development of physical qualities compared to players from the control group, which implemented a traditional physical training program.

Planning of the annual educational cycle of football students of sports improvement groups, based on an innovative methodology for improving technical and tactical actions using the situational method, taking into account the game function, provides a positive impact on the effectiveness of competitive activities.

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Sport Science, Physical Education, Theory and methodology of physical culture and sports, football.

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