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The method of using a set of exercises by qualified female football players, taking into account the periods of the five-stage ovulatory menstrual cycle

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Abstract

Purpose: Improving the physical and technical training of qualified female football players with the help of complex exercises taking into account the periods of the menstrual cycle and ovulation in training.

Methods: Analysis of scientific and methodological literature, pedagogical observations, heart rate monitoring, methods of pedagogical experience

Results: The players who took the ball are exchanged with the team they took it from, and thus the game continues. This game is one of the games aimed at improving the quality of endurance of players on the field, the technique of movement of girls on the field with and without the ball. Heart rate indicators before training average about 80 ± 6 per minute, heart rate indicators in the middle of training average about 164± 8 per minute. The exercise lasts 150-180 seconds.

Conlcusion: The developed program serves as a basis for developing practical recommendations for planning the annual load cycle in the training of female football players. Recommended exercises on our part, in the training process of female football players, it is recommended to use a set of exercises corresponding to each stage of training athletes during the five-stage menstrual cycle.

Keywords: .premenstrual period, menstrual period, postmenstrual period, ovulation period, post-ovulation period, physical activity, a set of exercises.

Introduction

Today, women's football is developed all over the world, and we see that the results are also good now, the training of qualified female football players for the national teams of the country is becoming one of the main priorities. Research papers by leading scientists in this field argue that athletes need to rationally plan their annual training loads. In our opinion, it is necessary to conduct a study on the planning of downloads in the process of preparing for competitions, taking into account her physical and technical actions with the correct organization of training downloads of female football players. The development of a set of exercises taking into account the five-stage periods of the menstrual cycle in physical and technical training, improving the physical and technical fitness of qualified female football players, preparing them for national teams, long -term training is one of the urgent tasks today.

According to local scientist R.A. Akramov, physical training is an important part of the training process. In the annual training cycle, it was recommended to first conduct general physical training, and then, based on this, special physical training [2]. As for the factors affecting the load system during the competitive period, Sh. T. Iseev noted the following: the main task in the system of training qualified players is to maintain the achieved athletic form, and its probability is established when implementing the existing high athletic results, optimizing the load system during the competitive period [3]. A. Talipdzhanov noted that the system of training and coaching of club teams for many years can be systematically improved only if it is organized on a correct and scientific basis. [4]. N.M. Yusupov conducted scientific research to improve the style of development of speed and strength training of highly qualified female football players [5]. M.R. Yuldashev conducted research work on the formation of a methodology for the development of coordination abilities of young female football players [6]. O. L. Erdonov conducted scientific work on physical development, physical performance, general and special physical training in order to organize the training of highly qualified female athletes in mini-football [7]. M.B. Ibragimov, on the other hand, studied the pedagogical aspects of planning the training loads of highly qualified female football players in preparation for the annual cycle [8].

To a certain extent, this article will serve to implement the decree of the President of the Republic of Uzbekistan “On additional measures for the comprehensive development of mass and professional football” №-115 dated April 7, 2023 and other regulatory legal acts related to this. [1].

Methods

In the course of the research, such methods as the analysis of materials of scientific and meth-

odological literature, pedagogical observation, pedagogical experiment, testing, mathematical and statistical analysis were used.

Results and discussion

The study was conducted on 23 players of the football team "Lokomotiv-W", playing in the top league of Uzbekistan. During our study, it is necessary to pay attention to the number of exercises listed below and the heart rate, while selecting and improving the effectiveness of exercises with the help of complex exercises taking into account the periods of the ovulatory menstrual cycle of qualified female football players.

In this exercise, "Carrying the ball 30 meters", a qualified player performs a fast 30-meter run in a position where players with the ball move the ball two to three meters away from themselves, this is one of the convenient exercises for developing strength, dexterity, endurance and speed qualities. The movement

Table 1. The training exercises of qualified female football players 3-5 days before menstruation period correspond to the low normal indicators in terms of intensity and volume of the applied load (n=23).

№	Exercises	The number of heartbeats before training	The number of heartbeats during training	Resting time [s]	The number of heartbeats after training	Volume [s]	Norm [times]
1	Carrying the ball 30 meters	76±8,12	168±12	30-40	118±4,12	60-90	2-3
2	The 30 m run between the chips to the right and left	74±8,22	162±13	30-40	122±6,22	90-120	2-3
3	Passing the ball through 3 chips to a partner. Distance between chips 3 m.	78±12,1	157±15	50-60	118±5,1	90-120	2
4	Passing the to the partner while running between the chips to the right and left	76±14	167±8	30-40	122±7	90-120	2
5	Running up a 10-meter ladder with small steps and 3-4 m. running at a pace	72±4,6	164±12	30-40	115±4,6	90-120	2-3
6	Headbutt on a ball hanging in the air by jumping up 10 m	74±8,1	145±10	30-40	104±6,1	90-120	4-6
7	Passing the ball in motion to a partner with the inner of the foot with a double touch, distance 5, 10, 15 m.	80±8,12	150±8	50-60	110±4,12	90-120	2-3
8	Passing the ball in motion to a partner with the outer of the foot with a single touch 5, 8, 10 м.	78±9,22	148±12	50-60	108±6,22	90-120	2-3
9	Playing handball in 10x10 field	70±12,1	149±12	50-60	109±12,1	150-180	2
10	Carrying the ball between obstacles with the inner of the foot distance 15 m.	76±14	152±8	30-40	114±14	150-180	2-3
11	Carrying the ball between obstacles with the outer of the foot distance 15 m	80±6,6	155±11	30-40	110±4,6	150-180	2-3
12	Carrying the ball between obstacles with the surface of the foot 10 m	82±8,1	146±8	30-40	108±12,1	150-180	2-3
13	Holding hands with a partner and playing square 10x10 m.	78±14	152±6	50-60	114±14	150-180	2
14	Carrying the ball between the chips and scoring a goal 30 m	70±8,6	147±12	30-40	106±4,6	150-180	2-3
15	Transferring the ball to another square. 3 squares	84±5,12	155±22	30-40	118±6,12	120-150	2-3
16	Changing the positions of receiving and passing the ball by the inner, outer and surface parts of the foot of the three partners.	78±8,22	159±16	50-60	117±8,22	150-180	2-3
17	Carrying the ball and passing. Groups are fromed from minimum 3 players. Player "A" carries the ball with inner of the foot while bypassing columns and passing the ball to player "B". Players "B and C" repeats. Distance 15 m.	82±8,1	146±14	30-40	108±12,1	90-120	2-3
18	Carrying the ball inside 10x10 square while performing different technical fints	81±8	147±15	30-40	104±14	150-180	2-3
19	A 2x1, 3x2 game with a (neutral) player for 2 small goals. A quick transition from defense to attack	78±4,6	162±11	50-60	116±8,6	90-120	2-3
20	Carrying the ball, bypassing the columns and returning quickly 15 m.	80±12,1	155±12	30-40	108±12,1	120-150	2-3
21	Carrying the ball, bypassing the columns and passing to the partner 15 m.	82±8,12	146±16	30-40	104±8,12	120-150	2-3
22	Hands on the wall, legs stretched back, raising and lowering heels instead of feet.	78±12,1	136±18	30-40	100±12,1	50-60	2-3
23	"Static" Starting position - the body is horizontal to the ground, elbows pressed to the ground. In this exercise, the body must form a single straight line.	74±4,22	140±14	30-40	108±8,22	50-60	2-3

Table 2. The training exercises of qualified female football players during 5-7 days of menstruation correspond to the average normative indicators in terms of intensity and volume of the applied load (n=23).

№	Exercises	The number of heartbeats before training	The number of heartbeats during training	Resting time [s]	The number of heartbeats after training	Volume [s]	Norm [times]
1	Slowly running at football field 3, 5 circles	72±6,12	120±16	50-60	98±6	300-360	1
2	Movements with ball at field 2, 3 circles	78±8,15	132±6	30-40	102±4,12	150-180	1
3	IP (initial position). Spreading legs, hands on waist. Tilt your head forward, right, left, back	84±10	92±4	5-10	80±6	90-120	1
4	IP. lying on back, lifting both legs up, holding the feet with hands, trying to straighten knees	70±6	90±10	5-10	78±6	120-150	2-3
5	IP. Spreading legs, hands on waist 1- turning to the right, the left hand is in front. 2-IP. 3- turning to the left, the right hand is in front. 4-IP.	78±4	88±6	5-10	74±8	120-150	4-6
6	IP. holding arms up while sitting. 1- lean forward and touch the tip of your foot with your hands 2-IP. It continues the same	82±8	90±8	5-10	76±6	120-150	6-8
7	IP. Sitting legs spread and holding arms up 1- bending to the right leg, touching the toes with hands 2-IP. 3- bending to the left leg, touching the toes with hands	84±12	88±12	5-10	82±4	120-150	4-6
8	IP. Legs spread. 1- leaning and bending forward and touching the floor with hands 2-3 Holding the bend 4-IP.	76±6	84±8	5-10	80±2	120-150	4-6
9	IP. Sitting on back and alternately bending and unbending legs	80±6,2	88±4	5-10	78±12	120-150	4-6
10	IP. Holding arms up, dumbells on hands 1- forward rotation in a half-crouch 2- left leg on the side 3- tilting torso forward 4-6 IP. 7-12 the same actions but with right leg on the side	69±10	88±8	20-30	71±6	120-150	4-6
11	IP. Hands down, dumbells on hands 1-Bending the hand in half-crouch 2-IP.	78±6,8	92±8	2-3	84±12	120-150	4-6
12	IP. Legs spread, hands behind the head, fingers crossed. Move elbows back, connecting shoulder blades.	66±6,20	86±10,2	2-3	76±4,12	120-150	4-6
13	IP. Standing up, right hand up. Connect the fingers of the right and left hands from behind.	72±4,1	81±12,4	2-3	67±6,1	120-150	6-8
14	IP. Lying on back, right leg is raised, the knee does not bend when lifting and returns to its place. Repeated with left leg	76±6	90±6,12	2-3	68±6	120-150	6-8
15	IP. Lying on back. 1-Bending right knee. 2-then raised up. 3-returned to place. 4-IP. 5- Repeated with left knee.	74±6,1	88±12	2-3	76±6,2	120-150	2-3
16	IP. lying on back, hands behind head, the right leg rises up, the knee does not bend when lifting and returns to its place. Repeated with left leg	78±5,1	92±6,12	10-20	84±8,1	120-150	2-3

of qualified female football players with a ball during the game causes an increase in the productivity of deceptive movements: the heart rate of those engaged before training is on average 76 ± 8.12 per minute, while during training the heart rate is on average about 168± 12 per minute. The rest time is 30-40 seconds, and the training lasts from 60 to 90 seconds. Repeated 2-3 times.

Carrying the ball and "Qirq oyoq" (Fourty legs) game. The players line up two columns. At the signal, the last player approaches the first player carrying the ball and passes the ball to the player standing at the end of the column, becoming the first player himself. The winner is the team that gets to the first line faster. The heart rate before training for athletes averages about 80±8.6 per minute, while the average number of heartbeats in the middle of the exercise is about 145±7.12 per minute. The exercise lasts for 150-180 seconds.

"Players are placed in pairs at a distance

of 25-30 meters from the gate. The coach passes the ball forward, and the players of the two teams try to get it and score a goal. The number of repetitions is 3-4, the rest time is 50-60 seconds". In this exercise, the players are placed in pairs in the center of the field, the intermediate distance between them is 10 meters, the coach passes the ball forward, and two players fight for the ball, the player who takes possession of the ball continues to offence, while the player who does not own the ball acts as a defender. Aim is scoring a goal. The number of heartbeats in athletes before training averages about 76±8.6 per minute, while the average number of heartbeats in the middle of the exercise is about 157±15 per minute.

"A 5x5 game for 4 small goals. Tasks: To mark the player without the ball. The closure of the lines on which the pass is likely to be carried out. To score a goal in one of the opponents' goals". Initial position. At the direction of the coach, four 1x2 m goals are installed on a 20x20 m field. Dividing athletes into 2 teams of 5, allowing players to open up and take possession of the ball, applying pressure to players moving with the ball, and scoring a goal in one of the 4 goals, allows them to improve the ability to move freely and correctly perform technical and tactical techniques.

The average number of heartbeats of athletes before training is about 78±6.22 per minute, while the average number of heartbeats in the middle of the exercise is about 169±10 per minute. The exercise lasts for 300-360 seconds.

"Possesion of the ball. On an filed of 30x30 meters 3+3+3. 3 players try to rob the opponent of the ball, 6 players handle the ball. The trio who lost the ball changes places with the players who took the ball" The 30x30 field is occupied by 2 teams, 6 players posses the ball, while the other 3 players try to rob the opponent of the ball.

"Static" Starting position - the body is horizontal to the ground, elbows pressed to the ground. In this exercise, the body must form a single straight line. Repeated 3 times in 1 minute, rest for 30-40 seconds" IP. This exercise is performed to improve the performance of the abdominal muscles of athletes at the end of training. Athletes must keep their bodies straight, elbows resting horizontally on the ground, and depending on the physical condition of the athlete, the necessary instructions are given by the coach. The average pulse rate of the participants before the exercise is 74 ± 4.22 per minute, and the average pulse rate of the participants in the middle of the exercise is 140 ± 14 per minute. The exercise lasts 60-90 seconds.

"After running 10 chips and making a jump into the circle with the right foot, the ball is returned to the partner with the left foot in 1 touch, in this position exercise is performed with the next foot. It is performed in 4 circles." This exercise is considered one of the most convenient exercises for passing the ball flying from the air to a partner or an opponent's goal, without losing balance. Before training, the players' heart rate averages 82±6,14 per minute, and the average heart rate of the participants in the middle of the exercise is 144±12 per minute. And after training, the heart rate is about 110±4.

Conclusion

As a result of the analysis of the conducted pedagogical observation, it is desirable that the system of training qualified female football players in an annual cycle does not exceed 2-3 months, and the competitive period lasts 8-9 months. Football players should schedule control meetings once or twice a week. During the analysis, it was determined that there is a need to modernize the structure of sports training based on existing scientific knowledge and experience of developed countries.

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