



TECHNICAL AND TACTICAL TRAINING OF FOOTBALL PLAYERS

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Annotation:

The article shows the continuity of education and sport in the preparation of future football players and the psychological and pedagogical foundations of their preparation for the competitive process.

Keywords: tactics, physical training, skill, technique, competition.

Thanks to the initiative and support of President Sh.M. Mirziyoyev, physical culture and sports today have become one of the priorities of the country's social development. This is evidenced clearly by the Act of President #3031 (June 3, 2017) "About the further development of physical culture and mass sports", aimed at the further development of physical culture and sports, including mass sports.

Football is the most popular and, as well, the most popular means of physical development of the population, strengthening its health. This is a really popular game for adults, teenagers and children.

At the heart of a football match is a struggle between two teams that unite players to achieve a common goal - the desire to win. The drive to win teaches players to act as a team, to help each other, and to develop a sense of friendship and camaraderie.

Since football training and competition often last almost a year in the face of dramatic climate and meteorological changes, this game not only helps you train, but also increases your body's resistance and adaptability.

In other sports, football (or some exercise in football) is often used as an additional sport. This is because football has a special effect on an athlete's physical development, so it can help you prepare well for your chosen sport. Playing football can be a great way to improve your overall fitness.





Different running with a change of direction, different types of jumps, different body movements in structure, kicks, passes, stopping and carrying the ball, moving with maximum speed, developing willpower, tactical thinking - allows you to consider football as a sport that develops many important qualities, necessary for an athlete of any specialty. In football, the emotional properties of ball control technique make it possible to use it as a means of active recreation.

In football, as in other sports, there are two teams that want to win. The fight for victory requires athletes to have very strong physical, mental and strength qualities. Only players who are able to fully utilize their skills can succeed in individual battles against an opponent of equal strength. Throughout the game, when they have the ball, each team has to do a lot of attacking moves using different means and methods of fighting. Therefore, the most important thing in tactics is to know the specific means of attack and defense, the methodology and the widespread use of their capabilities in the attack, which will ensure the achievement of the goal - all this characterizes the tactical maturity of individual athletes. generally. The success of training young qualified athletes implies a long-term training process, in which all components of sportsmanship depend on the level of development, which primarily consists in the development of physical qualities, technical and psychological training, available to every athlete. ... However, the most important thing in sports, especially in football, is tactical preparation.

The essence of a football player's tactics is to be able to effectively use his abilities (physical, technical, mental) and to effectively use the methods of carrying the ball, which helps to overcome the opponent's resistance in a very short time.

Tactics are one of the most powerful and important components of modern football. Tactics slowly but surely began to influence the development of the game of football without deviations and became a leader among other components. Tactics are not only changing the face of modern football, but also profoundly influencing the form, means and methods of training. This, in turn, forces coaches to travel long distances in order to see the opponent in front of them in order to better understand him, as well as organize video recordings of the game, record the most effective tactical movements, record meetings and analyze matches in detail.

The tactics that make a game successful are well thought out, thoughtful interactions that make each player stronger and the entire team stronger.



In this case, based on the interests of the team, the strengths of each player, the weaknesses of the players in terms of interaction and mutual support in the game, the success of the chosen tactics depends on them.

No matter how carefully the tactical idea and plan is developed, it will change and be adjusted according to the situation that arises during the game. Therefore, the practical elements of tactics can be seen as a way to solve tactical tasks that arise directly during the game.

The practical tactical elements of a football game are:

- appropriate way of combining and oscillating players' offensive and defensive movements based on the opponent's actions and game logic;
- the method of orderly distribution of power during the game;
- psychological influence on the opponent is a way to disguise the real possibilities.

In modern football, the process of training in technical techniques and competitive tactics continues at all stages of long-term training. Careful mastery of all aspects of the technique, based on the use of the laws of biomechanics and taking into account the individual characteristics of the participants, predetermines the successful application of the technique in the complex conditions of play activities. The development of excellent playing skills is based on a high level of physical fitness of young and qualified players.

In the stages of training and improving the skills of young football players, the usual methods of physical education are used: exercises, games, competitions, demonstrations, oral speech, error correction. All methods are used in close connection with each other. However, the percentage of their use depends on many factors: the stage and objectives of training, the age and individual characteristics of the participants, their level of training.

In today's football, the technical-tactical system is the organization of team play based on the individual characteristics of each player, correctly placed on the football field. Each tactical system has more or less constant features, including the placement of players and the way and form of the game, as well as the tasks of the players.

In modern football, team play is a very complex process. Tactical competitive systems are also an expression of team play. Usually, the game is very interesting when the offensive and defensive forces are relatively well balanced. But let's say a coach has developed a new option for organizing team actions in defense.



For a while, the defense prevailed over the attack. In time, the necessary method of organizing offensive actions will be developed as a countermeasure. Thus, instead of one tactical system, another, more advanced system is created. However, while innovations often occur in individual tactical moves, tactical systems that depend entirely on game development will change over time.

Focusing on the physical training of young players to become mature players, strengthening their health and harmonious development, the acquisition of a variety of skills, will be a great basis for mastering the techniques and tactics of football.

It is also important to train young athletes to master game techniques and improve their skills in performing a wide range of techniques in a variety of game contexts. When comparing the accuracy of the technical and tactical movements of athletes playing for young players and highly qualified teams, there is a negative consistency: methods made with many mistakes in childhood are performed with similar shortcomings in the period of inaccuracies in sports.

A low level of technical and tactical training is associated with problems in the learning process in childhood and adolescence.

This is the result of a mismatch between the training and competition activities of young football players, according to some studies. But at the moment, the problem is almost unexplored.

It is possible that such a situation will lead to the formation of the basics of sports technique, as in practice, in the early stages of the training period for future athletes, when the planned and goal-oriented work on the formation of motor skills.

It is known that the organization of the initial training process in football technique, based on the rules of the theory of step-by-step formation of movements, allows you to manage it and help to increase the efficiency of the training process.

The first stage of specialization, based on the development of motor skills, is the use of the body's accumulative adaptation, i.e., the formation of basic motor systems due to repetitive effects. Thus, in the early stages of training, variability is promoted, which helps to cover the whole variety and large volume of training tools.

Teaching game techniques is a long-term process, divided into learning paths (in which each year repeats the program cyclically, but at a much higher level of quality), so planning should play a special role in it.



The process of training in football techniques can be divided into two stages, which determine the level of technical equipment in the future. The first stage includes the first, second, and third years of training, with the acquisition of many simple and complex technical elements, football techniques, and a rich reserve of movement skills through appropriate exercises.

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