



OPTIMIZATION OF TRAINING LOADS OF PLAYERS IN STARTUP GROUPS

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ABSTRACT: *This study describes and states the types of competition loads in the training of young players, ideas on how to manage the training process of qualified players.*

Аннотация: *В данном исследовании описываются и излагаются виды соревновательных нагрузок в подготовке юных игроков, представления о том, как управлять тренировочным процессом квалифицированных игроков.*

Annotatsiya: *maqolada yosh futbolchilarni tayyorlashda musobaqa yuklamalarining ko'rinishi, malakali futbolchilarni mashg'ulot jarayonini boshqarish haqida fikrlar bayon etilgan.*

Keywords: *qualification, load, football, team, training, competition.*

Ключевые слова: *квалификация, нагрузка, футбол, команда, тренировка, соревнование.*

Kalit so'zlar: *malaka, yuklama, futbol, jamoa, mashg'ulot, musobaqa.*

Football is a real athletic game. It helps to develop speed, agility, strength and jumping. The player does too much movements during the game. This helps to increase the level of functional capabilities of the person, to cultivate spiritual, volitional qualities. Playing football can be a good tool for general physical training. Running in a variety of directions, various jumping, structurally different body movements, kicking, stopping and carrying the ball, moving at maximum speed, the development of willpower, tactical thinking, etc., which allows a professional athlete to consider it a sports game that cultivates many of the essential qualities needed.

In football, the concept of tournament load refers to the number of matches a player has played in a particular training phase. As the number of competitions has increased, it has become increasingly important to assess the size of the training load.

The specifics of managing the training process of highly skilled players reflect the large-scale play. That's up from 80 games now. There are also a lot of competitions in



cyclical and some sports now, but they tend to be more precise, that is, the main control competitions are clearly defined. These sports are specially prepared for the main competitions. For example, a few weeks before the start, the loads are slowly reduced. A few days before the competition, the training will be completely ended.

In football, this case is not followed, and all competitions are the main thing, and the main task of every game is to win. It's very difficult to prepare for the next game. Because the interval between games is usually 3-4 days. Basic and friendly matches should be taken into account when evaluating the competition load.

In football, the main competitions make up 60-70% of the total competitions. That's why players have to deal with high loads. In addition to losing a lot of physical energy to achieve success, they also expend a lot of nerve energy.

Preparation for the games is carried out by changing the size and quality of training loads and using special post-game means of recovery.

From the above, it is necessary to create a system of training sessions in the inter-game cycles, in which you need to plan the necessary rest intervals and means of recovery. In the new tournament year, coaches differentiate between main and auxiliary games to solve the set tasks.

The main competitions in each country are championships, cup competitions and international competitions. Auxiliary games are control and friendly matches. There are three main game systems in place for football matches in Asia. These are: round-robin (championship matches), exit (national cup matches) and mixed game systems.

In the round-robin system, each team meets twice at home and away. The losing team will leave the tournament. a mixed game system consists of 2 parts: exit system in early games and subsequent round-robin games. The competition regulations approved by the Football Federation of each country are a legal document and define the main organizational and methodological conditions. Based on this document, in order to properly plan the preparation of a football team, for example, it is recommended to take a day off in the weekly micro cycle of the general training phase and one day after each calendar game of the training and competition phase. Once the championship games have been determined in your home country, after determining the weekends and travel days, practical trainings will be scheduled for 3-4 hours a day.



The training period, which lasts about 30 days, is effective when the weekly workload in the general training phase is 19-20 hours, and the weekly workload in the special training phase of the training and competition period is 16-17 hours.

One day of practical training is devoted to rehabilitation. In a week of training, the distribution of loads should be done between weekends. In the inter-game cycle, the loads are divided between two games and repeated in approximately the same order after each game.

This cycle is optimal if there is a day off and 6 days before the next game. There are distinguished three, four- and five-day game cycles during the tournament. Loads should be handled with three characteristics in mind: specialization, direction, and size.

Training loads can be large, medium, or small. Long-term workload quality indicators include:

1. Competitions (games) - the highest loads;
2. High-intensity training, duration 2-3 hours, intensity 90-95%;
3. Intermediate workloads; duration 1.5-2 hours, density not high;
4. Low workload; The duration is increased to 45-60 minutes.

It is clear that the magnitudes of loads regulated by the number of such indicators are not objective, it is necessary to take into account the development of different qualities of movement, whether they are separate or interrelated. It is important to consider not only the duration of the training, but also its intensity. A 100-minute workout with a heart rate of 150 to 165 beats per minute is considered a high-intensity workout. In a 120-minute session, a heart rate of 130 to 150 beats per minute is considered moderate-intensity.

It is known that under the influence of systematic training and increasing the level of training, the reaction of the player's body to the impact of this or that load also changes. It is clear that the increase in the level of activity under the influence of training, and the size of the load is natural.

The distribution of daily loads in training cycles should be such that constant growth and decline are taken into account, and in inter-game cycles the players should be brought to the next game with the highest level of preparation. The main thing here is to make the right distribution of competitions, training and rest.



In the first half of the training period, it is necessary to plan the training load against the background of the recovery of the players. In the first weeks of training, the focus is on improving the body's ability to function. Drawing exercises require the use of a variety of specific and nonspecific tools. The player must prepare his body for the load and work hard to improve his sports skills. Against the background of the players' relative recovery, when planning weekly training micro cycles, the main goal is to achieve a balanced distribution of the volume and intensity of loads.

In the second general preparation phase of the preparation period, the distribution of loads should be planned in case of incomplete recovery. This kind of planning allows players to develop in all aspects, from calendar players, as well as to increase the level of special physical fitness, provides the necessary technical skills and tactical skills to master the game systems of the adopted team.

When planning and monitoring the training activities of highly qualified players, the complexity of training exercises and the coefficient of specialization, as well as their direction indicators are informative. The dynamics of these criteria fully cover the content of the training process.

The following should be considered when managing a training session:

- Wavy increase in the volume of specialized and complex exercises;
- Determine the optimal ratio of exercises in different directions. At the same time, it is necessary to take into account the importance of the factor that determines the size and intensity of the aerobic energy supply process in the system of training players;
- Systematic comparison of competition and training performance and complex control results.

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