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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**INDICATORS OF PHYSICAL AND TECHNICAL PREPARATION OF
CADETS PLAYING MINI-FOOTBALL AND FOOTBALL AT THE MIA ACADEMY****Akmal G. Mirsharapov***Ministry of Internal Affairs Academy of the Republic of Uzbekistan**Tashkent, Uzbekistan**E-mail: akmalmirsharapov@gmail.com***ABOUT ARTICLE**

Key words: mini-football, cadets, physical fitness, training, physical qualities, physical development, agility, endurance, coordination, strength.

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Abstract: The Academy of the Ministry of Internal Affairs identified and analyzed the indicators of physical and technical training of cadets engaged in mini-football and football, and their physical qualities, such as speed, endurance, coordination, strength, as well as speed and strength qualities.

INTRODUCTION

The future of our independent country, its prosperity and development largely depends on the health of the growing generation. This, in turn, requires the creation of favorable conditions for the future of our country - the physical, mental and spiritual development of our children.

In particular, the year 2021 of the President of the Republic of Uzbekistan PD-5282 dated November 5 "On measures for the further development of walking, running, mini-football, badminton, streetball and "Workout" sports" and "Additional measures for comprehensive development of popular and professional football" dated April 7, 2023 on" decision No. PQ-115, the program of measures for the development of these sports is attached, which defines a number of tasks for the development of mini-football [1, 2].

MATERIALS AND METHODS

Physical training in football should ensure the development of movement skills at the required level and maintaining them at this level in order to ensure the high efficiency of game actions. This type of training prevails at all stages of sports training, that is, from the initial sports-rehabilitation stage to the stage of high sports skills. In the theory and methodology of training football players, it is assumed to be divided into general and special training (development of special movement qualities

of football players). First of all, emphasis is placed on achieving a high level of general physical fitness, which allows effective solving of technical and tactical tasks and is a necessary condition for achieving high and stable sports results.

The purpose of the study. Analysis of the characteristics of physical and technical training of cadets.

Research task:

1. Determination and analysis of indicators of physical fitness of cadets.
2. To determine and analyze the level of technical training of cadets.

Methods of research organization: analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, mathematical and statistical methods.

Research results and discussion: The literature analysis made it possible to determine the general and special physical fitness of football players. The tests included in the study to evaluate the movement abilities of cadet athletes were selected in a logical way based on the study of the results of other authors' studies conducted in complex coordination sports (Table 1).

Table 1

Physical training of Academy cadets playing football and mini-football

Control exercises	Sport type		Reliability of differences	
	Football	Mini-football	t	P
30-meter dash, seconds	4,5 ±0,1	4,2 ±0,1	2,121	<0,05
"Jun" run, second	51,8 ± 1,2	48,5 ± 1,3	1,526	>0,05
12-minute run, meters	3158 ±27	3065 ±34	2,142	<0,05
3x10 meter shuttle run, seconds	8,8 ±0,1	8,4 ±0,1	2,828	<0,05
Jumping rope in 30 seconds, times	54,8 ±2,1	60,5 ± 3,5	2,209	<0,05
Standing long jump, centimeters	242 ±4,2	233 ±3,8	1,589	>0,05
Raise legs in 30 seconds, times	16,8 ±0,6	15,4 ±0,9	1,294	>0,05
Lifting the body in 30 seconds, times	26,4 ±1,3	23,1 ± 1,2	1,865	>0,05

In order to achieve a successful playing activity in football, the basic physical qualities of the players must be highly developed. Especially quickness, strength, endurance, coordination, as well as speed-strength physical qualities are required from football players.

We used a 30-meter sprint to control the level of speed development. In addition, quickness indicators can be determined by the results of running and carrying the ball.

The results of running 30 meters in mini-football cadets were much higher and amounted to 4.2 seconds, and in football representatives the result was 4.5 seconds. These results correspond to the age-specific norms of physical fitness of football players in the stage of sports improvement.

The coordination skills of football players are manifested in the quick and efficient execution of movement actions in changing conditions. A truly agile player can also perform feints or tricks and score from a tight spot. It is high coordination that is the distinguishing edge of sportsmanship.

Shuttle running is a complex test that allows you to evaluate the level of development of agility and coordination. The results shown by cadets playing football and mini-football were 8.4 and 8.8 seconds, respectively. In general, the average score is within the normal limits, but the players who play mini-soccer have reliably higher results than the players who play soccer.

Resilience is defined as the ability to perform work without reducing its effectiveness. The level of development of endurance. It was determined by the results of a 12-minute run (Cooper's test). The distance covered by the cadets in 12 minutes was 3065 and 3158 meters, respectively, in the groups of mini-football and football athletes. From the results of statistical processing, it can be seen that the level of endurance in football athletes is reliably higher than in mini-football representatives ($r < 0.05$).

Focusing on quick-strength training helps to develop smart football tactics. Long jump from a standing position helps to determine the dynamics of the development of quick-power qualities.

Standing long jump is included among all test sets, and according to its results, the physical fitness of different groups of athletes can be compared. The figures of the cadets examined in this test were 242 centimeters for football representatives, and 243 centimeters for mini-football players. No reliable changes were detected in these indicators.

However, in the jump rope test (30 seconds), the cadets playing mini-football had significantly higher results ($r < 0.05$).

Strength physical quality indicators were determined by two control exercises: the number of trunk raises from a lying position and the number of straight leg raises to 90° while hanging.

RESULTS AND DISCUSSION

The results of the tests revealed a slight advantage in football cadets compared to representatives of mini-football. The cadets involved in football raised their legs 16.8 times and raised their body 26.4 times in 30 seconds, while the result in mini-football cadets was 15.4 and 23.1 times, respectively.

Comparison of individual indicators of physical fitness with age-specific norms showed that the results of testing of mini-football players are consistent with the level of middle and high fitness. Pedagogical testing results indicate that mini-football training has a positive effect on the general physical fitness of cadets. This makes it possible to recommend practicing this type of sport to increase the effectiveness of physical education in military higher education institutions.

In the game, movement technique is the basis of movement as the most important weapon of players. In sports games, technique should be stable and consistent, as well as varied and an integral part of tactics. Technical equipment helps the player to solve this or that game situation, therefore, during the training process, technical methods should be constantly expanded. Technical methods should be mastered and strengthened at all stages of preparation [3].

Technical and tactical training can be called the basis of football training. During this training, athletes learn the technical and tactical aspects of the game, work on game combinations and improve them, expand their knowledge and develop their skills. Technical and tactical training includes the acquisition of special knowledge and skills in ball management, training and improvement of game exercises and mutual movements in the game itself, development of creative abilities of players to achieve team results [4].

A study was conducted on the technical training of cadets playing soccer and mini-soccer based on the analysis of the results of carrying the ball, kicking, putting the ball into the game from the outside, and playing the ball (Table 2).

Table 2

Technical training of Academy cadets playing football and mini-football

Control exercises	Sport type		Reliability of differences	
	Football	Mini-football	<i>t</i>	P
Running 30 meters carrying the ball, seconds	5,5 ± 0,1	5,2 ± 0,2	1,342	>0,05
Running 5x30 meters with the ball, seconds	26,8 ± 1,1	23,8 ± 1,3	1,762	>0,05
The number of accurate shots, hitting the target	7,2 ± 0,4	7,8 ± 0,3	1,200	>0,05
Carrying the ball, going around the posts, hitting the goal, seconds	8,0 ± 0,2	7,6 ± 0,1	1,789	>0,05
Playing the ball (juggling), times	27,6 ± 1,3	31,8 ± 1,5	2,116	<0,05
Throwing the ball behind the head with both hands, meter	24,2 ± 0,9	22,6 ± 1,1	1,126	>0,05

Technical training of cadets corresponds to the stage of sports improvement. A comparison of the cadets' performance in technical exercises showed that cadets playing mini-football were superior in ball-playing results. Average result in mini-football players

It was 31.8 times, and 27.6 times for football players.

In the tests of carrying the ball, shuttle running with the ball, making accurate shots and going around the posts with the ball, the mini-soccer cadets also showed the highest results, but the differences were not statistically reliable.

Cadets playing football showed much higher results in the test of throwing the ball far behind the head with two hands.

CONCLUSION

Thus, the results of testing the physical and technical training of cadet football players indicate that there are significant differences in the training structure of athletes playing mini-football and football. In addition to the differences, these data indicate that it is necessary to extract the most

informative descriptions for mini-soccer players. It is appropriate to direct not only those who want to play mini-football, but also cadets who have the opportunity to play this sport.

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