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ANALYSIS OF OPINIONS OF SPECIALISTS ON INCREASING TECHNICAL AND TACTICAL TRAINING IN THE SPORT OF MINI-FOOTBALL

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ABOUT ARTICLE

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Abstract: The article presents an analysis of the opinions received by the coach and specialists in mini-football, as well as information on improving the technical and tactical training of coaches. It contains information about the possibility of conducting technical and tactical training using sensor systems.

INTRODUCTION

In modern mini-football, the competition activity is characterized by trends in increasing the speed of the game, which is manifested in reducing the passive stages in the actions of each player to a minimum. At the same time, there is an increase in the complexity of Group and collective tactical actions in the attack, defense, the number of blows to the goal of opponents. The variety and dynamics of game situations the lack of information for making tactical decisions, spatial and temporal limitations of the conditions for performing game actions create difficulties in their perception and recognition, in the Coordination of individual actions in solving group tactical tasks [1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 21, 22, 23, 24, 25, 26, 27, 28]. These trends are associated with the peculiarities of mini-football, which every day puts high and high demands on the technical and tactical training of athletes.

In mini-football, the competition is determined by the extremity of the conditions of activity, as well as the difficulty in perceiving, making decisions and implementing technical and tactical actions due to their diversity, constant changes in situations, spatial and temporal restrictions determined by the rules, complexity and lack of information. At the same time, the extreme conditions of the competition are deliberately aggravated by the opponent. All this makes it difficult to assess

both different game situations and their impact on the final Sports outcome [13, 14, 15, 16, 17, 18, 19, 20, 29, 30, 31, 32, 33].

In such conditions, the requirements for the quality of technical and tactical techniques, the harmony of game actions, the ability of players to understand each other and combine their forces in solving a single tactical task have significantly increased. At the same time, the solution of the task of improving the effectiveness of technical and tactical actions by specialists and coaches is complicated by the lack of scientific and methodological support for this direction of sports training in mini-football.

The above determines the social, practical and scientific relevance of the task of our research: to determine the state of the problem of improving the technical and tactical training of qualified teams in mini-football and to reveal the possibilities of using game exercises to improve its effectiveness.

THE PURPOSE OF THE WORK

Increase the level of training in training, summarizing the data on the basis of a questionnaire survey on technical and tactical actions in the sport of mini-football.

Job function:

1. Conducting a questionnaire survey among specialists in mini-football sports;
2. Determination of the level of technical and tactical training in the training process based on the data obtained;
3. Development of practical recommendations on technical and tactical training in the training process.

Research methods and organization. Mini-players are considered important to learn by coaches the number and efficiency indicator of technical and tactical actions performed in competition conditions. It is possible to properly organize training sessions based on the shortcomings noted by the players during the game. However, through a questionnaire survey conducted by coaches and experts in the sport of mini-football, we make it possible to know the knowledge, skills and skills of coaches on the implementation of methods and tools that are used to improve the effectiveness of technical and tactical actions, on the organization of technical and tactical actions in effective training.

In order to know the level of technical and tactical training of qualified Mini-players in competition conditions and training, 40 mini-football coaches and specialists were involved. In a questionnaire conducted by a coach and specialists, questions were selected that affect the effective organization of technical and tactical actions.

1. What type of training do we pay more attention to in the training process so that mini-players can effectively perform technical and tactical actions during the game?

2. Which of the following listed qualities is important in the effective execution of the technical and tactical actions of mini-players?
3. Mini-players are important with which of the sensor systems?
4. Did the training process of mini-players introduce specific exercises that developed a visual, auditory (again another) sensor system?
5. Will the training be carried out with the addition of visual, auditory (again other) sensor systems of exercises related to technical and tactical actions?
6. When improving the technical and tactical actions of qualified Mini-players, do you think at what intensity it is necessary to perform their exercises in the training process?
7. What should you pay attention to when improving the technical and tactical actions of qualified Mini-players?
8. Do sensory systems affect the effectiveness of qualified Mini-players to perform technical and tactical actions during the game?
9. How many percent do you see and hear sensor systems have an impact on the performance of technical and tactical actions by qualified Mini-players at high intensity?
10. Did you know that qualified Mini-players need to develop a new methodology in training with the addition of visual and auditory sensor systems in order to effectively perform technical and tactical actions?

RESEARCH RESULTS AND THEIR DISCUSSION

During the game, the opinion of the interrogators was divided over the question of which type of training we should pay more attention to in the training process so that mini-players can effectively perform technical and tactical actions. Technical preparedness had 14 (35%), tactical preparedness had 12 (30%), physical fitness had 10 (25%), and psychological preparedness had 4 (10%) opinions. From this data, it was found that coaches pay more attention to technical-tactical training than to other preparations, the main of which is the development of technical-tactical actions.

When effectively performing the technical and tactical actions of mini-players, the qualities of strength and speed indicate the need to pay more attention to the question of which of the qualities presented below is important. That is, the quality of strength is divided into 20 (50%), the quality of speed is divided into 8 (20%), the quality of agility is divided into 6 (15%), the quality of elasticity is divided into 2 (5%), the quality of endurance is divided into 4 (10%). The qualities of endurance, agility, flexibility indicate a second degree in the development of the effectiveness of technical and tactical actions.

Mini-players have recognized the importance of vision, hearing, and human sensory knees in sensory systems information. In this, the visual system received 24 votes (60%), the auditory system 8 votes (20%), and the human sensory system 8 votes (20%). Here the main vision indicates that the

sensor system occupies an important place in training. The rest of the olfactory system and taste perception system have been noted to not require interrogators. No expert commented on this sensor system (0).

The question of the introduction of related exercises in which Mini-players developed a visual, auditory (again another) sensor system in the training process was answered by Yes 8 (20%), partially 10 (25%), No 5 (12.5%), not necessarily 17 (42.5%). From the answer of 42.5% of respondents to this question, they report that in the training process it is not necessary to introduce exercises related to auditory and visual sensory systems, and these systems do not have 12.5% in training. Some experts (20%) have recorded data on the introduction in training and 25% on the provision of interrogative partial exercises. From this information, when conducting training, vision indicates that the introduction of specific exercises that have developed the auditory (again another) sensory system is not at a high level.

We have obtained interesting results in analyzing the data on the conduct of training with the addition of technical and tactical action exercises with the addition of visual, auditory (again other) sensor systems. That is, when improving their skills regarding technical-tactical actions in training, 25% (10) of those surveyed responded Yes to conduct with the addition of sensory systems (vision and hearing), 20% (8) reported that the interrogator was partially carried, 20% (8) reported that the interrogator did not lead, and 35% (14) reported that the interrogator was not a condition. From this information we indicate that training is not observed, in which coaches and specialists are carried out with the addition of vision and hearing systems that relate to sensory systems to the process of technical and tactical training.

In improving the technical and tactical actions of qualified Mini-players of the applicants, the opinion of specialists was also divided on the question of which intensity you think it is necessary to perform their exercises in the training process. When performing in standing position (3 for 7.5%), while walking slowly (3M/s) (6 for 15%), while performing at medium speed (4-6 M/s) (12 for 30%), when performing at High Speed (6 M/s high) (19 for 47.5%). The results obtained indicate that more means should be used to carry out technical and tactical actions at High Speed (6 M/s higher) in increasing the effectiveness of preparation.

We have obtained interesting answers to the question of what to pay attention to when improving the technical and tactical actions of qualified Mini-players. In this, the respondents gave answers to physical qualities as 8 (20%), technical methods performance as 15 (37.5%), tactical actions correctly selected as 12 (30%), sensor systems as 5 (12.5%). These results reported that coaches were affected by a 37.5% dependence on the performance of technical methods in improving technical-tactical movements in the training process and a 30% dependence on the correct selection from the game in the training process in improving tactical movements. However, coaches and

experts believe that the impact on sensor systems is 12.5%, since the training process did not introduce tools related to the development of these systems.

To the question of whether the effectiveness of qualified Mini-players performing technical-tactical actions during the game is influenced by sensory systems, yes received 8 answers (20%), partially 12 answers (30%), No 9 answers (22.5%), not exactly 11 answers (27.5%). Here, too, the answers received by the coach and experts looked different. The majority stated that the opinion of the respondents was partial and unclear.

15 (37.5%) people reported 25% to 12 (30%), 50% to 8 (20%), 100% to 5 (12.5%) when asked what percentage of qualified Mini-players would be affected by the performance of technical-tactical actions in high intensity. From the results obtained, we have already expressed the opinion of what percentage of coaches affect the visual and auditory sensor systems when performing technical and tactical actions at high intensity. In addition to the last question, the question of whether qualified Mini-players should develop a new methodology in training with the addition of visual and auditory sensor systems in order to effectively perform technical and tactical actions, also many coaches and specialists expressed the opinion that there are no (10 of 25%) and not necessary (9 of 22.5%).

According to the coach and experts who participated in the questionnaire survey, the technical and tactical training of mini-players in achieving high-level game results during the game is one of the important components of the training process. However, none of the coaches and mini-football experts who participated in the survey were able to offer a full coverage of the exact definition of this concept.

CONCLUSION

The questionnaire made it possible to determine the following from the results obtained from the coach and specialists who participated in the survey:

1. Judging by the opinion of the coach and his specialists, we note that the opinions on the questions posed are not close to each other, that in improving the level of technical and tactical training, coaches only express opinions about the mastery of technical, tactical and physical training, and their opinions on the sensor system are not of a high level of Education. That is, it emphasizes the need to develop a methodology for improving technical and tactical training in the training process by adding sensory systems.

2. From the results obtained from the coach and specialists, it was found that there are contradictions of opinion among them. In this, especially when performing the technical and tactical actions of highly qualified Mini-players during the game, their coach thought that it was necessary to pay attention to technical and tactical training in the main training session, while in the training of mini-players in increasing technical and tactical training, vision and hearing sensor systems should be carried out with a link to technical

Improving technical and tactical training from the results obtained from the coach and specialists indicates that there is not enough opinions, the only opinions of the coach and specialists on the introduction of sensory systems to training. This leads to the need to develop a methodology in which the sensor systems are connected in the further improvement of the technical-tactical training process.

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