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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE ANALYSIS OF THE SPECIAL TRAINING LEVEL OF THE  
PLAYERS OF A FEMALE FOOTBALL TEAM U16****Fazliddin Karimov***Gulistan State University**Gulistan, Uzbekistan**E-mail: [karimovgdu@gmail.com](mailto:karimovgdu@gmail.com)***ABOUT ARTICLE**

**Key words:** Special physical training, control, highly qualified women football players.

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**Abstract:** This article presents data on the control of the level of special physical training of high qualification of women football players. Pedagogical experimtns made it possible to establish the level of physical training of women football players. The obtained data and recommendations will allow specialists to plan the physical training of highly qualified women football players.

**INTRODUCTION**

To date, women's football has gained wide popularity in the world. In particular, the development of football in Uzbekistan, women's football is paid great attention not only by our government, but by Asian Football Confederation (AFC) as well [1.2.3.4].

Modern football is characterized by high movement activity of players and large intensity of muscle work, uneven physical loads and arrhythmicity of loading and rest (M.A.Godik, 2016; V.N. Seluyanov, K.S. Sarsania, V.A. Zaborova, 2012; A.V. Stepanov, 2012; A.I. Shamardin, 2010).

Analysis of various levels of matches involving Uzbekistan women players shows that the movement activity of most players does not meet modern game requirements. In many ways, this situation is justified by the fact that in the process of training, insufficient attention is paid to increasing the level of special physical training.

There is much attention is paid to the development of women's football in our country.

However, our women football players have not yet achieved significant success on the Asian continent. One of the reasons for the unsuccessful participation of our players in tournaments under the auspices of the AFC is the insufficient level of special training in them. This is largely due to the

fact that in the process of training, not sufficient time is devoted to increasing the level of special physical training. The issues of the physical fitness of women's football teams have not yet been thoroughly and comprehensively studied.

At present, methodological recommendations in the available literature are developed mainly for men's football teams. Some experts, using the example of highly qualified male and female athletes, have argued that the difference in their levels is not noticeable or even absent at all, in most cases associated with the requirements of the specialty, the biomechanical stereotype and the peculiarities of the energy supply in muscle activity (T.F. Abramova, 1993, I.I.Saenko, 2002 et al.). Accordingly, these professionals are advancing the idea that the methodological views in the process of training players should be adapted to training with women operating in team sports.

At the same time, when planning the training of women football players, it is also necessary to take into account many factors that affect the level of their sports skills: individual characteristics of the body, the level of special physical, technical-tactical and mental training, increasing training loads and the speed of recovery of functional systems, etc. From the above discussed, it became necessary to develop a scientifically based system of training the women's national football teams for the Asian Championship and other responsible official competitions.

**Degree of study of the problem.** The problem of improving the special physical fitness of highly qualified women athletes has not lost its relevance today. On the solutions to this problem, the following scientists such as T.F. Abramova (1993), I.I.Saenko (2002), M.A.Godik (2006), V.N.Seluyanov (2006), L.V.Slusky (2009), A.V.Antipov, I.V. Kulishenko (2017) have conducted relevant research. Issues of planning and organization of the educational-training process have found their place in the researches of I.N.Aleshin, V.V.Ribakov (2007), O.R.Atoev (2010), Sh.T.Iseev, J.K.Komilov (2016), I.A.Koshbakhtiev, R.I.Nurimov (2005) and P.V. Pogrebnyak (2020). The problems of the physical performance of the players were thoroughly studied by A.A.Kirilov (1978), F.A.Iordanskaya (2013), R.M.Bagirova, Yu.N.Kuliev (2017) and S.K. Grigoriev. On the methodology for the development of strength and operational-strength abilities A.Leksakov (1998), I.N. Novokshenov (2000), V.G.Pashintsev, E.Yu Sukhanova (2003), V.N.Seluyanov (2012), N.M.Yusupov (2018) conducted their research. A.A.Zaitsev (2003), I.A.Koshbakhtiev (2017) and Sh.T.Iseev (2020) have focused their research on the technical-tactical training of players.

The modern development of football among the women in our country, the wide involvement of girls in active training sessions and competition processes have revealed a number of problems, the main of which is the lack of a system for training women football players and insufficient material and technical base. Unfortunately, today it is generally accepted to transfer the working methods of the player training system (in terms of their size and intensity) to the training of women's teams. This is explained by the fact that in a short period of the development of women's football in our country,

a scientifically based system of raising women football players has not yet been formed. Currently, about 600 defended dissertation papers are devoted to the problems of the development of men's football, while only 9 dissertation papers are devoted to the problems of women's football [14,15].

**Purpose of the study:** analysis of the level of special physical training of the U-16 national team in women's football.

**Organization and methods of research:** in order to check the special training of women football players were involved in the training camp of the U-16 Uzbekistan national football team, tests were adopted on the following regulatory requirements:

- Running to 10 m.;
- Running to 30 m.;
- Long jump;
- Test "YO-YO".

In the adoption of regulatory requirements for cross, an electronic chronometer from the firm "Micro Gate" was used.

In the test process held at "Chigatoy" training base, there are 26 women players took part who were nominated for the U - 16 team.

**The results obtained and their analysis.** The table below gives the results of the test, which was carried out in order to determine the level of special training of women football players.

**Table 1.**

**Results of the tests conducted by the U-16 team in order to determine the level of special training of women football players**

No	Name of the football player	Position	Control tests			
			Running to 10 m. (sec)	Running to 30 m. (sec)	Long jump	Test «YO-YO» (m)
1.	P.A	Keeper	2,16	5,19	2,03	-
2.	N.N	Keeper	2,39	5,75	1,69	-
3.	K.M.	Defender	2,08	5,0	1,86	1440
4.	K.S	Defender	2,18	5,03	2,03	1580
5.	T.S.	Defender	2,37	5,62	1,66	1360
6.	A.M	Defender	2,29	5,63	1,80	1040
7.	Z.M	Defender	2,26	5,49	1,65	1420
8.	T.R	Defender	2,28	5,41	1,86	740
9.	A.D	Defender	2,24	5,11	2,03	1160

10.	J.Z	Defender	2,22	5,24	1,97	1400
11.	S.P	Midfielder	2,32	5,41	1,96	860
12.	T.Z	Midfielder	2,24	5,31	1,88	1500
13.	Sh.N	Midfielder	2,18	5,11	1,90	780
14.	H.U	Midfielder	2,17	5,22	1,86	1020
15.	E.K	Midfielder	2,14	5,08	1,86	1660
16.	M.D	Midfielder	2,36	5,75	1,63	900
17.	B.A	Midfielder	2,24	5,26	1,83	1340
18.	I.N	Midfielder	2,25	5,41	1,80	1020
19.	S.A	Midfielder	2,15	5,45	1,84	1140
20.	M.Z	Midfielder	2,22	5,33	1,73	1320
21.	A.Z	Midfielder	2,30	5,51	1,86	820
22.	J.D	Forward	2,10	4,99	2,01	1540
23.	O.L	Forward	2,04	5,05	2,10	820
24.	A.A	Forward	2,18	5,14	1,93	1380
25.	C.O	Forward	2,11	5,05	1,87	1040
26.	U.A	Forward	2,22	5,27	2,08	980
<b>X average</b>			<b>2,21</b>	<b>5,30</b>	<b>1,87</b>	<b>1177</b>

Analysis of the results obtained shows that “Running to 10 m.” average time is 2.21 seconds. In this control requirement, only 3 (11%) player girls showed the best result: – 2.04 sec; -2.08 sec and – 2.10 sec. The rest of the women players were found that the starting speed level was lower than the model indicators.

In the “Running to 30 m.”, the best result was observed as follows -4.99 sec. Model indicator on this regulatory requirement is equal to 4.90 sec. Most women football players have a low range speed.

In the “Long jump”, 6 women players (23%) scored the best result. These are, – 210 cm; – 208 cm; and three girls the same – 203 cm. And one women player achieved the result 201 cm. The level of rapid-force training in the rest of the women football players was below the level of regulatory requirements.

In the “YO-YO” test 7 (27%) participants showed the best performance: – 1660m; – 1580m; – 1540m; -1500m; - 1440m; – 1420m and – 1400m.

Therefore, the results of the tests conducted show that most women football players have a low level of special physical fitness. This situation necessitates a review of the structure of the U-16 team players’ loadings in the training process, which focuses on the development of basic physical qualities.

## CONCLUSIONS

1. The U-16 team has individual and group differences in the level of special physical training of women football players. The starting and distance speed of women football players is at a level lower than the current model indicators.

2. Only 23% of women football players meets the level of speed-strength skills of the regulatory requirements.

3. 27% of U-16 team women football players' special level of durability can be considered as "satisfactory".

4. Football is a game with its own rules and regulations, but in combination with this it also has laws and principles that are characteristic of all other types of sports. Therefore, it is necessary to organize the training process taking into account these laws and requirements.

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