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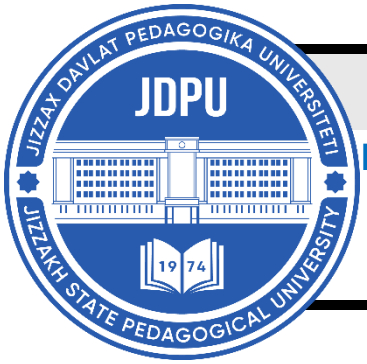

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INCREASING THE EFFICIENCY OF COMPETITIVE ACTIVITY OF FOOTBALL PLAYERS AT THE STAGE OF SPORTS IMPROVEMENT

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ABOUT ARTICLE

Key words: volume and intensity of loads, technical and tactical actions, efficiency of competition activity, training planning, ball control, control tests.

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Abstract: The article examines the scientific works of domestic and foreign scientists who conducted research in the field of training football players and improving the effectiveness of competitive activities. Based on the analysis of the amount and intensity of loads given during the training of players at the stage of sports improvement, the factors influencing the performance of players in competitions are determined. According to the control tests, it is proven that there is a high correlation between the increase in the NHB of participants and the accuracy of technical and tactical actions. Based on the results obtained, conclusions are made.

Relevance. In our country, as in all sectors, state programs aimed at the priority development of physical education and sports have been adopted, and comprehensive reforms are being carried out systematically and consistently. These reforms focus on all sports, including sports games, with special attention being paid to them, and significant work is being done. The Decree of the President of the Republic of Uzbekistan, dated December 4, 2019, under No. PF-5887, "On Measures to Bring Football Development in Uzbekistan to a Completely New Stage," outlines important issues, such as popularizing football, its comprehensive development, and regularly organizing competitions to train highly qualified athletes. Indeed, managing the system of training football players,

organizing competitions and the preparation process for them, improving the effectiveness of their training sessions and competitive activities, enhancing their technical-tactical preparation, and addressing other similar issues are some of the most urgent matters today. The ongoing reforms in sports, especially in football, are leading to an increase in the scope of these sports and growing interest in them. As a result, the competition is increasing year by year, closely linked to the improvement of athletes' physical qualities and the enhancement of their technical-tactical skills. Reforms have also focused on sports games, with special attention being paid to them. Currently, there is no doubt that managing the system for training highly qualified athletes is a very complex form of intellectual activity, and it is essential to manage competitions and the preparation process for them. To effectively manage the training and competition processes of highly skilled athletes, it is necessary to improve the organizational structure of management, select criteria for evaluating various aspects of athletes' physical preparation, use quantitative data in conjunction with a qualitative analysis of the various characteristics of athletes' movement activity, and address other related issues. [1,2]

The purpose of the study: The study of the impact of the volume and intensity of the training loads in the annual training sessions of football players at the advanced stage of development on their technical-tactical actions, and how this affects the effectiveness of their competitive performance.

Experienced Tasks:

1) Studying and analyzing the methodology of research conducted to improve the effectiveness of football players' competitive performance.

2) Studying and analyzing the volume and intensity of the training loads given to football players during their training sessions.

3) Based on the obtained analyses, determining and substantiating how the increase in the heart rate of football players affects the effectiveness of their competitive performance.

Research results and its discussion. Intense competition and the increasing intensity of the game are setting ever-higher demands on football players in a competitive environment. In this context, great attention is being paid to the athlete’s ability to perform game techniques quickly, reliably, and accurately. This, in turn, requires football players to have comprehensive general and specialized physical preparation, high technical and tactical skills, mental stability, and the necessary training to achieve both short-term and long-term sports goals. In football, the accuracy of performing technical skills plays a crucial role in improving competitive performance. Over the last decade, the average accuracy of

technical skills among skilled players in teams has remained relatively consistent—32-49% for passing the ball forward, 16-30% for shots on goal, 37-39% for ball retrieval, and 38-50% for regaining possession. In football, during the game time, the load intensity at 50% of maximum heart rate (MHR) is 165-180 strikes per minute (according to multiple research data, this heart rate range corresponds to the aerobic threshold for muscle activity energy expenditure in football players). During 27% of the game time, the intensity reaches 180 strikes per minute or higher, indicating a level of performance close to maximal oxygen uptake (VO2 max). At maximal speed, the distance covered is 18 m/s or higher, and the average does not exceed 20-40 meters. The complexity of a football player's competitive activity places high demands on all aspects of the athlete's preparation: the football player must make decisions and solve technical and tactical tasks continuously, even in non-standard situations, under time and space constraints, while engaging in intense one-on-one battles. When the football field is not divided into opponent zones, its large area is covered by athletes running short distances at submaximal and maximal speeds, which determines the total distance they cover. Running and braking, especially while executing technical skills with the ball, affect not only the energy composition of the activity but also contribute to the strengthening of the statokinetic balance functions. [3,6,7,9,12]

According to G.S. Lalakov and others, football is characterized by a dynamic competition that requires football players to possess special endurance abilities. A distinctive feature of a football player's technical skill is the ability to perform complex movements that require explosive power, which is necessary for executing subsequent complex actions. At the same time, these players must have a high level of developed endurance to resist fatigue without compromising the effectiveness of their technical and tactical actions and techniques. In the conditions of intense competitive game activity, to maintain the effectiveness of technical skills, maximal anaerobic intensity must be highly developed, as it forms the basis for speed-strength training. Additionally, anaerobic glycolytic capacity must be highly developed, as it supports the development of special technical endurance. [3,4,5,10]

Table 1

Distribution of the volume and intensity of training loads for football players in weekly cycles.

№	Indicators	
1	Individual technical and tactical actions (%)	18,7
2	Group TTHs (%)	34,5
3	Collective TTHs (%)	46,8
4	General fitness (%)	39,7

5	Special physical training (%)	60,3
6	Loading speed: 120 dice/min. up to (%)	17,3
7	121 – 140 dice/min.	31,2
8	141 – 160 dice/min.	33,8
9	160 dice/min. higher than	17,7

According to our studies, the volume and intensity of the training loads in various areas of football players' sessions were as shown in Table 1. The main focuses of the training were identified as technical-tactical actions and physical fitness indicators. In the research conducted by us, particular attention was given to the intensity at which the loads were performed. The importance of heart rate (HR) in effectively performing each exercise has been confirmed by many local and foreign researchers. For this reason, during the monitoring of football players' technical-tactical actions and their general and special physical fitness indicators to improve their competitive performance, the heart rate (HR) levels were studied at different intensities.

In the stage of sports specialization, it was found that for individual technical-tactical actions, 18.7% of the total training time was allocated, while for group technical-tactical actions (TTA), 34.5% of the time was designated. Additionally, for team technical-tactical actions, 46.8% of the total training time was allocated. The physical conditioning of the football players was divided into general and special physical conditioning, with 39.7% of the total time allocated to general physical conditioning, and 60.3% of the time dedicated to special physical conditioning.

The intensity of the training loads in the annual training sessions was studied by dividing it into four intensity zones. According to the findings, in the stage of sports specialization, 17.3% of the training loads in the annual sessions of football players fall within the zone of up to 120 beats per minute. In 31.2% of the total training sessions, the heart rate (HR) of the participants reached 121-140 beats per minute. In 33.8% of the annual training sessions, the heart rate (HR) of the players was found to be between 141-160 beats per minute. Our research indicated that this zone accounted for the largest portion of the annual training load. In 17.7% of the annual training sessions, the heart rate (HR) of the participants was 160 beats per minute or higher. The conducted research shows that during competitions, football players' heart rate (HR) increases to higher levels. The speed of the game, the increasing intensity of the competition, and the complexity of performing technical-tactical actions directly lead to an increase in the players' heart rate. This, in turn, can cause errors in the precise execution of their movements. The accuracy of performing technical-tactical actions is of high importance when evaluating the performance of football

players during competitions. Therefore, when planning and conducting annual training sessions, it is crucial for the intensity of the loads given to players to be high, as this will have significant importance in their competitive performance.

In order to improve the competition performance efficiency of football players at the sports perfection stage, we conducted control tests. Special attention was given to the heart rate (HR) of the players during the execution of the exercises. The HR was measured for each player during the training, and during the control test, they performed the exercises while in a resting state or within zones 1-4. When selecting the control tests, we focused on those recommended by researchers who had conducted studies in the field and were confirmed to be reliable for evaluating the players' technical-tactical actions. The research was conducted with football players at the sports perfection stage at the Tashkent Football Academy. A total of 22 football players participated in the experiment. The main criteria for evaluating the competition performance efficiency of the football players were selected control tests: accurate shooting, ball control, and precise passing (see Table 2).

2nd Table

The dependence of the players of the experimental group on the performance of TTH increasing the YUQS (n 22)

№	Control tests	At rest	120 dice/min. up to	121 – 140 dice/min.	141 – 160 dice/min.	160 dice/min. higher than
1	A shot from 16.5 meters to a goal divided into two equal parts (5 times).	4,2	4,1	3,8	3,7	3,4
2	Long and accurate shots to the ball (to the square)	11,6	10,4	9,9	9,2	8,8
3	Dribbling the ball for 30 meters.	4,3	4,4	4,6	4,6	4,8
4	Juggling the ball on foot for 1 minute.	59,9	59,6	57,9	56,3	54,6

Our research shows that in the selected control tests, as the heart rate (HR) of the football players increased, their performance results decreased. The intensity of the loads given to the players during the training sessions was not high, whereas the high intensity during the competition had an impact on their performance efficiency. The results obtained from the control tests prove this.

Conclusion

It has been established that factors influencing football players' ball-handling activities, which ensure the effectiveness of both competitions and training, include the level of accuracy in performing various technical techniques and the degree of development of

movement qualities required for ball control. These factors must be taken into account [7,11].

During the competitive process, high levels of heart rate (HR) in football players impact their performance effectiveness. The high efficiency of technical-tactical movements directly reflects the effectiveness of their competitive performance. Therefore, when planning the annual training of football players at the sports improvement stage, special attention should be paid to the intensity and volume of the loads. High training load intensity positively influences the players' competitive performance effectiveness.

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