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ASSESSMENT OF THE COMPLEXITY OF COORDINATING SPECIALIZED LOADS IN 15-16 YEAR-OLD FOOTBALL PLAYERS

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ABOUT ARTICLE

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Abstract: The article notes that the result of playing football can be improved only with appropriate general and special technical-tactical training, so that all actions are targeted and rational. In football, the actions during the game cannot be predicted and calculated in advance from the point of view of space and time, therefore, most coaches agree that the basis of the players' game actions is technical and tactical preparation.

Introduction

Modern achievements in sports impose the highest requirements on the information supply for managing the training process. The widely used methods for planning, evaluating and analyzing training loads by type of training (physical, technical, tactical, etc. are not

sufficiently informative, since most training tools have complex, conjugate effects and it is almost impossible to distinguish the contribution of this exercise to improving motor quality, technique or tactics. Therefore, it is possible to classify the loads more precisely by specialization (measure of similarity to competitive exercises), direction (preference for aerobic or anaerobic energy supply), coordination complexity and magnitude (volume and intensity). more accurate assessment of the impact of certain exercises (especially complex ones) on the functional state and on the training of athletes in general. “Level 1 - low load. Studying and improving the game technique outside of competition conditions (without martial arts, large movements);

Level 2 - medium load. Training the technique in a competitive environment (in martial arts, with large movements, in group interactions, in game exercises)

Level 3 - heavy load. Training the technique using special exercises that exceed the intensity of the competition. For example, dribbling the ball from the center line to the penalty area at maximum speed and then hitting the goal. After impact, return to the starting line within a certain time."

As you can see, the main criterion for the magnitude of the load in the proposed classification is the intensity of the exercises performed (speed, speed), and further consideration of this issue shows that determining the CS loads in football is one of the most important conditions.

Also, K.I. Musraliev suggests assessing the technical complexity in three categories: very complex, complex and simple. The basis of this classification, as the author says, were the criteria for CS exercises: “a) the speed of the ball before performing the technical technique; b) the speed of the player’s movement towards the ball;

c) the starting position from which the technique is performed;

d) the amount of resistance when performing the technique.

V.M. Khodukin , who studied the technique of stopping the ball (technique), assesses the level of difficulty of performing the exercises depending on the conditions of their execution, and at the same time identifies three different conditions: “1) simple - the ball on the ground; the player is ready to stop; the player runs slowly or stands still while standing; the player’s movements are not limited by time or space; there is no confrontation with the opponent. 2) complex - the stop is performed with a passive opponent and only in motion; the presence of a certain time and space limit; after passing from a close distance; it is necessary to stop the ball by rolling quickly (jumping, flying, falling). 3) difficult - stopping the ball when the opponent is heavily guarded; there is a time and space limit; the stop is made in a situation where the player is not ready to receive the ball; there are strong and unexpected passes of the ball; "stopping occurs when running fast."

After a careful study of these works, it is not difficult to notice a significant similarity of the characteristics taken as the basis for the classification (although one of them is related to the criteria of complexity of coordination, the other to the conditions under which the technical movements are performed), for example, the speed of movement of the player and the ball, the measure of resistance to the opponent. There are some differences: in one study it is proposed to take into account the starting positions of the player when performing the technique, in another - the readiness of the player to receive the ball, the distance and surprise of the passes.

Despite all the similarities and differences in approaches, the authors determine the CS of technical techniques by the game conditions for their implementation, where the main interacting objects are the players of one and the other team and the ball. The main conditions that determine the CS of the execution of TD are the speed of the player's run, the speed of the ball and the level of resistance provided by the opponent. In any classification, the gradation (differentiation) of classes, levels, conditions, etc. is based on specific quantitative or qualitative criteria for assessing the same properties, phenomena, processes in order to easily distinguish

certain classes (levels, etc.) from others (36). When classifying the game conditions on which the CS of the implemented techniques depends, experts have not always been able to strictly adhere to these requirements. Thus, in the study of ball stops, it is difficult to single out a number of parameters that characterize one or another type of conditions. For example, in the process of stopping the ball under simple conditions, the player runs slowly, in difficult conditions the ball is received in motion; In addition, it is necessary to recognize that in complex conditions the stop is carried out when there is a certain time and space limit, in complex conditions - when there is a time and space limit, it is not easy to distinguish one from the other.

The presence of signs in some conditions and their absence in others also does not help to clearly distinguish them. Thus, the speed of the ball is spoken of only in complex conditions, and at the same time it is also difficult to distinguish between a fast rolling (flying, flying; etc.) ball and a strong pass. A more detailed consideration of this classification is due to the fact that this is the only work in practice in which an attempt was made to fully study the conditions of stopping (receiving) the ball during the game. And therefore we must assume that the basic rules of this work can be used to develop a classification for all other TTDs. It should be noted that before attempting to classify the 3 levels of complexity of the conditions for performing the TTD the accuracy of the impact movements (kicks on the goal, passes) is favorable and maximum running speed. Almost all authors who studied the influence of running speed on the accuracy of the hit noted that exceeding the optimal running speed negatively affects the accuracy of hitting the target, for which it is important to understand that speed is one of the factors affecting the load on the KS. A study of the competitive activity of the world's leading teams showed that when shooting at the opponent's penalty area, when the defenders actively resist, the players are in the most difficult conditions. In such cases, only about 50% of the shots hit the target throughout the game. The complication of the attacker's actions by the defender's active resistance has also been shown in a number of other works.

Proceeding from the above, as the game conditions become more complicated, the efficiency (accuracy, accuracy) of performing technical tasks decreases. This is also confirmed by the results of a study conducted among 16-17-year-old football players. The share of TDs with simple coordination complexity is 3, complex - 60 and extremely complex - 80. At the same time, the volume of TDs with simple coordination complexity is 73, complex - 23 and extremely complex. 4%.

Two levels of difficulty are identified in the study of shots on goal (IZ): in a one-on-one fight with an opponent, i.e. with a time limit for performing the striking action, and in free conditions - in the absence of obvious interference. At the same time, 95.35% of the total number of striking actions in the game was used for passing the ball, and 4.65% for hitting the goal. Time-limited passes were performed in 41.5% of cases, unlimited - 53.9%. Shots on goal with a time limit, i.e. with the opponent's resistance, were 3.4%, without resistance - 1.3%. Unfortunately, the accuracy (error-free) of kicks and passes depending on the conditions of execution was not studied in this work. The study of stopping the ball during competition made it possible to establish that (188) players most often stop the ball in difficult conditions (45-51.5%), somewhat less often - in complex conditions (37-42%), and least often. number of times in simple conditions (7. 5-12%). Thus, an analysis of the limited literature shows that the CS of specialized loads in football directly depends on the game conditions, which, in turn, change from the interaction of at least three objects: the player holding the ball or trying to control it, the ball (the parameters of its movement), the opponents (the intensity of their confrontation). Another object seems to suggest itself - these are the player's partners. However, evaluating the actions of partners leads to the need to determine the tactical expediency of their interaction, which was not the goal of our study, as well as the above authors. The interaction of the listed objects confronts the player with various CS motor tasks. The general characteristics characterizing each level (level) of difficulty in performing the TTD are the speed of movement of the player interacting with the ball (on the spot, low or maximum

running speed), the speed of the ball (low, high), the presence or absence of resistance from the opponent.

The higher the running speed, the speed of the ball and the activity of resistance, the more complicated the tasks of coordinating the player's movements become. The speed of the ball, regardless of the distance from which it is sent, is an important characteristic that determines the complexity of the conditions for performing the subsequent technical technique. Thus, experimental studies on table tennis have shown that an increase in the speed of the ball and, therefore, a decrease in the time to observe its trajectory, has a one-sided negative effect on accuracy indicators.

Thus, the analysis of literature sources shows that this problem is not fully studied and further research is needed to improve the classification of game conditions in football in order to more accurately assess the CS of the implemented TDs, which in turn will allow to accurately determine the reliability and, ultimately, the skill of the player. Obtaining objective indicators of skill provides coaches with an effective tool for managing the training of players. Criteria for managing the technical and tactical preparation of athletes Coordination of movements can be understood from a general biological point of view as one of the most important forms of human adaptation to the environment through the purposeful mastery of new movements and the ability to effectively use the existing capabilities of motor skills in changing working conditions. Without dwelling in detail on the numerous definitions of coordination of movements, we will take as a basis the classical definition proposed by N.A. Bernstein who believes that coordination of movements is overcoming an excessive degree of freedom of a moving body. purposeful organization of active and reactive forces. This definition Yu.V. Verkhoshansky most clearly reflects the specifics of sports activities and the functional meaning of the concept of "coordination". From the point of view of practical sports needs, in our opinion, a very important addition to the idea of this definition of coordination is the need

to fully use the athlete's motor potential. In TD, it provides for the maximum realization of motor abilities, especially complex coordination of movements.

The peculiarities of the movement regime of various sports lead to the preferential development of various movement abilities (movement efficiency - speed, coordination ability, strength abilities, motor endurance), which is associated with the morphofunctional specialization of the athlete's body.

It is difficult to overestimate the role of coordination abilities in the art of handling the ball, especially in football, where the skill of handling the ball is the main criterion characterizing the athlete's skill in difficult game situations. At the same time, it can be assumed that in the process of many years of training, the coordination abilities of the player, like in other sports, acquire a special character. Thus, the most important criteria for coordination abilities for young wrestlers are the accuracy of repeating spatial parameters, success in confrontation, a number of indicators of visual-motor reactions, general motor experience, etc. The main criteria for "coordination" in young gymnasts are: accuracy in performing exercises, speed and accuracy in mastering movement skills. The most important indicator of coordination abilities in sports games is the ability to replace and reorganize motor movements in an adequately changing situation, an integral part of which is an indicator of the accuracy of motor movements. Having studied the coordination of movements of schoolchildren from the point of view of the systemic approach and multi-level control theory developed by N.A. Bernstein V. I. Lyakh systematized the criteria for coordination abilities, which largely correspond to the data of other authors. He believes that the main criteria for assessing coordination abilities are: accuracy (accuracy, adequacy), speed (speed, timeliness), rationality (economics, expediency), resourcefulness (consistency, initiative), which have quantitative and qualitative characteristics.

In the process of controlling and regulating motor actions that are complex in terms of coordination, the athlete can coordinate his motor activity according to one or more criteria.

At the same time, there is a distinction between elementary and complex coordination abilities. Relatively elementary is the ability to correctly repeat the spatial parameters of movements, and more complex is the ability to quickly reorganize motor actions in conditions of a sharp change in the situation.

B.K. Karazhanov in his doctoral dissertation reduces all the diversity of human motor adaptation to two main options: “The conditions are unusual, but the motor task is known in advance and there is enough time to program its execution; the motor task arises suddenly, and its solution must be carried out in conditions of lack of time and information. The approaches of these authors are also used in football, when, depending on the game situation, the athlete mobilizes his elementary or complex coordination abilities. For example, if the player is relatively free from control and has enough time and space to perform a technical action (execution of standard positions, non-intense game situations he has the opportunity to coordinate his movements. to one criterion (often in such situations accuracy is required as the main criterion). In more complex conditions, when the athlete is limited in time and space (the proximity of the guarding opponent, the high speed of the player, the ball, the requirements of the tactical situation, etc. the need to coordinate his movements is born. by at least two criteria - accuracy and speed. And if the situation is further complicated by the active opposition of the opponent to the task of the motor, then, along with the established criteria, the stability (stability, reliability) of movements becomes important. The results of numerous studies and data from pedagogical practice indicate the important role of such criteria of coordination skills as accuracy, speed and stability in the development of technical and tactical skills of players. Studies of young gymnasts have shown that with increasing age and sports qualification, the level of coordination skills (accuracy of performing exercises, speed and strength of mastering movement skills) is increasingly closely related to the level of sports results .

The higher the skill of the football player, the more accurate his kicks both at optimal running speed and at maximum speed, performing a kick movement against him. It is

noted that exceeding the optimal speed negatively affects the accuracy of hitting the target. However, the intensity of football is such that players often have to demonstrate technique at high speed and in conditions of strong resistance, to show the necessary plasticity in movements, i.e. to ensure the stability of the main phase due to the optimal variability of the preparatory phases of the movement.

In this case, the term stability describes a certain constancy (with a certain range of fluctuations) of the parameters of the athlete's movements (accuracy, precision, efficiency) under certain conditions of activity. The stability of performing a movement task that is complex in terms of coordination can change under the influence of factors such as the athlete's position, the actions of the opponent, and external conditions. The change in stability under the influence of certain disturbing influences characterizes the athlete's immunity to noise the more stable the player's movements are under the influence of disruptive factors of the game, the higher his noise immunity.

Experts have been noting for many years that our football players lag significantly behind leading foreign athletes in passes and shots on goal especially in conditions of harsh conditions. guarded by defenders. The reasons for such a lag at the level of master teams and national teams can be traced to the insufficiently effective training of athletes in football technique from a young age. As the famous former coach and football theorist B.A. Arkadyev wrote, “this problem cannot be fundamentally solved without improving football work with boys and young men”. This problem is still relevant today. Thus, Yu. Semin, the coach of the Moscow Lokomotiv team, says, “You need to work on this from childhood, but in our schools they don’t do this, the guys come to the team “raw”. Training with young players to practice shooting at goal is often carried out in a simplified way 20, 30 years ago and more - dribbling and kicking the ball from the center. At the same time, little attention is paid to the speed at which the player’s shot is made, to the creation of difficult conditions in the form of active confrontation by defenders during the shot at goal, or to the performance of passing and other

technical tasks. Since the generalized ability to accurately hit the ball is relatively low (about 15%), improving one technique does not improve the accuracy of another technique. Moreover, it is noted that the correlation between the accuracy of shots even performed under the same but different conditions is very low. Based on the above, a number of methodologically important conclusions were formulated. The accuracy of balls and passes is highly variable depending on the conditions of execution, therefore, it is necessary to improve the standard (optimal, convenient) technique of kicks and passes in order to increase resistance to the disruptive factors of the game. and in changing conditions of the game environment. The above shows that it is advisable to practice the accuracy of passes and shots on goal in conditions close to the game environment. And this, in turn, includes training to improve the accuracy of kicks and passes at high speed, in conditions of spatial and time constraints, with active resistance from the opponent. At the same time, all the player's movements should be aimed at the precise execution of the motor task (hitting a certain place on the goal, passing to the move or to the partner's feet). etc.

In scientific research and educational work, the accuracy of shots and passes is determined by the degree of deviation from the center of the target the number of shots in certain places on the goal. To determine the accuracy of shots and passes, 3-point and 5-point rating systems have also been used.

To increase the speed of execution, the time to perform the exercise was measured and deadlines were set for its implementation. The accuracy of hits and passes was improved by simple repetition, methodological methods of adjacent, opposing and approximating tasks increasing the accuracy of spatial, temporal and force differentiation; this ultimately had a positive effect on the stability of motor skills as a whole. The change in speed, pace, spatial boundaries, the introduction of additional objects and stimuli requiring immediate changes in movements, and other difficulties in training highly skilled players made it possible to increase

the accuracy of short and medium passes and the effectiveness of headers when stopping the ball in a jump.

Increasing the time for skilled players to perform exercises in game conditions in the process of training and training (up to 70% of the total time allocated for technical and tactical preparation during the competition period) made it possible to significantly increase the reliability coefficient of technical tasks. technical activity in competitions. The main method of improving the technical and tactical skills of young football players (11-15 years old) is also the game method which made it possible to significantly improve the accuracy of their kicks and passes in model conditions and on the field. game. In his doctoral dissertation on the study of the performance of athletes in team sports, O.P. Topyshev recommends increasing the share of loads on adaptation to game activity with the improvement of sports skills. Thus, in groups of small categories, it should be 30% of the total volume of special training, in groups of medium skill - 49%, and at the highest level of skill - 62.2%.

Thus, literature data show that the technical and tactical training of football players (both adults and youth) is carried out in game conditions or close to them, i.e. in conditions of maximum mobilization of coordination abilities such as accuracy, speed, stability. At the same time, a sufficiently high accuracy shown in some conditions (for example, under optimal conditions) does not guarantee it in others (at speed, during martial arts, i.e. in conditions of lack of time and space). Based on the above, we can assume that accuracy (inaccuracy, efficiency) should be trained not only in greenhouse (camera) conditions, but also more time should be devoted to improving skills in speed and defending opponents. This is most relevant for young players at the stage of immediate preparation for the transition to professional teams. This idea is confirmed by studies that consider 14-15 years of age to be the most favorable for the development of coordination abilities. Unfortunately, to date, in complex conditions, close to the game and with some gross load indicators, coaches do not have a scientifically developed

game methodology that could significantly increase the reliability of TTD in conditions of disruptive factors.

Ball handling is one of the skills that players need to improve their game and make it more effective and successful. This technique includes skills such as controlling the ball, moving and deceiving opponents. During the ball handling process, the player must move with the ball, change its direction and learn to deal with opponents. This, in turn, requires the player's physical fitness, speed and balance. When teaching ball handling, the first thing to do is to explain the basic rules of ball handling to the players. These rules include using the inside of the foot to control the ball, controlling the ball and determining the direction of movement. Players need to learn to use different parts of the foot when handling the ball. The inside of the foot is the most effective in controlling the ball, as this method allows you to direct the ball in a specific direction. A series of practices and exercises should be conducted to improve the technique of carrying the ball. For example, players should learn to move at different speeds while carrying the ball. This, in turn, develops the players' speed and balance skills. It is also important for players to learn to avoid collisions with opponents when carrying the ball. This process helps players to anticipate the opponent's movements and correctly determine their position when carrying the ball. Many methods can be used to teach ball handling techniques. For example, players can be trained through individual training, team training, and games. During individual training, players can strengthen their skills and work on themselves. Team training allows players to help each other, share experiences, and develop mutual competition. In addition, the use of video materials can also be effective in teaching ball handling techniques. Players can improve their skills by reviewing their games and analyzing their mistakes.

Through video materials, players can review different ways to carry the ball and determine how they can improve their game. Motivation and psychological preparation also play an important role in the process of teaching the technique of carrying the ball in a football game. Players need to be motivated to achieve their goals. This motivation can be increased by

self-development, being useful to the team and working on themselves. Psychological preparation, in turn, helps players increase their self-confidence and manage stress during the game. When teaching the technique of carrying the ball, it is also important to develop the players' decision-making skills during the game. Players need to make quick and correct decisions, because situations change quickly during the game. To improve this process, players need to test themselves in different situations and analyze their decisions.

In the game of football, team strategies are one of the most important factors that determine the success of each team. Team strategies require players to work together during the game, taking into account the strengths and weaknesses of the opponent, and plan their own games. These strategies are developed in accordance with the team's playing style, the individual skills of the players, as well as the opponent's playing style. First, the main goal of team strategy is to achieve the team's overall goals during the game. These goals include scoring goals, controlling the game, blocking the opponent's attacks, and strengthening the team's defense. Each team develops strategies according to its own style of play, taking into account the team's strengths and the opponent's weaknesses. When developing team strategies, the team's playing format is important. For example, game formats such as 4-4-2, 4-3-3, or 3-5-2 determine the team's playing style. Each format has its own strengths and weaknesses. The 4-4-2 format is more defensive, strengthening the team's defensive line and allowing players to collect the ball quickly. The 4-3-3 format is more offensive, allowing the team to involve more attackers and putting the opponent's defense under pressure. The individual skills of the players also play an important role in implementing team strategies. Each player needs to know how to operate in their position, how to deceive the opponent and what role they play within the team. For example, central midfielders are important in controlling the ball and setting the rhythm of the game. They need to make the right passes to break down the opponent's defense and open up the attackers. Attackers need to create scoring opportunities and put the opponent's defense under pressure. When implementing a team

strategy, it is necessary to make changes during the game. The opponent's playing style and strategy can change, so the team needs to adapt its strategy as well. For example, if the opponent strengthens its defense, the team may change its attacking style and try to control the ball more. In this process, the coach needs to ensure the team's success by making changes during the game, substituting players and using new tactics. Pre-game preparation is also important in developing team strategies. Analyzing the opponent's playing style before the game, identifying their strengths and weaknesses, helps the team develop its strategy. Coaches should study the opponent's tactics before the game, highlight their team's strengths, and target their opponent's weaknesses. Communication between players is also very important in the process of implementing team strategies. During the game, players need to constantly communicate with each other, determine their positions, and help each other.

Good communication makes a team's game more effective and increases trust between players. This, in turn, ensures the success of the team. As a result, team strategies in the game of football are one of the main factors that determine the success of each team. A team must develop strategies taking into account its game format, the individual skills of its players, and the style of play of its opponent. By making changes during the game, preparing before the game, and developing communication, a team can achieve its goals. Team strategies further increase the complexity and beauty of the game of football, creating an exciting experience for players and fans.

As a result, the process of teaching and improving the technique of carrying the ball in the game of football is multifaceted and complex, involving physical training, technical skills, psychological preparation and strategic thinking. To successfully implement this process, players must constantly work on themselves, learn new techniques and develop their skills. Only in this way can they improve their game and achieve success in the game of football.

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