



PEDAGOGICAL CONTROL OF THE TRAINING MANAGEMENT PROCESS FOR 11–12-YEAR-OLD FOOTBALLERS

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Abstract: to study the movement techniques of 10-12-year-old players on the field, to scientifically justify the fact that coaches can distribute loads in training sessions based on the distance they cover. Also, the importance of pedagogical analysis in football: theory and practice is studied. Currently, in order to successfully manage the training process of the football team, the coach must have objective information about the players in the team, that is, about their mental and health, including the functional parts of the physical exercises given to young players. One of the most important aspects is to correctly evaluate the level of technical and tactical skills of players, in order to train them in the future to become highly skilled players. The issue presented in this article is of great importance.

Key word: Technical and tactical training, step length, step rhythm, distance, running, defender.

The President of the Republic of Uzbekistan Sh.M. Mirziyoyev and our government are paying great attention to the development of physical education and mass sports in the country, including football. Decree of the President of the Republic of Uzbekistan dated February 15, 2017 "On measures to further improve the management system in the field of culture and sports" No. PQ-2779 on the organization of the activity of mitasi", PQ-3031 on June 3, 2017 "On measures for the further development of physical education and mass sports" and March 9, 2017 Decisions PQ-2821 on the preparation of the athletes of Uzbekistan for the XXXII Summer Olympic and XVI Paralympic Games to be held in Tokyo in 2020 and December 4, 2019 "Development of football in Uzbekistan taking it to a whole new level Decree No. PF-5887 "on exit measures" is a vivid example of these ideas. The documents adopted above serve as a program for the fundamental improvement of the system of training highly qualified players in the country. In recent years, it has been observed that the system of training highly qualified athletes is developing in two ways. One of them is to increase the volume and intensity of training and competition loads, and the second is the effect of the structure of training and competition loads on the athlete's body, various components of loads, the dynamics of the structure of loads during training. is quality improvement based on information about the impact on the level of training of those engaged in the stages. ¹

The general physical training of football players solves the tasks of comprehensive training of physical abilities, increase of general working ability. General development exercises and exercises taken from other types of sports that have a general effect on the body of the participants are used as the main tools. In this, the development and strengthening of muscle tendons, the improvement of the function of internal organs and

¹ . " O' zbekiston Respublikasida jismoniy tarbiya va sportni yanada takomillashtirish va ommalashtirish chora-tadbirlari to' g' risida" O' zbekiston Respublikasi Prezidentining Farmoni. Toshkent 2020-yil 24-yanvar PF-5924-son.



systems, and the improvement of the general level of coordination and quality of movements are achieved. Many exercises used to improve general physical fitness have a comprehensive effect on the body, while each of them is aimed at developing one or another quality. For example, running for a long time in high and low places is aimed at increasing endurance, and fast running at short distances is aimed at developing speed, and gymnastics exercises are aimed at increasing agility. These exercises are included in the training. The activity of 10-12-year-old football players is characterized by constant changes in the intensity of their movements. The high intensity of muscle work alternates with a decrease in activity and transition to a relatively calm state. It alternates with fast running, lunging, jumps, light running, walking, stopping, and the direction of the movement changes. Such activity is associated with the implementation of a certain physical load, vegetative processes, first of all, continue with serious functional changes in metabolism, respiration and blood circulation. However, it is necessary to take into account that the playing activity of the players does not consist only of jumping, running and walking. The movement of players is quite complicated. Being unnatural (sliding, jumping, standing on one leg) at the highest speed and for a long time in the conditions of a tough one-on-one fight should not prevent the player from taking possession of the ball effectively while solving a complex tactical task. How well the players carry the ball, how thoughtfully they act on the field, is football the game will be so interesting. Therefore, the physical training of futsal players should be organized in such a way that it is the basis for improving their technical and tactical skills, taking into account their game activities. It is possible to gradually improve the performance of some technical methods with the help of special exercises aimed at developing more specific physical qualities. For this, as a rule, special exercises are used that are similar to one or another technical method or its individual elements according to the nature and structure of execution. More repetitive, intermittent, variable, game and competition styles are used in physical training. In the cycle of annual training, it is recommended to do general physical training first, and then special physical training based on this. During many years of playing football, the ratio of general and special physical training, as well as their specific content, the importance of special training in the field of developing sports skills is gradually increasing. Data on the qualitative and quantitative aspects of football players' competition activity and preparation are also of great importance, as they serve as a basis for developing model descriptions.²

The development of step-by-step control systems is based on the analysis of data on the players' competition activity and training. V.N. Platonov stated that his results "...determine the main direction of work and the ways to achieve the tasks set ahead, set the conditions for the means and methods of pedagogical influence". Micro-, meso- and macro-structures of the training process are planned using the received information. In the process of implementation of the specified programs, it is necessary to constantly compare how much the actual changes in the level of engagement of the players correspond to the planned ones, to take into account the growth rate of training indicators and the dynamics of loads from training stage to stage, in which constant medical and biological control is necessary. . The use of all management components of training processes in the preparatory practice of young players who are considered reserves of major league teams is especially relevant. M.A. Godik will advance the tasks of improving the quality of training of the following young players: Data on the qualitative and quantitative aspects of football players' competition activity and training are also of great importance, as they serve as a basis for developing model descriptions.

Development of step-by-step control systems for players' competition activities and training based on data analysis. V.N. Platonov stated that his results "...determine the main direction of work and the ways to achieve the tasks set ahead, set the conditions for the means and methods of pedagogical influence". Micro-,

² Nurimov R.I. "Yosh futbolchilarni texnik va taktik tayyorlash" . T.2005-104 b.



meso- and macro-structures of the training process are planned using the received information. In the process of implementation of the specified programs, it is necessary to constantly compare how much the actual changes in the level of engagement of the players correspond to the planned ones, to take into account the growth rate of training indicators and the dynamics of loads from training stage to stage, in which constant medical and biological control is necessary.

Strength, quickness, agility, flexibility and endurance play a key role in the general and special physical training of football players. These physical qualities represent the level of movement possibilities of players. Observations were made according to a specially developed methodology (metrological blanks for taking into account the distance traveled by slow running, fast running and maximum speed, as well as with the ball and without the ball, with accelerations). It is determined how many meters the defenders move during the game by slow running, fast running and maximum speed (depending on the task of the game). Based on the received information, it is possible to think about the movement activity and functional training of the defenders in the game. In the research, 12 athletes of defenders of different ages who participated in the youth championship were examined. All of them are defenders of the teams participating in the championship (Children's Sports School №1 in Samarkand and Children's Sports School №2 in Samarkand) Explanation: <<<< - >> slow running, <<>> running at medium speed, <<+>> running at maximum speed. If he runs a short distance, the distance he ran is written in <<>> (2,3,4,6,8 meters).

The following indicators were recorded in the game:

- passing the ball to a long distance;
- deceiving the opponent;
- taking away the ball;
- fighting for the ball in the air;
- movements of playing with the head;
- kicking the goal with the foot;
- entering the ball from the sideline at a long distance.³

Correct actions (+) and incorrect actions (-) were marked during the game. A total of 12 defenders of different ages participated in the youth championship of 2022-2023. As a result of pedagogic observations of 12 defensive players in Children's Sports School №1 and Children's Sports School №2 schools, it was found that older defenders move the most with and without the ball during the game. Those who performed their activities Then We got interesting results from pedagogical observations of movement activities performed by defenders of different ages. Defenders perform less maximal and fast running movements during the game. There is a lot of information about how the defenders are considered the ampoule players who showed the least activity during the game. Their results are lower than those of midfielders and strikers. The obtained results are presented, and in Table 3.2, the number of movements on the field of right-wing defenders of different ages, who work at Children's Sports School №1 in Samarkand, are distributed according to the appearance in meters and percentages. the results are presented as the average of the team's players (X). From the results presented above, it was confirmed that the movement activity of young people in the preliminary training group is not higher than that of young people in the training group and sports improvement group. This is evidenced by their age, the fact that the game is played for a short time, and that they do not yet have sufficient physical training. However, we see quite close results in the movement activity of defenders of different ages in terms of percentages of fast running, average speed running and slow running movements. That is, during the game, around 15-21% of defenders of different ages perform fast running actions. These

³ Tolipjonov A.I. "Yuqori malakali futbolchlar tayyorlashning zamonaviy tizimi". O' quv qo' llanma. Toshkent. O' ZDJTvaSU. 2012-y. 164b.



indicators are obtained from the results of the total movement activity. Performing movements at an average speed makes up 30-37% of the total movement activity. Slow running movements make up 43-55%. In addition, it was found that it has a great impact on movement activity. From the obtained results, it became clear to us that the defenders in the initial preparation group do not participate enough in the offensive actions, so they do not have any cases of hitting the goal. Taking into account this situation, it would be appropriate if the coaches introduce exercises that depend on the participation of the defenders in the attack. We recommend the following exercises for 11-12 year old defenders. We think that increasing the number of cases of their participation in the attack through these exercises will have an effective effect on the activity of movement on the field. Therefore, we recommend the following exercises to 11-12-year-old defenders.

For the defender:

- Carrying the ball along a straight line on the tip of the foot;
- Carrying the ball along a straight line with the middle part of the foot;
- Carrying the ball with the inner surface of the foot in a circle, in the shape of a rubber band;
- Carrying and controlling the ball along the trail of the snake;
- Hitting a standing ball, rolling, jumping, coming balls;
- Kicking balls with different parts of the leg in different trajectories;
- Heading the hanging balls, etc.;
- Stopping the ball in different ways, various forms of deceptive actions;
- Bringing the ball into play from the sideline;
- Ways to take the ball away from the opponent. The level of development is manifested in the stage of increasing the quality of movement in external movement functions, the results of which are clearly visible in competition exercises.

Planning and control - all aspects of the training system is the main factor of formation. With the help of planning, the future training process is reduced to one system. Taking into account the features of physical, technical and tactical training of the participants in the planning of training it is necessary to prepare, that is, the stability of his actions on the field in order to provide. Comprehensive information about the physical condition of the player it is possible to learn from indicators, that is, it is expressed in the process of preparation. In the process of training, the teacher-coach uses these indicators for one purpose it should be changed in a positive direction, i.e. these aspects are training practice during training, technical and tactical actions need. During the practice, the pedagogue-coach takes into account the following situations must be obtained: stability, current and operational. Steady state is maintaining stability for a certain period of time - several weeks, even a month. A unique aspect of sustainability indicators is the future based on it an opportunity to effectively plan training is created. A current state is a state in which an athlete is performing one or more exercises the social condition created by participating in the process. As everyone knows, each training leaves a kind of "trace" on the athlete, which remains on the body for several days. The resulting change will be current, depending on the situation the training process is planned. An operative condition is a condition in which an athlete has one or more a state in which the body falls after physical exercise. The operative condition is very it lasts for a short time, it is controlled by the weight and lightness of the training process determines control. Determination of the condition of the players is carried out with the help of tests and control exercises can be increased. A test is a standard form of tasks, through which mental development, qualities of determination, abilities in action and other human qualities the level of development is determined.⁴

⁴ Iseyev Sh.T. "Futbolchilarni yillik siklda tayyorlashni rejalashtirish". O' quv qo' llanma. Toshkent. "ITA-PRESS" 2015y.460 bet.



The level of physical fitness is determined by studying control exercises, including using a test. One of the main requirements is that the prepared tests should be technically simple. Only then, the condition of the stage of growth of driving qualities is expressed in control exercises. In football practice, the following tests are usually used: 1. Running 15 meters from the start - starting speed is determined. 2. Running 15 meters from a walking position - the "pure" speed is determined. 3. Standing and jumping up, pushed with the help of two legs - the level of the jump is determined. 4. Standing long jump - qualities of speed and power are evaluated. 5. Cooper's test, running for 12 minutes, endurance is determined. However, it is necessary to take into account the preparation stage when performing this test. If the athlete is in the initial stage, this test is not recommended. 6. Running for 500 meters allows you to evaluate speed endurance. The age of the player should be taken into account. If the athlete is young, 300 meters is enough. It is difficult to determine the agility and intelligence of football players using special tests. Because it is difficult to choose a test that is suitable for it, that is, one that creates a real situation in the game. For this reason, such tests are used in the assessment of coordination abilities, which means that the player must express a certain amount of movement, strength and skill. The technical abilities of a football player can be determined using several methods. One of the simplest ways is to give a visual assessment of the player's technique (from certain methods). When looking at the training process from the point of view of physical training, it is necessary to note the following, first of all, to evaluate the level of development, the change in the physical condition of the player at the indicated stage during the period of physical training does not correspond to this stage. Secondly, the fluctuations in physical fitness allow to discuss the level of the player's training, including the objective expression of his body's indicators. For this reason, most of the qualified coaches give a precise assessment of the players when assessing their condition, that is, with the help of several controlled exercises.

In conclusion, based on the above considerations, we conducted a pedagogical control practice to determine the physical and technical conditions of children, and the following conclusions were made based on the results obtained:

the process of physical development is appropriate, taking into account the age of students;
when assessing the level of speed, a positive result was achieved, not taking into account a few;
acceleration force is generally well formed in the team;⁵

We had a satisfactory result when we ran 300 meters in order to determine the endurance of elementary level football players. The following results were obtained in our test to determine technical skills we got: juggling with the ball in one place and on both feet while walking, skillfully moving with the ball, i.e. hitting the target on the 2x2 wall with the ball between two obstacles. In general, the team's technical and tactical skills are average. Based on this, the future training process will be planned.

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