

Some Requirements to Physical Training of Footballers in Modern Sport

R.Isakov

The head of interfaculty department of physical culture and sports of Andizhan State University

Annotasiya: Maqolada futbolchilarning jismoniy tayyorgarliligining taktik va texnik jihatlarini zamonaviy rivojlanish tendensiyalari nuqtai nazaridan ochib berilgan. Atletning jismoniy tayyorgarligiga qo'yiladigan talablar batafsil ochib berilgan.

Kalit so'zlar: futbol, atlet, jismoniy tayyorgarlik, amplituda

Abstract: the article discusses the tactical and technical aspects of the physical preparation of players from the point of view of modern development trends. Requirements for sports training in detail.

Keywords: football, athlete, physical fitness, amplitude

Аннотация: в статье рассматриваются тактические и технические аспекты физической подготовки игроков с точки зрения современных тенденций развития. Требования к спортивной подготовке подробно.

Ключевые слова: футбол, спортсмен, физическая подготовка, амплитуда

Modern football is characterized by the high activity of players and the intensity of their muscles, muscles' size, uneven physical activity, and the rhythmic (arrhythmic) arrangement of work and rest. The most important part of footballers' activity is the running. In this case, running speed varies from minimum to maximum.

During the game, on average, players have been investigated that they can run from 5 to 12 km depending on the amplitude of the game, of which 5-6 km is required to walk and run at a slow pace; 2.5-3.5 km at average and limited speed; The range of 1.5-2.5 km will go at a maximum speed. Up to 50-70 goals and acceleration by players during the game, about 15 to 30 jumps per game;

about 30-50 individual fights per place; There are more than 50-140 technical and tactical actions that can be done individually with the ball. Energy consumption during the meeting is quite high, reaching 4600-5680 kilojoules. Specific physical training is required to perform these types of activities without reducing the intensity of the game.

According to V.V. Lobanovskiy: "... we can observe the situation in football in the form of rigidity and rudeness. In turn, this requires preparation. In our opinion, athletics is about 190cm tall. No. The athlete can be between 174-180 cm, and the athlete is a man who is ready to fight. "

Under pressure games, players are exposed to extreme pressure on their body, with the ability to limit their physical abilities and their ability to express themselves in rapidly changing situations. In addition, as mentioned above, environmental factors negatively affect the players' body, which results in a decrease in their ability to work

and to save performance. During stress, exercise capacity is associated with increased glycogen consumption in the muscles and the accumulation of lactate. This, of course, leads to the fact that relatively early fatigue can lead to a decrease in the intensity and duration of work. All of this puts high requirements on the level of physical training of the players. It has been investigated that a high level of physical training helps athletes to quickly adapt to high temperatures.

The ability of a person to function in a variety of muscles is understood by the notion of physical training and it depends on the level of physical development. In turn, physical or action qualities define certain aspects of the human body's ability to act.

In recent years, there has been less use of the concept of "physical quality" in sports theory, suggesting that more and more athletes can act.

The physical training of the footballer is an important factor, and depends on the effectiveness of the

collective, team and individual technical and tactical actions. No matter how technically or tactically skillful the footballers are, they can never succeed without a good level and perfectly physical training. In each game episode, a number of players decide on a particular game at a time. To do this, they are required to act in harmony with speed, positioning, and positioning game movements. Unless the functionality of at least one of them is not noted, then this game cannot be resolved in this episode.

During the game, each player must be able to quickly and accurately evaluate tactical situations, make specific decisions and instantly fulfill them.

Footballers who do not have the speed of reaction or the speed of choosing speed to react towards a moving object are often noted that effectiveness is low.

Football is increasingly becoming an athletic game, with both squads and group struggles enriched. Winning the ball in the game, avoiding

dangerous fights, staying on the feet after an encounter with an opponent can only be done by a well-trained player. Therefore, training related to strength is an integral part of professional (professional) players.

During the game, a footballer performs about 100 forward movements and acceleration, mainly in the distance of 5 to 20 meters. This is a task that a sportsman with good blasting speed can only defeat his opponent with the ability of overtaking speedily at short distances. The high quality of these qualities can lead to time-lapse and taking position. Therefore, a good level of agility is also one of the hallmarks of a professional player.

The football match lasts 91-99 minutes (without a break). The ball is between 56-64 minutes long in the game and incredibly great tasks which are difficult for human organisms are

done, comparing it to any other sport. Maintain high level of coordination throughout the entire match, ability to keep pace and speed from the first minutes to the end of the game, not losing in the case of force-fighting alone, but only for the most resistant players. is calculated.

Therefore, excellent endurance is also one of the hallmarks of a professional player.

The player is required to perform many actions at maximum amplitude, including throwing, hitting, and deceptive actions. These actions are only effective when the player has good elasticity. We also note that a good elasticity is a direct indication of the elasticity and excellent position of the player's muscles. This position of the muscles prevents them from being injured. Therefore, flexibility is also an integral part of the professional football player.

The basis of effective technique techniques is the coordination process or coordination ability within and between the muscles. The training of players, especially the training of young football players, depends on it. A player cannot achieve a professional level when his or her coordination skills are poorly developed.

All these qualities are combined with the physical training of the players.

Experts' opinions on what kind of physical leadership are differently expressed. Based on all the practical qualities present by different authors, it is important to give players an idea of the importance of comprehensive development of all physical attributes.

Factor analysis of the system of special training of highly qualified players allows us to determine if aerobic and anaerobic glycolytic components are the leading ones.

If the contribution of the physical activity of the players to the physical training of the players in terms of the

percentage value position, then the aerobic-anaerobic system in energy production is proportional to: - aerobic capacity - 23.9% ; anaerobic glycolytic - 9.5%; anaerobic activity - 21.1%. These data indicate that players' special training is not only a measure of endurance, but also a significant contribution to the intensity and strength of adenosine triphosphate synthesis based on the creatine phosphate mechanism. . Recent evidence confirms the correlation analysis of players' technical performance and speed test performance.

In particular, the speed at start and distance often determines the reliability of defenders, midfielders and forwards to perform technical and tactical actions.

92% of young players (17-19 years) who are invited to a skilled team, say that they meet the model quality of players with a high level of physical

training. It is noted that there is a correlation between the quantity and quality of technical and tactical performances in the competitions, with an increase in the integrated level of physical training of players.

The results show that physical training has a positive correlation with other aspects of the player's skill (technique, tactics, etc.), rather than the proportional dependence, but rather on the degree of feasibility.

Thus, the effectiveness of the footballers in the competition depends on the level of development of the physical and operational components of the physical training, as well as their ability to withstand exhaustion during the 90 minutes of playing time. Studies have shown that the importance of high level of physical training in the effective use of players in competitions is high.