

Planning of Training Highly Qualified Women during the Training Period

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ABSTRACT: The article analyzes the current level of physical fitness and recommendations are given in the preparatory period of the football player.

KEYWORD: Preparatory period of training load, microcycle, exercise planning.

I. Introduction

Without deep planning, the process of training in sports one can't achieve high results. A Modern sports training system of the high specialization of tasks, an increase in the practice of competition, one of the different stages-lessons, extensive use of effects, accelerate the recovery process with the use of additional tools pleasing with the escalation of the training process characterized [1; 120-b, 3; 401-402-b 5; 35-b.].

All of these, in turn, identify the need for a comprehensive planning study of the training process. On the structure and planning of the training process to determine the actual effective planning of the theory and practice of sports to choose the option of one of the tasks was and remains so today. Therefore, the improvement of the planning process and the development of the lesson is very important.

Training-the effective conduct of the training process includes a stage 5 [2; 336-b. 6; 105-b.].

Stage 1. Collecting information on athlete's diversity;

2-stage. The analysis of the data obtained;

3-phase. The analysis conduction based on work plans;

4-stage. Job analysis;

5-stage. The re-analysis based on the operational plan to change or add.

As a result of research conducted during the period of preparing highly qualified women training programs developed for the planning of the player tasks.

II. Literature review

Weekly plan preparation has been developed based on the plan period. It's the number of sessions for each day of the week, and the duration of sessions reflects their direction of them.

The optimal cycle is the cycle of the preparation period, the weekly sessions (6-day practical sessions and 1- day rest) [4; 102-b, 7; 29-b. 8; 202-b.].

Increasing physical activity is not only highly skilled players and skill in the preparation of the women but also the training plan should focus attention to. In such cases, short-term sessions up to 60 minutes, intensive, and rich in emotions should include the situation of the game. The heartbeat of women during such sessions should be at the level of the player of the game (150 - 200 pulse/min).

Worth mentioning, the best option is microcycle sessions or task competitions of the distribution of the specific features of each team of qualified women are available.

III. Analysis

Experience in the field of sports and as research shows can be a multiple of such options. Thesis of our work as a result of our analysis of the structure of the general preparation phase the preparation period micro cycle the most acceptable and effective options downloads 1 - are listed in the table.

1-table in the preparation phase, the distribution of general sessions during micro cycle tasks (seven- day cycle)

Cycle days	Training	Severe	Directed assignments	Coordination complexity	Specialization	Size (min)
1	Dinner	Average	Overall durability	Simple exercise game	Nonspecific, that	60
2	Dinner	Average	Overall durability	Running and jumping exercises.	Nonspecific, that	90
3	Dinner	Large	Quick-durability	Game-complex exercises. Simple exercise game	Special Special	120
4	Dinner	Large	Mixed	Game-complex exercises.	Nonspecific, that	120
5	Dinner	Large	Quick-power	Running and jumping exercises	Nonspecific, that Nonspecific, that	120
6	Dinner	Average	Overall durability	Exercise challenging game	Special	90
7	Re-recovery event, vacation					

On the first day scheduled to work mainly in the direction of the aerobic micro cycle if its purpose is to speed up the process of recovery and the player was to enable the functions of the oxygen transport system of the female body.

The overall durability of the quality of the targeted development continued from the second day.

The shades of microcycle exercises designed to jump on the third day took the form of power:

1. Player women - different considerations running at high speed (10, 30, 50 m); take a walk on the ball; a ball-one to increase sleight of hand performance of the action. As a rule, the efficiency is 4 times 10, 30, 50 m.rest 2 minutes and then running to get to has been to fulfill.

2. Walk the ball and take the ball to each other, a partner, 10, 20, 30 m. exercises increase in ha has been completed. At the end of training sleight of hand, exercise was held.

Anaerobic training was conducted mainly on the fourth day towards the direction to work out:

1. A set of 10 exercises to players at the beginning×10 two-way games, In the style of the area dedicated to the protection ½ has been established. Football goal game in the style of her reader's improvement was dedicated to the protection that would take. In the next lesson, 10×Part ½ of the area in 10 men of task completion and this regard has been put and the organization of the attack was done. The essence of the task, highly qualified football is a tactical action is to expose reader improve comprehension.
2. Exercises to 20-25 meters from the gate to give that a shot has been completed. The duration of the complex (stretching), changes the sequence of work, taking into account that the total training time is about 120 minutes long.

On the fifth day of the micro cycle, the quick-held power quality of training and exercises designed for unconventional and stairs fall out has been completed. Out of the stairs and in the number of high lifts to teach the strength of the leg muscles was used as a means of developing. At the end of training stretching on the exercise of force is made. Running speed "barrier" which is one of the methods to overcome the target has been achieved the frequency of the development of the movement.

On the sixth day of the micro cycle complex and technical-tactical actions, on the improvement of exercise sessions was conducted.

As a result of observation and research in the preparation stage, the player highly qualified specialists for women following the seven-day sessions are recommended in micro cycle [2-see chart below].

Special preparations have been planned for the rest of the women in the first stage of the player. Overall exercises of micro cycle were conducted on the second day mainly designed for durability:

1. In training with the ball a couple of "Hungarian-workout" the actions of the gate, to the gate from a distance of 20-25 meters with increased until the ball rolling and "qo'sh devor" (through efforts to give a shock to the gate has been completed).
2. "10×10" meter in size in the area "5×2" square game organized.

From the third day, quick exercises for the development of targeted quality and physical strength have been completed.

1. Jump exercises from the barrier have been completed:
 - a) 50-60 cm.li jump from barrier 10, 5-7 times;
 - b) 50-60 cm.jump from barrier 10 li 10 m.running , 5-7 times;
 - v) Up "like a frog" jump 10 times in the method;
 - g) Jump for length "like a frog" jump 10 times in the method;
2. Different (40-45 m) in the distance running efficiency dramatically, with 4 times.
3. Stretching exercises related and strength.

2-table Special sessions during the preparation stage in the distribution of the microcycle tasks (seven day cycle)

Cycle days	Training	Severe	Directed assignments	Coordination complexity	Specialization	Size (min)
1	Re-recovery event, vacation					
2	Dinner	Average	Overall durability	“Square” type exercises in the game	Special	90
3	Dinner	Large	Quick-power	The complexity of the game increased cyclical exercises and jumping exercises.	Special Nonspecific, that	180
4	Dinner	Large	Quick-durability	Game complex and simple exercises. Simple game exercises.	Special Special	180
5	Dinner	Large	Quick-power	Cycle coordination and exercise. Exercise increased the complexity of the game.	Nonspecific, that Special	180
6	Dinner	Average	Complex	Exercise challenging game	Special	90
7	Dinner	Large	Control game			

Comment: Microcycle bilateral planned to control the game on the seventh day. On the fourth day, players' quick-endurance exercises were designed.

1. “6×30” meters distance, running 3-4 times;
2. Other 30 m across the field with the ball, the ball is to increase the gate to give blow;
3. “8×8” meter in size in the area “4×2, “10×10” in the area of the meter in the size of 5×2 square” of the game, attempt 2;
4. Confused and running a distance of 15 meters in 8 times incisions writing exercises.

The fifth day is mostly quick-directed to the use of power exercise began.

1. The situation is different with running quick start:
 - a) depending on a hill running of 20-30 m, 5-times;
 - b) looking down from the hill, running 20-30 m, 5-times;

2. "12×12" meter in size to the area "6×2 square" attempt 1, "20×40" in size meter in the area of "7×7 square" hold the ball game.
3. The movement is made in coordination relating to exercise.
4. Football technical and tactical skills to improve readers in collaboration with the group stop the ball, and take a walk in the actions to convey is made. In cooperation with the group across the entire area both tactical actions are carried out.

On the sixth day, microcycle complex and technical-tactical training have been completed. Writing exercises confused; handle the ball across the whole area, the ball free transmission, stretching exercises.

1. "10×10" square" of the game, on the 3rd attempt, ½ is held in the area.
2. To handle the ball, to transfer up to a distance of 10 meters to any partner.
3. The gate to control the ball landing in the area, long-distance transmission from the transmission to their partners, rolling the ball from going to the gate (from a distance of 20-25 meters) below give.

On the seventh day 11 bilateral microcycle ×11 across the entire area of the person the game was out of control.

To assess the condition of the physical preparation of highly qualified female players, 10 and 30 running light on the situation. Running with severe, 7×50 m Running in and a standing jump from place like indicators of the level of physical preparation before competitions in the preparation stage were assessed. In the initial days of the first test was carried out before the start of sessions a day.

IV. Discussion

The pedagogical experiment on the player took control at the start of highly qualified women from test units 4 [3-see chart below]. Analysis of the results obtained with the 10 m. running ha on average $2,01 \pm 0,03$ seconds, respectively. Come experience the twentieth day of the stage of 10 m. commissioned by ha test for the second time running, the control athletes. Control of the test was commissioned for the second time after physical training on statistical differences were observed almost $2,00 \pm 0,06$ seconds was recorded. The stage at the end of the teaching experience of 10 m. running test control again commissioned to ha. Highly qualified the player control tests to determine statistical differences on running women high 10 meters start $1,90 \pm 0,03$ s. The player at the end of the experience, highly qualified women's 10 m., running track at this stage committed and almost did not control tests are statistical differences we can see $1,91 \pm 0,02$ s.

Highly qualified women to determine the speed of the player remote 30 m. running in the control test average of $4,8 \pm 0,12$ seconds were recorded. 30 m to the middle of the stage of experience, control of the test for the second time running, highly qualified by women was the player; in this case, statistical differences were observed $4,6 \pm 0,10$ s. At the end of the stage of the teaching experience of highly qualified women running the control tests on the player for start to 30 meters high, we can see that statistical differences $4,4 \pm 0,09$ s. Statistical differences were observed at the end of the experience of almost $4,5 \pm 0,10$ s.

"7×50 m. ha mokisimon" running the initial index in the control test $71,7 \pm 1,13$ seconds was recorded. Come experience the twentieth day of the stage "7×50 m. mokisimon running" for the second time, highly qualified female control of the test is transferred from the side of the player. Statistical differences were observed on control tests that were commissioned for the second time for

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almost 70, 2 ± 1.15 seconds. At the end of the pedagogical experiment “7×50 m. mokisimon running” the control test was given again. The player of highly qualified women “7×50 m. mokisimon running” on the control test statistical differences $68,0 \pm 1,00$ seconds. The player at the end of the experience, highly qualified women “7×50 m. mokisimon” running statistical differences were observed in the control test $68,5 \pm 0,84$ s. “jumping to length” in the test average indicator 205 ± 10 cm is equal to. Experience twentieth stage of the day came for the second time of the test and control was adopted. Control tests on statistical differences entrusted 210 ± 12 cm is equal to. At the end of the pedagogical experiment the bush to jump from place jumping to length control test was given again. Statistical differences player control tests on highly qualified women 220 ± 5 cm is equal to. Athletes for the fourth time in the o jumping to the length control committed at this stage of the test and statistical differences observed, we see that may 216 ± 8 s.

Experience the first stage of twenty and the second on the day, the last part of the experience the end of the stage forty-six days later was held. In addition, the effect of the deferred period in the second half of the fourth test to determine the duration of the competition was held.

Physical preparation of the analysis of the results of the assessment of the initial twenty-day after training, significant changes in the test indicator would almost brought to the conclusion that [3-see chart below].

After the end of the experience, significant growth in the level of development of the physical training phase was observed. In this case, the physical preparation of highly qualified and rated as high as the average female players.

Many were seen in the bush-or, representing the physical preparation of highly qualified female players who developed the program after performing high result index in passed tests. For example, 10 m. the results of running test: at the beginning of this experience was average $2,01 \pm 0,03$ set up in seconds if you have experienced stage $1,90 \pm 0,03$ seconds is equal to. The difference between them is reliable statistical ($p < 0.05$ up to).

“30 m. running” serious value in the control test results the arithmetic difference is detected: at the beginning of experience it is $4.8 \pm 0,12$ seconds and at the end of the experience it is $4,4 \pm 0,09$ improves. The difference of the change is reliable statistical ($p < 0.05$ up to).

3-the table highly qualified female player of the physical test results (n=22)

Control stages	Tests			
	10 m.running (s)	30 m.running (s)	7×50 m.running mokisimon (s)	Jump from a standing place (cm)
The initial condition (I)	$2,01 \pm 0,03$	$4,8 \pm 0,12$	$71,7 \pm 1,13$	205 ± 10
Experience in the middle of the stage, 20 days(II)	$2,00 \pm 0,06$	$4,6 \pm 0,10$	$70,2 \pm 1,15$	210 ± 12
The experience at the end of the phase, 46 days (III)	$1,90 \pm 0,03$	$4,4 \pm 0,09$	$68,0 \pm 1,00$	220 ± 5
The experience at the end of 180 days	$1,91 \pm 0,02$	$4,5 \pm 0,10$	$68,5 \pm 0,84$	216 ± 8

“7×50 m.ha mokisimon running” value detected in the control test. average arithmetic indices : at the beginning of the experience is 71,7 and at the end of the experience, 68,0±1,00 s.pm is improved. The difference of the alteration is reliable statistical (p< 0.05 up to) was.

V. Conclusion

Also, “Jumping to the Length” the average arithmetic value of exercise is at the beginning 205±10 cm and at the end of the experience is 220±5 cm will opt up to. the difference of the alteration is reliable statistical (p<0.05 up to).

Female players of the recommended program based on indicators positive changes took place in the physical.

Accumulated practical experience, track pedagogical and scientific-methodical literature analysis of the program developed as a result of increased physical indicators of the highly qualified female player.

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