

## FEATURES OF TECHNICAL AND TACTICAL TRAINING OF YOUNG FOOTBALL PLAYERS

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### ABSTRACT

This article describes the system of selection, selection and further development of the football infrastructure of highly talented young players in our country, raising the activities of football sports schools to a new level, training and financial incentives for specialists in the field. There is information on topical issues such as improvement, raising the level of competitions.

**Keywords:** football, sports, players, level, schools, training specialists

In recent years, taking care of the health of our people, the formation of a spiritually and physically harmoniously developed generation, the game of football, which is a game of millions and has a special place in our country, has expanded the population, especially young people. A number of measures are being taken to attract.

At the same time, today in our country the selection of talented young players, the further development of the selection system and football infrastructure, raising the activities of sports schools in football to a new level, training specialists and providing them with financial support. issues such as improving the system of batting, raising the level of competitions remain one of the urgent tasks.

Studying the scientific and methodological literature on the research problem, V.P. Guba. notes: "the higher the technique of ball possession and the more varied the technical actions, the wider the possibilities of football players in the implementation of various kinds of tactical plans and combinations used in the game to achieve the goal." For a young footballer, the approach to mastering technique should include the following steps:

1. Acquaintance with dribbling, the beginning of high-speed work.
2. Learning basic feints, constantly working with the ball in motion.
3. Consolidation of dribbling skills.

From adolescence, during training, all the data necessary for the player's professional career are laid. Up to 13 years of age in the educational process, the emphasis is on the development of speed, high-speed potential of the players, and special attention is paid to the development of the muscular complex of those involved.

According to the psychological content, the improvement of technique consists in the development of the ability to control one's movements with the active participation of consciousness, an insufficient connection between consciousness and muscular-

articular feeling can be an obstacle in achieving the result, therefore it is necessary to provide young football players with complete information about the course and results of motor actions. During the formation of a motor skill, a motor idea of a technique and its elements is created in children. When studying any technique in the educational-training process, a story, demonstration and practical testing of the learned motor action are used. During the story, it is necessary to accurately describe the technique, communicate the meaning and place of this technique in the game, explain the basics of the execution technique, while the story should be short, clear, figurative.

When showing, it is desirable to reproduce the spatio-temporal and power characteristics of the movement, accompanied by an explanation, in order to enhance and deepen perception.

When trying to reproduce the studied action, the method of practical exercise is used, in constant and simplified conditions, mainly in football, the method of holistic exercise is used, through the leading leg and in the direction convenient for the player. Learning a motor action piece by piece in football often leads to a distortion of its biomechanical structure.

New complex coordination exercises often lead to rapid fatigue of the nerve centers of young football players, therefore, it is enough to be limited to a small number of repetitions of exercises within one series or one training session.

Many coaches adhere to the rule of two workouts a day, for example, morning: running and strength training, evening: technical and tactical work. Sometimes they conduct training without the ball, with an emphasis on raiding training.

According to the teachings of A.P. Zolotarev: "in any game sport, the content of the training process should be aimed at the maximum combination of actions of a group of athletes who create so-called acute moments, with the actions of one of them, which must realize this acute moment. The realization of a poignant moment in football is to shoot at the opponent's goal, which often turns out to be inaccurate. In these cases, the team actions of the players turn out to be ineffective, therefore, much attention in modern football should be paid to the improvement of collective technical and tactical actions, and, especially, the final phase: here in training sessions, multiple repetition of lagging actions is necessary. "

Modern football takes into account the high growth of confrontation, the ability to play beautifully - to attack effectively, to defend skillfully, it is difficult for players to succeed in such conditions, technical techniques are often performed automatically, but this is possible only with many years of training and the corresponding competitive experience of the players.

According to the conclusions, Varyushina V.V. : "this is due to the difference in their functions in the team and the specific tasks that one or another player has to solve in the game: a football player is required to be able to perform various and diverse

movements and adapt to various conditions (for example, to control running speed, distance to the gate), instant reaction, ability to make quick decisions ”.

The technique of playing football can only be improved with appropriate general and special technical training, so that all movements are purposeful and rational. It is impossible to predict and calculate spatio-temporal movements in football during the game in advance, therefore many coaches are unanimous in the opinion that the basis of the players' playing actions is the technique of the game. So, for example, Varyushin V.V. writes: “in sports games, technique should be both stable and flexible, diverse and integral to tactics; for the technique to help solve this or that problem, a football player needs to constantly expand his arsenal of techniques. ”

The rapid development of football makes high demands on the technical and tactical training of football players, in the educational process of young football players it is necessary to select such training means, in which the players must solve real problems that may arise during the competition in a limited period of time and sometimes in space.

According to A.V. Elagin: “in order to start studying the technique of football, first of all, you need the appropriate maturity. Maturity means a certain level of body growth and the associated work of the circulatory, respiratory and central nervous system; at the same time, attention is focused primarily not on the height and weight of the body, but on those qualitative changes that characterize the activity of the internal organs of young football players. ” Thus, the author notes that the players must be prepared not only physically, but also psychologically. Here we can assert that football technique can be learned with good physical and psychological preparation, and it will be effective only when the player's nervous system functions perfectly when choosing effective responses during the game to unexpected stimuli. It is known that a person in many types of activities is able to maintain the previously acquired skills, even if there are breaks of several years. However, in football, as A.A. Kuznetsov writes: “a player who has not been in contact with the ball for only a few months experiences certain difficulties (depending on the level of his skill), especially in technique, does not reach the ball, chooses the wrong position, does not feels the ball. The fact is that due to the lack of practice, the once developed connections between limbs and nerve centers that send impulses-orders are weakened; coordination of movements is disturbed, and at high speed the player can easily be wrong. ”

Based on this, we can conclude that it is impossible to stop the educational and training process of improving the game technique for a long period, since technical and tactical training is not a one-year or period-time task, but a constant year-round, in order to master the arsenal of all technical techniques and tactical actions. bringing them to a skill of the highest order.

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