



METHODOLOGY OF OPTIMIZATION OF TRAINING FOR YOUNG FOOTBALL PLAYERS

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Annotation

This article scientifically describes the development of physical qualities such as speed, agility, strength and endurance of 14- and 15-year-old players in Olympic reserve children and youth sports schools, as well as methods for optimizing their training load.

Keywords: Young player, cycle, theoretical training, general physical training, special physical training, technical training, tactical training, psychological training, control games.

Introduction

In recent years, a number of measures have been taken to take care of the health of our people, to form a spiritually and physically harmonious generation, to attract the population, especially young people, to the sport of football, which is a game of millions and has a special place in our country. At the same time, such issues as the selection of talented young players in the country, the further development of the selection system and football infrastructure, raising the activities of sports schools to a new level, improving the system of training and financial incentives, raising the level of competitions remain one of the most pressing ones. Our government has adopted a number of resolutions and decrees to make football the most popular sport in Uzbekistan, to establish a system of selection, selection and training of talented young players, to make the country's football competitive with developed countries, to train football specialists in accordance with international requirements and standards. In order to develop the activities of football clubs, to effectively organize the training process for national teams, to hold major international football competitions in our country, including world and continental championships among juniors, youth and women's teams. In particular, in accordance with the Decree of the President of the Republic of Uzbekistan dated March 5, 2018 No -5368 "On measures to radically improve the system of public administration in the field of physical culture and sports" was adopted. On the basis of these documents, colleges of Olympic reserve have been established in almost all regions of the country. In this way, the necessary conditions





have been created, in particular, for the training and improvement of the country's junior and youth national teams, young players who are able to fill the ranks of major league teams. However, despite these efforts, the teaching process in colleges is not yet fully based on research data. This, in turn, does not allow us to identify the hidden potential of young players.

Statement of the problem and its connection with important scientific or practical tasks. Psychological preparation of athletes is a complex methodological education, consisting of separate elements, each of which performs a specific function and does not correspond to others. In the training of qualified athletes, the main task is to search for the reserves of the body of athletes precisely in psychological training. The working model of the structure of the process of psychological training can include only those means of this type of training that are certainly necessary for it. They are either absent or used and cannot be included in its structure. This, of course, does not mean that they should not be used in sports training, but they should be studied further. The study was carried out in accordance with the plan of the research work of the Department of Theory and Methods of Physical Education and Sports of Zaporozhye National University "Theoretical and methodological foundations of individualization of the educational and training process in game sports". Analysis of recent research and publications. Modern sports games are characterized by a high intensity of game actions, fast switching during the game, a wide variety of used game techniques in attack and defense, as well as complex tactical schemes [4, 12]. All this requires from athletes not only good technical and tactical readiness, but also a high level of psychological stability, which will ensure their implementation in various game situations [1, 3]. The state of tension, anxiety caused by dissatisfaction of needs, objectively insurmountable (or subjectively so understood) difficulties, obstacles on the way to overcome them during the match - leaves its mark [6, 9]. Analysis of the literature on handball showed that the attention of researchers is directed to the study of ways to control the training process based on the analysis of the dynamics of mental functions of athletes [1]; taking into account their individual psychological characteristics [11]; the use of special exercises for the development and improvement of individual mental and psychophysiological functions that affect the quality of technical and tactical actions [2, 4]. The works of these authors make a certain contribution to the improvement of the training process in sports games, including handball. Nevertheless, the formulation of the issues under study is somewhat generalized. At the same time, the analysis of the available scientific and special literature in handball indicates that the possibilities of using special exercises in the leading microcycles of the training process between rounds of the competitive period





to correct "weak" psychomotor and psychophysiological qualities in athletes - handball players were not specially studied. The aim of the study is to increase the level of psychological training of qualified handball players in the preparatory period of the macrocycle. Research methods: analysis and generalization, pedagogical observation using instrumental techniques, pedagogical experiment, methods of mathematical statistics.

Research results. At the first stage of the research, we carried out pedagogical observation using a complex of psychological, psychophysiological and pedagogical methods to determine the level of psychological readiness of athletes [5, 8, 10]. The analysis of the results of pedagogical observation made it possible to reveal in some athletes the level of psychological (emotional stability, low frustration tolerance), psychomotor (complex sensorimotor reaction and psychomotor coordination), psychophysiological (concentration and switching attention) and characterological (motivation and exactingness) qualities. The analysis of the results of our pedagogical observation became a prerequisite for the development of the psychological and pedagogical characteristics of each athlete. The structure of the characteristic included: - analysis of the features of the functioning of the psychomotor and psychophysiological spheres; - analysis of the level of development of special readiness of athletes with the concept of "strengths and weaknesses" of its sides and factors; - personalized recommendations, taking into account the CMC, physical, psychological and functional readiness. The experimental factor of our research was the individualization of the psychological preparation of a team of qualified handball players for the next round, improving the level of development of "weak" psychophysiological qualities of athletes. The selection of the means of sports training was carried out on the basis of the principle of conjugate influence on the technical-tactical and psychological aspects of the athletes' fitness. We recommended special preparatory and basic exercises, which made it possible to improve the level of development of "weak" psychophysiological qualities of athletes. At the same time, their technical and tactical actions were improved. The methods of sports training were planned based on the characteristics of the competitive activity of handball players and their neuromuscular activity. So in the lead-in microcycle, repeated, interval-serial and sensory training methods were used. Summarizing the data of scientific and methodological literature [2, 7] and practical experience, we have developed two leading microcycles for training qualified handball players, which are based on the individualization of the training system with an accentuated impact on the "weak" psychological aspects of each of the athletes. The prerequisites for their implementation in educational and training work were the following: - the use of





special exercises for correction, taking into account the strengths of the handball player (throw in motion, outplay and "fly-in" on step 2, false swing, etc.); - exclusion of reasons limiting the effectiveness of performing a certain action (weak legs, poor imitation, etc.); - use in the main training session up to 30% of special corrective exercises of the total volume;

Conclusions and prospects for further development 1. It has been established that the individualization of the psychological training of qualified handball players with an accentuated impact on the "weak" sides of psychological preparedness, using special preparatory and basic exercises in the leadin microcycle, contributes to a significant.

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