

PEDAGOGICAL PRINCIPLES OF PREPARING YOUNG SOCCER PLAYERS FOR COMPETITION THROUGH TECHNICAL AND TACTICAL SKILLS

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ABSTRACT

In the article, the improvement of technical and tactical movements in football consists in developing the ability to control one's movements with the active participation of the mind, the insufficient connection between the mind and the muscle-joint feeling prevents the achievement of the result, therefore, young football players are physically It is thought that education should be provided. Also, according to the hypothesis of creating a motor idea about technical equipment and its elements in the formation of motor skills in children, it is noted that by increasing the technical and tactical preparation of 13-14-year-old football players in the annual training cycle, the results of athletes' performances in competitions will improve. .

Keywords: competition, tactical preparation, competition, physical development.

АННОТАЦИЯ

В статье совершенствование технико-тактических движений в футболе заключается в развитии умения управлять своими движениями при активном участии разума, недостаточная связь сознания и мышечно-суставного чувства препятствует достижению результата. Поэтому юные футболисты физически. Считается, что образование должно быть обеспечено. Также согласно гипотезе формирования двигательного представления о технических средствах и их элементах в формировании двигательных навыков у детей отмечается, что за счет повышения технико-тактической подготовки футболистов 13-14 лет в ежегодных тренировочного цикла, улучшатся результаты выступлений спортсменов на соревнованиях.

Ключевые слова: соревнования, тактическая подготовка, соревнование, физическое развитие.

Tactical training is a pedagogical process aimed at mastering rational forms of struggle during specific competition activities.

It includes the following: studying the general rules of tactics of the chosen sport, refereeing techniques and regulations of competitions, tactical experience of the strongest athletes; mastering the skills of creating your own tactics

upcoming competitions; modeling of necessary conditions in training and control competitions for practical mastering of tactical formations. Its result is to ensure a certain level of tactical preparation of the athlete or the team.

Tactical training is closely related to the use of various technical techniques, methods of their implementation, selection of attack, defense, counter-attack tactics and its forms (individual, group or collective). Special tactical training is the acquisition of knowledge and tactical actions necessary for successful performance in specific competitions and against a specific opponent.

Mental training is a system of psychological and pedagogical effects used for the formation and improvement of personal characteristics and mental qualities of athletes, which are necessary for the successful implementation of training activities, preparation for competitions and reliable performance in them.

Mental preparation, on the one hand, helps to create a state of mind that contributes to the maximum use of physical and technical training, and on the other hand, allows you to cope with competition before and after competition.

confounding factors (lack of self-confidence, fear of possible defeat, rigidity, overexcitement, etc.).

Technical training should be understood as the process of mastering a system of actions (sports technique) by an athlete that matches the characteristics of a certain sports discipline and is aimed at achieving high sports results.

The main task of the athlete's technical training is to teach him the basics of techniques for competition training or exercises that serve as a training tool, as well as to improve the selected ones.

the theme of the competition of forms of sports equipment.

Physical education is a process aimed at training physical qualities and developing functional capabilities that create favorable conditions for improving all aspects of training. It is divided into general and special. General physical training implies the multifaceted development of physical qualities, functional capabilities and systems of the athlete's body, the harmony of their manifestation in the process of muscle activity.

The tactical activity of the players is to solve the operational problems that arise in the process of interaction with the partner and the enemy. And here, the ability to make decisions that allow athletes to use the arsenal of actions in the most reasonable way to win over the opponent is of great importance. Therefore, tactical training should include players' acquisition of the basic arsenal of tactical actions, which will allow maximum use of technical equipment, special qualities and abilities, theoretical knowledge, etc. in the game.

Tactical training is a pedagogical process aimed at achieving the effective use of technical methods against the background of continuous changes in game conditions through tactical actions, and it represents a rational form of organizing the activities of players in the game to ensure victory over the opponent.

The concept of "tactical preparation" is broader than the concept of "tactical preparation". You can learn football tactics well in theory, but it is ineffective to act tactically in the game. It is not enough to learn even all tactical actions (individual, group and collective) to achieve high performance in the game. In the process of teaching tactics, it is necessary to achieve an organic unity of tactics and technology.

In other words, tactical training is understood as improvement of rational methods of solving problems that arise in the course of competitive activity and development of special abilities that determine the effectiveness of solving these problems. This definition allows us to consider tactical training in two aspects: both as a process of learning and improvement (that is, the acquisition of knowledge, abilities and skills), and as a process of developing qualities that together determine special tactical abilities.

It is appropriate to highlight a number of factors that predetermine the success of the player's tactical actions in the game.

First of all, this is a high level of development of special qualities in the field of intelligence, perception and psychomotor skills (attention span and shift, field of vision, speed of complex reactions, speed of response, orientation, speed of choosing a solution, tactical thinking, movement, etc.) , provide direction in difficult game situations and choose a solution to this situation.

Secondly, it is a high level of reliability in performing technical methods in difficult game conditions.

Finally, and thirdly, it is necessary to emphasize the unity of the first two factors, which are expressed in a high level of mastering the skills of individual tactical actions in attack and defense.

Therefore, tactical training cannot be reduced to training for tactical actions only. The basis of the player's successful actions in the game is special qualities and abilities (observation, reaction speed, thinking, etc.) and the ability to flexibly use technical methods. In fact, tactical actions serve as a unique form of organizing the actions of players individually, in groups and as a team in a situation of one-on-one combat with the enemy, which provides them with the qualities, skills and abilities acquired during training. allows to realize. sessions. Thus, tactical training can be divided into several stages as a pedagogical process.

In the process of education and upbringing, technical elements gradually become more complex, thereby creating conditions for the development of flexibility of thinking. For example, during the practice of a technical element, one or two active opponents join in, they try to disrupt the actions of the player performing the element, creating a difficult situation for him. In this, the player performing the technical element, in addition to the mechanical movements, must show great intelligence in the current situation, which only becomes a quality in the process of continuous training. Creating such conditions from the first days of training with a gradual transition from simple to complex allows you to use long-term training in technical elements, as well as for the purposeful development of mental qualities that contribute to successful tactical activities. sportsman

This stage of tactical training of young players is typical for training groups of the 1st, 2nd, 3rd year (11-14 years old).

The third stage of tactical preparation is most typical for large training groups and sports improvement groups. Its purpose is to study its tactical actions: individual, group and team in attack and defense. Here, tactical exercises, game exercises and two-way play come to the fore. In addition to the tools and methods mentioned above, the study of tactical elements and combinations occupies an important place in improving the tactical literacy of football players. Regardless of how well the tools used to improve the tactical maturity of players and teams are used, practical training remains the main tool for achieving high tactical results. Developing tactical training from the first lessons, however, should not disrupt the tactical thinking process. On the contrary, tactical interactions should flow from each other in an orderly manner and gradually reinforce each other to create a coherent contour in the athletes' tactical thinking. The study of tactical actions and options should be carried out in two directions:

a) individual tactical training;

b) tactical training of the group and team.

On the basis of individual tactical training, strong and solid group and team interactions are created; Both defensive and offensive team interactions are created from the tactical training skills of individual players. In other words, the tactic itself refers to the simultaneous interaction of several players aimed at successfully solving a specific problem. If the task of individual tactical training is solved, then it is necessary to talk more about the tactical development of a person (player) who can use individual tactical knowledge and skills in a timely manner and interact harmoniously with the team.

In the process of teaching and training tactical training, defensive and offensive options are improved. Great attention should be paid to the development of the ability to quickly move from one movement to another, from offensive technique to defensive technique, from one tactical movement to another. The coach should teach players certain tactical moves and options based on popular models based on the team's capabilities. In this case, of course, you should not strive to master only tactical actions and their options mechanically. This can dampen the creativity of players and teams. Tactical preparation itself is a creative process. A player with the necessary tactical thinking should always be able to adapt to the current situation

No matter how successfully many tools are used to develop tactical thinking and psychological qualities, the main one is to teach group and team interaction. Training should begin immediately after mastering the basic technique. In this, the necessary qualities of the players are strengthened to such an extent that they have the opportunity to make their actions in accordance with the common interests of their team during the game. If an athlete does not learn tactical interactions from a young age and does not develop tactical thinking, he will often face great difficulties in the future. Even with sufficient technical training, it cannot show itself in game situations rich in tactical interactions. It is also important to develop a creative mind when studying group and team interactions, as it helps to correctly perceive the actions of the enemy during the game. This, in turn, allows you to rebuild your team's game plan without breaking the bank and without much effort.

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