

## PREPARATION OF NATIONAL TEAMS FOR MAIN COMPETITIONS

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### ANNOTATION

This article provides an overview of generally recognized principles for drafting training to prepare a national team for competitions.

**Keywords:** load, football development trends, psychophysiology, tactics, and strategy, national team preparation process.

In football, almost all competitions are basic, and in each game, there is only one goal - to win. It is very difficult for football players to prepare specifically for the next meeting, since even in an ideal scenario, games are held once a week, but in reality - every 3-4 days.

When assessing the competitive load, it is necessary to separately consider the number of main and sub-competitions. For example, for highly qualified football players of any country, the main competitions are the national championship (about 26 games), the National Cup (2-6 matches), international matches (Asian Cup - from 2-5 matches to 20 for members of the national team); Leading up to this are control and friendly matches.

Thus, the number of main matches (without lead-ins) is 60-70%, so the load in matches that must be won is very high. For the sake of winning them, football players train, spending a large amount of nervous energy in addition to physical energy. (5)

The system for training national teams involves the participation of a core circle of 30 - 35 talented candidates in official competitions.

It must be emphasized that the main games in this competition system are the games of the country's domestic championship. A strong national championship, where the number of leading clubs reaches 5-6, and the intrigue of the championship until the last day forces the players to seriously prepare for each next match, forms a strong national team.

So, the annual competitive load of football players is approximately 70 matches per year.

An analysis of the preparation and participation of several national teams for the World Championships shows that there are generally accepted principles for drawing up a strategic plan for preparing a national team.

The result depends on how successfully the plan is implemented.

So, let's list these principles:

1. It is necessary to carefully analyze the preparation and performance of the team at the previous championship.
2. To explore and summarize the progressive trends in the development of world football.
3. The national team should be staffed with football players with certain makings of leaders who have a sense of responsibility to the country and their people. Create a healthy atmosphere of competition for the right to play in the first team.
4. To organize a modern center for determining the psychophysiological capabilities of football players, the degree of their fatigue after competitive seasons, treatment, and recovery.

5. Consider the quantitative ratio of the players of destruction, creation, and completion.
6. Pay special attention to the mental and psychological resistance of football players to accompanying and distracting factors: the press, television, fans, climate, confined space of a sports base, hotel, etc.
7. It is important to know how quickly a player recovers after each match.
8. The process of preparing the team must necessarily be carried out considering the climatic characteristics of the country of the championship organizer.
9. A four-year cycle of control-friendly matches with worthy sparring partners is necessary.

All of the above is the prerogative of the work of not only the coaching staff of the national team but also, no less, the leadership of the national association, which must be able to consolidate the country's leadership, the public, and sponsors to achieve its goals.

The head coach of the national team must have constant organizational and methodological communication with the club coaches.

The focus of the work of the coaching staff remains the implementation of the strategic training plan, considering the following factors that contribute to the successful performance of the national team:

- implementation of the above principles of preparation for a multi-day tournament.
- creating a motivational basis both around the national team and within the team.
- carrying out qualified and prompt work on the rehabilitation and recovery of team members after receiving microtrauma, and physical and psychological stress.

The concept of forming teams is determined primarily by the real level of development of football in the country and always considering the trends existing in world football (Vyakhirev D.A., 2016).

One of the important points in this matter is a correct understanding of the tactical structure of the game, which allows you to reveal and make the most of the best qualities of each member of the national team.

Example. It is known that the level of Uzbek football in general in Asia is rated quite highly. However, in recent years, the team has not been implementing its existing capabilities effectively enough. This does not allow the national team, despite repeated attempts, to get ahead of the national teams of South Korea, Japan, Australia, Iran, Saudi Arabia, and some other leaders of Asian football. There are several reasons:

- This is an unclear understanding of coaches about the tactical structure of the game in light of the main directions of development of football in the world.
- Insufficiently clear approach to the concepts of different aspects of training national teams and the vagueness of the requirements for players.

In addition, centralized or club forms of organizing the training of national teams are not always justified, the lack of a single justified concept of continuity in preparing reserves for the first team, starting from youth to youth, from youth to Olympic, from Olympic to national.

The concept of forming a national team can be complex depending on the specific situation.

The basic (club) option of forming and preparing a national team is justified if it contains many players from one specific club. (Example: the Olympic football club, a participant in the Uzbekistan Super League championship, based on which the Uzbekistan Olympic team was

formed) As a result, the duration of special training camps is reduced, and the calendar of the country's internal championship is less frequently disrupted. All basic training for national team candidates should be carried out in clubs.

If the national team does not have a "base" club, then the emphasis on forming the national team is distributed among many clubs. But in this case, the periods of special preparation of the team for the planned competitions should be significantly longer. And this, as a rule, leads to disruption of the country's domestic championship calendar. However, regardless of these conditions, candidates for the national team must be prepared to implement the intended tactical structure of the game. It should provide:

- improving the collective principle of fighting in attack and defense.
- increasing the speed of collective actions with and without the ball.
- increasing the share of individual and group pressure from the enemy in different areas of the field.
- universalism of players, but with perfect individual skill in performing technical and tactical actions according to their role.
- creating during the game a numerical advantage for players when tackling the ball and completing attacks (Kostyukevich V.M. 2009, Iseev Sh.T. 2018)

Effectively solving organizational issues in preparing a combat-ready team is the most important task. This is the creation of a coaching staff, medical-biological (CBG) and information support for the work of various national teams (from 16-year-olds to the Olympic and first teams), the creation of a system of continuity in the training of high-class club football players, the development of an optimal calendar for the national championship, as well as leading , control and official games of the national team, development of a clear program for individual training of players in clubs, monitoring the implementation of this program.

An important role in working with the national team is given to the selection of training means and determination of their volume, the ratio of the focus and intensity of training (M. A. Godik., 2006).

In practice, improving athletic performance is directly related to the intended training cycle. Depending on the timing of preparation, they can be long (several months) - macrocycles; medium (up to two weeks) - mesocycles, and short-term - up to 4-5 days - micro cycles. The experience of training national teams of other countries suggests that most often short-term cycles (up to 5 days) are used in preparation for qualifying matches, and mesocycles (from 4 days to two weeks) are used in most cases as preparation for the final part of the same competitions.

The successful performance of the national team also largely depends on the ability of each player to fulfill the requirements, without which today it is impossible to achieve serious results:

- this is the ability to play in extreme conditions (spectators, heat, humidity, rain, wind, snow).
- compliance of the players' determination with the maximum objectives of the team.
- the ability to destroy the opponent's playing tactics and implement your own.

The concept of successful preparation and performance of the national team involves considering several characteristics, which include the initial state of football in the country. These include:



- low level of most matches of the domestic championship of the country. Games with an inexpressive intensity of the struggle, poor tactical actions of teams, and lack of dedication and motivation of football players.
- low level of educational and training sessions for football players.
- lack of a method for individual training of players in clubs.
- lack of the required level of athleticism among football players and, consequently, the inability to perform a large amount of high-speed work on the field for the same reason
- reluctance and inability to put pressure on the enemy in the opponent's own half of the field.
- insufficient playing experience received by national team players in their clubs
- insufficient physical activity for national team players during training sessions in their clubs (gentle regime without training effect, lack of hard loads on speed endurance and speed-strength qualities).
- lack of an objective monitoring system for the health and functional state of football players in the work of football clubs.
- insufficient coaching experience in the strategy of preparation and performance of national teams at international tournaments.
- lack of talented "stars" - world-class football players.

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