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METHODS OF QUICKLY TRAINING YOUNG PLAYERS IN TECHNICAL AND TACTICAL ACTIONS

Abstract. The paper examines the methodology of using game exercises in teaching young football players group tactical actions in attack. The game situation "2x2" is singled out, which is considered as the initial "cell" of football tactics, on the basis of which all the diversity of game situations arise and manifest themselves. We believe that the role of the situational leader belongs to the player without the ball, who, with his movements, creates certain game situations and thus suggests implementing certain group tactical actions.

Keywords: young football players, tactical actions in attack, game exercises, game situation.

INTRODUCTION

One of the strategic tasks of society and the state in the field of physical culture and sports is the worthy performance of our athletes in international competitions. Competitive activity in modern football places high demands on the tactical preparedness of athletes. Athletes must quickly and accurately perceive and recognize game situations that arise during the game, correlating them with their existing experience, make adequate tactical decisions and successfully implement them through the implementation of appropriate tactical actions. These actions are predominantly collective in nature, combining the actions of individual football players into a holistic group action aimed at solving a common tactical task for a group of players. Under these conditions, the requirements for mutual understanding between players, which determines the consistency of their game behavior, increase significantly [1].

MATERIALS AND METHODS

Undoubtedly, the rich experience and pedagogical intuition of individual children's coaches allow them to model game situations of varying complexity using special techniques when constructing training sessions, which to a certain extent contributes to improving the tactical preparedness of their students. But the lack of scientifically based recommendations does not allow the overwhelming majority of them to fully rationally use the rich didactic potential of game exercises for the development and improvement of the tactical skills of young football players. In this regard, the goal of our work was to determine the theoretical foundations for the use of game exercises in teaching young football players group tactical actions in attack.

RESULTS AND DISCUSSION

Individual technical and tactical actions of a player include three interrelated elements: perception of a game situation, mental solution of a tactical problem and practical implementation of the decision taken.

Mental processes associated with perception of a game situation and choice of the correct decision constitute the internal (tactical) side of technical and tactical action. The external side is the implementation of the method of solving a motor problem with the help of technical methods. Tactical actions in sports games depend on the technical skill of players, and the effective implementation of the arsenal of technical methods

– on the adequacy of tactical actions in the current game situation. Therefore, it is legitimate to talk about technical and tactical potential as the basis of sports skill and technical and tactical actions as structural units of this potential.

The success of game activity in football, first of all, depends on the adequacy of the reflection of the situation in the player's mind and his ability to choose and implement the most rational tactical decision. In this regard, the mental side of game activity plays a special role here. Sensory processes based on selective attention to changes in temporal and spatial parameters that determine the relationship between partners, opponents and the object of the game (ball) are the result of the activity of several analyzers at once. The leading role in this complex is played by the player's vision [2].

Tactical thinking allows: to overcome the redundancy of information, directing attention to the perception of only a limited part of it - significant elements of the game situation (afferent analysis according to P.K. Anokhin); to predict the development of the game situation and make the right tactical decision about your actions (afferent synthesis). Thanks to tactical thinking, a football player, relying on knowledge of ways to solve tactical problems, analyzes and generalizes incoming information and determines the choice of the most effective method of action in a game situation.

The following features of a football player's tactical thinking are distinguished [3]:

- 1) visual and figurative nature, i.e. the functioning of intellectual operations as part of and on the basis of perception and ideas;
- 2) involvement in practical action, i.e. in the process of solving problems to transform the external environment;
- 3) situationality, i.e. conditioned by the reflection of objective dependencies directly in a given specific situation;
- 4) speed and intensity of intellectual operations, conditioned by the time limit for performing a game action;
- 5) close relationship between intellectual operations and the emotional-volitional sphere.

The first three features fully correspond to the form of thinking that is known in psychology as practical intelligence.

Summarizing the experimental studies of his contemporaries on this problem, S.L. Rubinstein [4] points out that practical thinking is visual thinking that establishes dependencies between things within a given situation without revealing mediation and general connections that go beyond it. The interpenetration of the "field of vision" of thinking and the "field of visual contemplation" is the first distinctive feature of practical thinking. The second distinctive feature of practical thinking is thinking in a situation of action. The third feature of practical thinking, according to the original expression of S.L. Rubinstein, is that it is not only thinking associated with action, but also thinking through actions.

CONCLUSION

The knowledge we have provided above about the structure of competitive activity in football, the psychological structure of tactical action, the psychological characteristics of tactical thinking, the role of internal speech in the mental solution of tactical problems, typical game situations and adequate group tactical actions, the characteristics of coordinating individual actions in the joint solution of a common game problem, are the theoretical basis for improving the methodology for using game exercises in teaching group tactical actions in attack.

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