

PROBLEMS OF LEARNING THE ASPECTS OF STUDENTS' TECHNICAL-TACTICAL PREPARATION IN FOOTBALL

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Annotation: This thesis (article) highlights the problems of football in the process of mastering the technical and tactical training of the students in their classes and clubs. Recommendations are given for this effective solution.

Key words: sport, football, player, education, theoretical, practical, technique, tactics, principles, game, kick, ball, attack, process.

INTRODUCTION. Today, the daily development of football requires the training of physically fit and talented players.

As indicated in the regulations of specialized children's and adolescents' Olympic reserves, sports schools, and boarding schools specializing in football, the training of talented and promising football players is carried out throughout the entire training period.

In recent years, many scientific articles, methodological guides, and applications on football have extensively covered the issues of training young football players to become talented footballers.

Coaches emphasize the importance of paying close attention to the technical and tactical skills of football players from a young age.

R.I. Nurimov emphasized that the technical training of young football players, teaching them certain methods of playing technique, cannot be left unattended, and that if teaching playing technique is planned and carried out with regular training, then it will give good results.[4]

RELEVANCE. The initial training of young football players is important for correcting errors in playing technique, for technical preparation, especially for novice players. Poor mastery of technique ultimately hinders the subsequent improvement of skills. Football experts recognize that in the development of technical movements of children who have just entered football, it is important to develop the ability to feel the ball, including simple exercises with the ball, carrying the ball, kicking the ball and doing juggling, and carrying it in every training session.

According to the conclusions of K.H. Hedergot, A. Chanadi, among all types of training, training in "pure" techniques is of great importance for new players.[3]

The frequency of training in this type of technique depends on the following:[2]

- the age of young football players;
- their level of preparation;
- the training period;
- training conditions.

In teams that train three or more times a week and have a significant number of balls, it is important to pay attention to the training period, and at least one training session a week should be conducted in a "pure" technique. Adolescent and adolescent football players have the ability to master movements very well, both in terms of their body structure and the state of the central nervous system.

The physical and nervous system load in training for new players can be adjusted to the player's technical level. Excessive loads prevent proper adaptation to tension or speed, which can lead to the reinforcement of certain errors in movements.

In the initial training of game technique, it is necessary to facilitate the conditions and help the players to quickly master the technique with appropriate methods. After the players have "understood" the

techniques being performed and have relatively strengthened the techniques, it is necessary not to use the same methods used in the initial period in subsequent training.

The error in training, on the one hand, lies in the teaching methods used, and on the other hand, in the fact that football players sometimes do not have the appropriate physical preparation to master the technique. The frequent emergence of errors is also due to the fact that exercises on the technique of the game are not performed with intensity. Many footballers, in their untroubled positions, play excellently with the ball, even performing tricks like a striker, but they are unrecognizable during the game.

Strong fighting situations are characteristic of the game of football. As mentioned above, fighting with a ball is allowed by the rules of football. This means that in a game where the opponent is actively resisting, it is necessary to perform technical methods at any time and in any place. Therefore, it is very important to prepare young football players for such a game. Teaching game techniques and training methods should not contradict the essence of the game, on the contrary, when teaching techniques, it is necessary to always take into account the requirements of the game. Exercises that are close to game situations and selected taking into account the players' obligations in the game are very important, and training exercises make up 50-60% of the training material.

Technical exercises based on the realism of game situations are considered to be a perfect copy of the game situations that arise. The essence of the exercises: close to the speed of the game and the active blocking of the opponent. The active movement of the opponent is very important when learning the exercises. If the player tries to pretend to be interfering with the opponent, this exercise will not be useful.

CONCLUSION. Generalizing advanced experience shows that training activities in the early stages of preparation should be carried out on the basis of the following principles. Outside of training sessions, it is necessary to engage children in technical methods and tactical movements that they cannot learn only through play or that they learn only by making gross mistakes. Situations that occur less frequently in the game, but important biomechanically based organizational movements, are taught separately.

Training materials on tactical and technical preparation should be taught not step by step, but in a spiral. Of course, the following tasks must be included:

- a) to provide a broad understanding of the variety of technical methods and tactical movements of football players;
- b) to explain the implementation of the studied technical methods in accordance with tactical movements during the game.

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