



## **PHYSICAL PLANNING IN FOOTBALL**

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**Abstract:** Physical training in football is focused mainly on the development of the speed qualities of football players and their endurance. Speed qualities in modern football play a very important role. A team can only be successful when the players are ahead of their rivals, gaining space and time from them. There is an opinion that fast players are born. This is partly a correct assumption. The percentage of the ratio of slow and fast muscle fibers, the efficiency of the neuromotor mechanism, the speed of the reaction - all these are genetically determined qualities and develop or change slightly. But, fortunately, speed qualities also depend on the mobilization of the composition of the motor action, and this factor can be trained and is the main reserve in the development of elementary forms of speed. Technical- tactical and strength readiness also affect the manifestation of speed qualities in the game practice of a football player.

**Keywords:** training of football players, physical training, endurance, tactical training, strength training, tactical training.

Speed qualities have elementary and complex forms of manifestation. Elementary forms include: reaction speed; single movement speed; and movement frequency (tempo). Motor reactions, in turn, are divided into two subgroups: simple and complex. [8, p. 151]

A simple reaction is a response to a predetermined signal (tactile, visual, auditory) through a predetermined movement. Examples of simple reaction manifestations include: stopping a defensive or offensive movement in martial arts or sports games (football, basketball, hockey) at the referee's whistle, starting a motor action (start) in response to a signal in swimming, or in response to a shot from a starting pistol in track and field, and the like. The speed of a simple reaction is determined by the latent response period—the time from the moment the signal occurs until the start of the movement. The latent time of a simple reaction in adults is usually no more than 0.3 seconds. [7, p. 83]

In football, characterized by the instantaneous and unexpected change of action situations, complex motor reactions are frequently encountered.

From a physiological perspective, the rate of reaction depends on the rapidity of the following stages: [2, p. 34]



- the occurrence of excitation in the receptor (tactile, visual, auditory, etc.), which participates in receiving the signal;
- transmission of the exciting signal to the central nervous system;
- transmission of signaling information through neurons, its analysis, and the formation of an efferent signal;
- transmission of efferent signal from the central nervous system to the corresponding muscles;
- muscle excitation and the emergence of an activity mechanism.

The execution of individual motor acts with high speed is determined by the speed of individual movement. For example, the speed of a leg during a kick in football or a club during a throw in hockey, the speed of a hand during an attacking blow in volleyball, a spear throw, or a stab in fencing. The maximum speed of solitary movement can be achieved in the absence of any external resistance. As external resistance increases, movement speed can be increased by increasing the power of the exertion, which depends on the explosive qualities of the muscle fibers.

The main prerequisite for the manifestation of complex speed qualities is the mobility of nervous processes (which is expressed in perfection).

processes of inhibition and excitation in various parts of the nervous system) and the level of development of nerve-muscle coordination.

Currently, tools are widely used that allow for increasing the functional potential of the athlete's body without applying a large volume of work that is as close in nature as possible to competitive activity. The most intense loads of a special orientation should be planned for the preparation stage for high achievements.

In sports where there are competitions in sprint distances, speed-strength, and complex coordination disciplines, it is necessary to perform large volumes of work aimed at increasing aerobic capabilities with caution. Athletes easily cope with such work, resulting in a sharp increase in the capabilities of their aerobic energy supply system and, on this basis, a sharp increase in athletic results. [5, p. 174]

In this regard, in training practice at this age, it is often planned to perform large volumes of work with relatively low intensity, i.e., up to 75-85% of the volume performed by high-class athletes at the stage of preparation for high achievements.

Usually, this is also explained by the fact that an athlete, regardless of their future specialization, needs to create a powerful aerobic base based on which athletes will successfully perform large volumes of special work, and their ability to endure loads and recover after them will increase. [9, p. 278]

The experience of recent years convincingly shows that such an approach is justified for athletes prone to achievements in sports primarily related to the manifestation of endurance.

Overall, speed-strength training and the cultivation of speed in football players at this stage are aimed at increasing running speed and "transferring" this speed to ball-carrying running. This process of "transferring" speed abilities is more effective when an athlete in a



regular run emphasizes movement frequency rather than running step length, i.e., they overcome training segments with somewhat shortened steps that are similar in their rhythmic structure to the steps in a ball-carrying run. [3, p. 703]

This stage of multi-year preparation corresponds to the pubertal phase of development in young athletes, when puberty is accompanied by a rapid increase in muscle mass, glycogen reserves, and an increase in adrenaline secretion and gonadal hormones. During this time, optimal biological prerequisites are created for the development of anaerobic capabilities, maximum strength, strength endurance, and speed-strength qualities. The volume of loads for developing strength endurance, which reaches its maximum values by the end of the stage, must be increased at the fastest pace. Gradually, exercises with maximum effort, performed in overcoming, yielding, and iso-kinetic modes, are included in the training.

The higher the intensity of exercise execution, the more effective the speed training will be. Also, its effectiveness depends on the athlete's ability to mobilize to the limit. The primary incentive for increasing speed readiness is that the athlete performs all exercises at the limit or near the limit, mobilizing all speed qualities to the limit. It is necessary to try to break your own record in a specific exercise or race every time.

Only methodological techniques and means that ensure an optimal level of stimulation for the activities of the central nervous system and corresponding executive organs allow for the successful development of speed qualities.

When performing competitive or training work, the most complete realization of athletes' functional potential and the improvement of sprinting preparation can be achieved through methodological techniques such as correct mental motivation and the creation of a specific, competitive-approximate emotional background. A competitive environment is created during the training session, training is conducted for athletes equal in abilities and capabilities, specific exercises are applied, and constant information on activity results is provided by the coach, etc. The skillful application of these means and training impact techniques allows for improving speed training by 5-10 percent of the initial level. [1, p. 491] Numerous studies have shown that all the aforementioned types of speed abilities are specific. The range of mutual transfer of speed abilities is limited (for example, one can have a good reaction to a signal but have a low movement frequency; the ability to perform a high-speed start acceleration in sprint running does not yet guarantee high distance speed, and vice versa). The direct positive transfer of speed occurs only in movements that have similar semantic and programming aspects, as well as a similar motor composition. The noted specific characteristics of speed abilities require the application of appropriate training tools and methods for each of their varieties.

The main methods for cultivating speed abilities are:

- strictly regulated exercise methods;
- competitive method;
- game method.



Strictly regulated exercise methods include: [6, p. 118] a) methods of repeatedly performing actions with maximum movement speed; b) methods of variable exercise with variation of speed and acceleration according to a given program in specially created conditions.

When using the variational exercise method, movements with high intensity (4-5 seconds) and movements with lower intensity are alternated—first the speed is increased, then it is maintained and the speed is slowed down. This is repeated several times in a row.

The competitive method is applied in the form of various training competitions (guessing, relay races, handicaps – equalizing competitions) and final competitions. The effectiveness of this method is very high, as athletes of different levels of preparation are given the opportunity to compete against one another on equal grounds, with emotional uplift, and with maximum willpower.

The game method involves performing diverse exercises with maximum speed under conditions of conducting active and sports games. At the same time, the exercises are performed very emotionally, without excessive tension. Furthermore, this method ensures a wide variety of actions that prevent the formation of a "speed barrier." [4, p. 166]

## **Conclusion.**

Specific patterns in the development of speed abilities require a particularly meticulous combination of the aforementioned methods in appropriate proportions. The fact is that relatively standard repetition of movements with maximum speed contributes to the stabilization of speed at the achieved level and the emergence of a "speed barrier." Therefore, in the methodology of speed education, the problem of optimal combination of methods, which include relatively standard and variable forms of exercises, occupies a central place.

Thus, at this stage of multi-year training, not only are comprehensive prerequisites created for intensive specialized training in the next stage, the goal of which is to achieve the highest results, but also a sufficiently high level of sportsmanship in the selected types of competitions is ensured.

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