

Methods of Controlling the Physical Loads of Players

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Annotation: In order to further develop mass and professional football in Uzbekistan, to strengthen its material and technical base, to train and educate a new generation of players, to increase the international prestige of football in our country, the president of the Republic personally and to the Makhkam of Ministers Sh.Great attention is being paid by Mirziyoyev, relevant decisions, decrees and laws are being developed and implemented in life, which is the basis for the development of sports.

Key words: technical and tactical readiness, control, training, movement

According to the results of the last major international football competitions, one of the factors ensuring the victory of the team is the effective implementation of sharp, fast, unexpected actions.

Planning and control are important conditions for the development of the training system. A number of sports experts acknowledge that with the help of planning, future workouts can be organized and carried out. Training planning should be based on information about the athlete's physical condition, technical and tactical training, the loads he performs. Information on the condition of the players is provided on the basis of complex indicators. The coach should try to purposefully change these metrics at the expense of managing training loads.

M.A. Godik emphasizes that during the practical work, the coach should train the athlete, taking into account the following conditions: fast, constant, current.

Permanent condition - can be maintained for a relatively long time, and this period can last from a few weeks to several months. Indicators that reflect the status quo can be the basis for future training planning.

A current condition is a condition in which an athlete's condition is reflected in the effect of one or more workouts. It is known that each workout leaves a certain mark on the athlete's body, and it can last for several days. The nature of such traces indicates the current situation, and it can provide a basis for planning future training.

Rapid condition is a condition in which an athlete has a "trace" that remains in his body after a workout or after performing a certain exercise. The operational situation is very short-lived, but it is important to monitor it, because it is this type of control that determines the effectiveness of the training.

In order to evaluate all three cases, three different views of the type of control are used in practice. These are: phased, current, and rapid control types.

Rapid control is designed to control the training load, the exercise series, and the training as a whole. One of the key features of rapid control is to determine the ratio of exercise, series of exercises, and physical and physiological parameters of the exercise.

In the current control, however, the recording of the loads on the microcycles is calculated, and its duration varies from 5 to 14 days in different sports. On the basis of such control, the results of rapid control in each daily session serve. After that, the results are summarized, divided with information about the microcycle and evaluated. One of the main tasks in this control is to determine the optimal ratios of the load characteristics to the zones. To do this, it is based on the laws of the effectiveness of missed training.

Step-by-step control is a type of control that is carried out in certain stages, the duration of which can range from 2-5 microcycles to several months.

The main task of this stage is to put into practice relatively effective tools that have the power to develop.

This can be achieved by using specific tests to assess the condition of the players, or by performing certain exercises.

The test is a standard form of task that can be used for mental development, determination of volitional qualities, assessment of motor skills, and a number of other personality traits.

What tests should be chosen in order to know the human condition? How many tests should be used to know the human condition? questions are important in practice.

Control in sports is, first of all, knowledge of the physical condition, technical and tactical skills, the state of the training load.

It is known that a person's physical condition is characterized by the state of his body structure, state of health and development of motor functions. Assessment of the level of body structure is carried out by assessing various anthropometric indicators. Tests to determine the level of body composition are performed only in stepwise controls.

The degree of development of motor functions can be manifested externally by the degree of motor qualities and can be determined by competition exercises. The level of physical fitness can be determined through control exercises, i.e., tests. The main requirement is that the tests have a very simple technical appearance.

The following tests are commonly used in football practice and have high levels of reliability:

1. Running for 15 meters from the start - the starting speed.
2. Running 15 meters - "clean" speed.
3. Jumping from a standing position on both feet - jumping lik.
4. Long jump from standing position - speed-power quality.
5. Cooper test, 12-minute run - endurance.
6. Running 500 meters, speed-endurance.

Special tests are used to assess the agility of the players. According to RI Nurimov, the quality of agility is more complex than other qualities, and its assessment and determination should be carried out in several ways. At the same time, the selection and application of self-tests is difficult.

Assessing a player's technical skills can be done in several ways. The simplest method is a method of visual assessment of gaming equipment.

From the point of view of managing the process of physical training, it should be noted that by assessing the level of development of physical qualities, it is possible to assess whether the athlete's fitness to date meets the requirements or vice versa.

Second, the change in the state of physical fitness also allows us to assess the general condition of his body.

Therefore, it is worth noting that a number of football experts use such indicators in vain.

In conclusion, it can be said that in modern sports life, having a lot of information is of great importance. Pedagogical supervision is the information needed to carry out a coach's planned activities.

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