

Training Loads in the Annual Cycle of Players in Sports Clubs

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Abstract: The article discusses the distribution of training loads in the preparation of young football players.

Keywords: number of loads, training, annual cycle, initial loads, competition period.



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INTRODUCTION

A number of decrees and resolutions of the president of the Republic of Uzbekistan and the Cabinet of Ministers of the Republic of Uzbekistan have been adopted in order to educate a competent generation in Uzbekistan, actively involve capable youth in sports, create the necessary conditions for further support and development of our national football, to select young players and ensure deep development of professional skills and These documents set out the tasks of improving the theoretical training and technical skills of young players, developing professional qualities, as well as organizing the process of training young players on the basis of scientific and methodological recommendations in accordance with the international requirements for the development of modern football.

Football is the most developed and sufficiently popular sport worldwide. The results of sports-level competitions will affect not only the mood of the masses, but also directly the cocktail activity of people, affect the position of nations and states.

For this reason, the scientific approach to the field of sports and the conduct of research are developing rapidly. The results recorded in football in recent years, and in sports in general, indicate how significant the share of experiences and news carried out in the same Soha is. We can see that the reach of our state for sports, including football, is increasing from year to year.

In our country, the issues of physical fitness of the younger generation are becoming more and more important. A number of issues that embody the unity of factors affecting the physical, functional, technical and tactical training of players are not sufficiently covered in the scientific and technological literature. Yexperimental and methodological developments in the training of young players were carried out in different conditions, with players of different age and qualifications. Often, private issues are given credibility, and the problems of systemativeness and interdependence are left out of trust. All the above arguments indicate that the problem under study has not been sufficiently studied and relevant in Uzbekistan in the far and near foreign countries.

Technical training is now considered of particular importance in all sports. The reason for this is the tactical methods of the game in training and its assimilation, it is assumed that athletes have technical training to show a good result in sports, despite the high level of development of physical qualities. The role of physical fitness is especially evident when competitions are held for several days and the competition continues uncompromisingly, and tactical training is insufficient, when athletes cannot perform offensive and defensive techniques to the expected extent. Improving the system of training of players is the most convenient tool for improving their results, the use of “special exercises”, which are part of the “sports training tools” in the development of players' technical actions, and their development is described in the following information.

Experience of qualified sports coaches and special scientific studies have shown that the main reasons for the shortcomings in the technique of movement are:

failure to create objective indicators regarding the determination of the level of technical skill of coaches and athletes;

lack of measures to observe its improvement;

also, the fact that the perfect model of performance techniques for an athlete is clearly, not correctly selected.

To justify this process, below we have outlined the main tasks of it.

They are:

1. The use of technical actions planned in the training process of players in competitions, as well as elimination of shortcomings.
2. Research and analysis of scientific methodological literature and competition process on the optimization of the technical training process of players mxsus exercises;

Choosing a method suitable for the training process of the players and improving the technical movements of the attack and defense on it, this process will be followed by special tasks that we 11-12-year-old players must use in the game, which will make it possible to improve the technique, as well as applying an exercise knowing which of them is suitable.

Usually using the game method, a creative approach to the activity is formed for those involved, however, while the competition method forces athletes to the maximum manifestation of technical and tactical actions. The main reason for this is the fact that in each training session there is competition, mutual competition and a desire for victory. Below, players are considered important in developing their technical training.

In the process of football training, many teaching tools are used in the training of young players. Of course, each tool has its own aspect. One of the tools familiar to us is a special exercise. This special exercise is useful in teaching a particular game or movement technique in sports training. The peculiarity of the special exercise is that through it, the maximum inconsistency of the playing technique is achieved by the players. The main reason for this is mutual competition. When we talk about private means of physical education and sports, we will definitely remember the following. Special exercises are mainly used in training in mastering a new game technique, as a result of which young players further refine these actions by organizing them into a small competition between mutual teams.

Bumhik has little to fully illuminate the specificity of the exercise, and another most necessary aspect of it is that it is the main tool for developing offensive and defensive tactics of players through it, without having to train only actions related to playing techniques in training.

The loads of players on the annual training cycle vary unevenly, without a constant amount of hajmi and intensity. The curve of the change in the performance of sports loadings in football

players is observed depending on the data of the number of training and competitions, their duration, while the curve of the intensity of sports loadings is observed in terms of the amount of loadings (large, medium, small).

This data analysis allows for the compilation of principled load distribution schemes in the annual cycle of player training. At the beginning of the annual cycle(preparatory period, January-March), the load charge is gradually increased, and then accelerated (April-July), after which it begins to decrease more and more. This continues until the beginning of the transition period. The intensity of the initial loads of training increases without stopping, and this continues in the moboyne of almost the entire annual cycle, which decreases sharply only in the closing phase of the competition period.

With the beginning of the second half of the competition period (August-September), the intensity of training will reach its peak. Subsequently, the intensity of training is gradually reduced, making the players increasingly tired. In doing so, giving players a load from time to time (reducing the intensity of the exercises) is very difficult.

Competitions and their number are planned in accordance with the calendar plan of competitions, in which the deadlines and difficulties of their holding are noted. Friendly competitions are planned according to the degree of difficulty as follows: during the preparatory period – taking into account the gradual increase in the achamism of competitions; during the competition period- depending on the state of the players' training (training): during the transition period, taking into account the gradual decrease in the achamism of competitions.

All competitions are divided by month in the annual cycle. Rest, on the other hand, is planned according to the number and difficulty of competitions, the level and intensity of training, the level of training of players in Kham.

According to its intensity, training is divided into large, medium and small load training. The downloads in the performance of the exercises should be extremely individual. The speed of execution of exercises is 80-85% of the maximum speed at the same time, the speed of stroke should be around 175-180 per minute when it comes to the end of the exercise. Rest intervals should be at least 45-90 seconds, at most 3-4 minutes.

Exercises with a small load include such exercises that the speed of stroke during their execution reaches 130-150 beats per minute. The speed of execution from exercises is 50-60% of the maximum speed. It is possible to include simple running in a circle, walking in different positions, carrying a ball without haste, various gymnastic exercises, kicking a goal from where you are, passing balls to each other from where you are, training in new technical methods, etc. in exercises performed at a low pace.

Moderate load exercises include such exercises that when performing them at 70-85% of the maximum speed, the stroke rate reaches 150-165 per minute. For example, running differently from different starting positions, running at different speeds (20-30 m) and intensity (15-20), jumping long from where you are, pulling the thighs to the chest at the same time while jumping high, as well as passing after carrying the ball, carrying the ball on a limited field. Holding a variety of relay races with the ball, carrying the ball fast, holding a variety of relay races with the ball, etc.k.

Exercises with a large load include such exercises that the speed of stroke during their execution reaches 170-190 times per minute. For example, a race-style “mockisimon” run, playing “chase” on a limited field, jumping (jumping) in a climbing position, kicking a ball on a target after rushing 8-10 m with an opponent, a special assignment (maintaining a high pace, playing with a decrease in the number of players on the team, playing on limited pitches (2x3, 3x3, 4x4, 6x6, 8x8).

When transferring training to some level of intensity, the following are::

- a) to the character (pace, difficulty, etc.) and duration of training;
- b) the duration of the rest intervals between exercises and its character (passive, active);
- v) to the duration of training and rest after the previous training and competition;
- g) to the personal characteristics of the players;
- d) tevarak to the surrounding mukhit shoroites;
- j) the process of recovery after performing the exercise is followed how long it takes.

In practice, players are faced with two main forms of technical skill improvement:

- 1) the basis of the technique of movement is the compliance of this technique with the modern rational structure of the kharakat and with the individual characteristics of the athlete's physical fitness;
- 2) the movement technique of the athlete does not completely correspond to the Yati of the uningorganismini service possibility and is not consistent with the model of modern techniques of this particular sport or the presence of its shortcomings in execution.

Accordingly, a different approach to the process of improving the qualifications of the movement will be necessary.

In the first case: the formed skill is associated with the numerical further development of the correct movements. The increase in speed and amplitude, the migration of impulses related to the Sifai of force, the identification of the initial and leading elements of coordination and their mutual coordination with the rhythm of the activity of holistic movement are associated with the process of forming certain activity of movement.

In the second case: the improvement of the movement technique will be associated with a fairly thorough mastery of the movement skill and the replacement of ineffective parts of the movement structure with more efficient ones.

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