

Active Movement on a Ballless Field is an Important Indicator of the Physical Fitness of Football Girls

Bobomurodov Sobitjon Erkinovich

Associate professor of the Department of Physical Culture, Navoi State University

Abstract: In the article, it can be seen that the play activity of football girls largely depends on the level of physical fitness, which is the basis for the manifestation of high technical skill. The physical fitness of football girls is one of the most important factors, the sleeve of which depends on the effectiveness of the team, group and individual technical and tactical actions.

Keywords: game technique, physical condition, opponent, player, game status, team, tactical tasks, location selection, result, motor activity, factors, training process.



This is an open-access article under the [CC-BY 4.0](https://creativecommons.org/licenses/by/4.0/) license

INTRODUCTION

Analysis of recent international competitions has shown that in modern football, the structure and organization of Group technical and tactical actions has changed. The intensity of Game movements increased, the playing functions of football girls expanded, the volume of movement at maximum and submaximal speed, the universality of their skills. These developments require new approaches to the player training system to increase the speed of the execution of technical and tactical techniques, increasing the size of the pre-prepared programs of povision game actions.

It can be seen that the play activity of football girls largely depends on the level of physical fitness, which is the basis for the manifestation of high technical skill.

As you know, the sleeve is one of the important factors on which the physical fitness of the players depends on the effectiveness of the team, group and individual technical and tactical actions. No matter how technically and tactically competent the player is, he cannot walk to success when hyech is without good and versatile physical training. Even a team whose physical fitness of one player does not meet modern football standards cannot go down to success. First, because in each game yepizode, several players solve a certain game problem at the same time. To do this, they need to consistently perform speed, space and Game movements. If at least one of them is not yega to the corresponding function, then it will not be possible to solve the game yepizodi problem. For example, a player with weak physical conditions will not have time to move forward from an opponent in a fight for a tactically useful position, or will lose a solo fight for the ball, etc.

- The skill of the player is determined by the control of the ball and the level of physical fitness. Highly qualified soccer girls are increasingly moving from demonstrating various technical

techniques of the game to playing without a ball, which determines the basis of collective understanding of the game, the performance and physical level of the team. In a game, players' actions without a ball on the field include:

- from choosing a comfortable situation on the field;
- features of the player's location in relation to the opponent, teammates, the ball of each specific game state;
- the actions of the player in defense after the loss of the ball by his team, that is, the zone, the player with the ball and without the ball.

A player's no-ball action and location selection are two different but interrelated game actions. A no-ball action is judged by the distance traveled by the no-ball player and other performance indicators. The choice of place is the qualitative side of the thinking of the game and the physical condition of the player, that is, his ability to create, quickly evaluate and skillfully find the optimal solution, taking into account the tactical task of the team. This means that the ability to move is a more important quality than reliable ball rolling. The action of a player without a ball, especially after losing it, is carried out mainly due to the will. Therefore, the player is obliged to chase the opponent with the same choke after losing the ball, as well as score a goal on the opponent's goal.

Location selection is a game activity determined by the level of creative thinking of players. Creativity is evaluated from defensive and offensive positions, where the decisive factor is the speed and nature of the player's correspondence, that is, the effectiveness of solving tactical situations by him. The level of effectiveness of this activity can be estimated by the quantitative indicators of the touch of the ball by the player in one game. After all, even a well-trained player is able to work at the sleeve high level of anaerobic opportunities, which will not benefit the team if he cannot choose the right place on the field.

The number of observations made during the training of highly qualified players shows that at the moment there is not enough fodder for this activity. The main thing is forgotten-the tactical side of the activities of athletes, which is very important for improving the mental processes of playing without a ball, which covers the perception of the game situations of players, their assessment and its qualification, that is, the moments when the player learns to solve specific game situations.

Information about the laws of the game, the nature of the activity, the workload of players, coaches and specialists is obtained through the observation and analysis of games.

During the game, the motor activity and activities of the players have been proven to be very diverse. For example, players who play different roles in a single game control the following meters:

- ✓ defender 5,900-7,300 m;
- ✓ midfielder 8,200 -9,300 m;
- ✓ striker 5,100 -6,500 m.

Of these, the maximum and submaximal intensity is from 900 to 1400 m, and the number of segments in which the player works is 80-115. In addition, in one game, the attacker receives the ball up to 83 times and holds it under his control for 107-124 seconds, while the midfielder meets the ball up to 128 times and interacts with it for up to 223 seconds. The defender is 48-63 times and 57-75 seconds, respectively. Nevertheless, both in Uzbekistan and abroad, experts have learned very little about the peculiarities of the movement of ballless players.

Flaws in the ballless movement of players are manifested in limited mobility, adequate play dexterity, characterized by static play and inaccuracy of movements.

The effectiveness of the actions of ballless players is influenced by the following factors:

- ✓ athlete experience and tactical maturity;
- ✓ know the basic principles of choosing the right position;
- ✓ level of physical fitness;
- ✓ the mental state of the player, etc.

However, these qualities also depend on the special theoretical knowledge of tactics the most important of the game:

- ✓ movement of players in a triangle;
- ✓ ball-to-ball movement;
- ✓ placement of players in the width and length of the field.

Movement in a triangle is the basis of collective mutual understanding and understanding, which indicates the unity of movements, ball passes in the width and depth of the field, and can vary in size and shape depending on the way the team plays. If the players of the team are located on the field, they can be connected to each other by lines that form a chain of triangles, then this allows not only to carry out attacks, but also to successfully defend themselves. The continuous and fast movement of the ball should be ensured by the appropriate movement of athletes in a chain of triangles of different shapes, taking into account the situations created during the game. The appropriate actions and the correct use of space and actions in it for the team when catching the ball are reinforced with confidence.

To free himself from the care of the opponent, the athlete moves to the ball and moves away from the ball. However, such actions depend on the direction of the player in space, the intensity of performing actions and coordinating them with the actions of teammates.

These factors make it possible to assume that a closed player can be released from the opponent's detention in the following way:

- exit from different directions and at different angles towards the partner who eats the ball;
- in the direction of the partner who is eating the ball, to free the opponent from self-care or to free up space for the partner;
- change the direction of movement from the ball, then from the Cannonball.

An attempt to free the player from the opponent's custody would be appropriate, especially if done on time and coordinated with the actions of his teammates. Such actions limit the actions of the defenders, forcing them to make mistakes. Freeing players from the care of an opponent, which is done only in one direction, that is, only on the ball or in a similar way. Tactical considerations. In the first case, players will produce accuracy in the limited area of the field, and in the second, on the contrary, the playing area will be overstated, and the choice of the direction of transmission to the partner will be limited. I freed the player from the care of the opponent without using screws, and changing the directions of actions is ineffective.

Conclusion.

The results of the analysis of the features of the game without a ball gave us the opportunity to give some tips for the training process of the players:

1. To improve the quality of playing without a ball, it is recommended to include tools to help the training process strengthen the constant movement skills, that is, game exercises in which the player must move to a new place after each pass (freeing himself from the care of the opponent).

2. Games with players ' pairs of teammates (3x3, 4x4, 5x5, etc. Particular attention is paid to the movement of the players in the Triangle and the coordinated movements of the ball and the ball with most of their teammates.
3. Inclusion of Game fragments in the training process (from defense to attack, left, right, attacks on the center of the field) depending on the attack of different lines, repeated resolution of game situations, etc.

Thus, there is an interaction between the games of football girls in separate combinations with the task of entering empty spaces (zones): based on these decisions, players are shown their physical abilities along with their creative abilities when solving game situations.

LIST OF USED LITERATURE:

1. Годик М.А. Совершенствование физической подготовленности спортсменов и современная система подготовки. – М.: 1995, - С 136-165.
2. Платонов В.Н. Двигательные качества и физическая подготовка спортсменов. Спорт. – М. 2019. – 655 с.
3. Futbol nazariyasi va uslubiyati: Darslik / R.I.Nurimovning umumiy tahriri ostida. – T.: «Ilmiy texnika axboroti – press nashriyoti». 2018. – 316 b.
4. Юсупов Н.М., Оценка скоростно-силовой и технической подготовки футболисток. // Педагогические науки, 2011 - №5 – с.45-51.