

Peculiarities of Training Young Players

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ABSTRACT

In this article, the technology of managing the training of athletes consists of specific structural elements: information collection and analysis, decision-making, execution organization, control and program corrections. These elements interact and complement each other, thus contributing to the efficient functioning of the entire system.

Improving the skill level of football players directly depends on the planned and competent mass training of children in the game of football from the early youth. The task of training high-class football players can be fully solved only as a result of using the most effective methods of teaching and training the secrets of the game, taking into account the laws of development of the systems of the child's organism depending on the age.

The central nervous system and, first of all, its upper part - the cortex of the brain - play a leading role in the development of body functions. By the time of puberty, the anatomical development of the nervous system is almost completely completed. The process of maturation of the movement analyzer nucleus in the brain is completed by the age of 12-13.

The reconstruction of the functions of the large hemispheres is reflected in the behavior and psyche of children. In adolescence, the general mental image of children changes especially quickly. The process of self-expression begins in the child. Adolescents have a desire to try their hand at a certain type of activity, to achieve a certain result. A teenager begins to be interested in various things, but these interests are not yet stable enough.

At the age of 8-10, important changes occur in thinking and memory. In the process of education and training, the ability to think logically and think abstractly develops. A critical approach to the studied actions appears. The changes in the work of memory are expressed in such a way that the recollection does not go towards drawing general conclusions from concrete events, as it was at a much younger age, but goes towards restoring some details of concrete events in memory

from general ideas. Therefore, it is appropriate to study football technique at this age based on a holistic method.

The ability to remember actions in children changes both quantitatively and qualitatively with age. Children's ability to remember grows very quickly between the ages of 7 and 12. During this period, the coordination of free movements is much improved. Much less effort is spent on movements than before. They become more accurate and faster. 9-10-year-old children can learn the simplest methods of the football game relatively easily, at the same time, it is more successful to improve them at an older age. The inhibitory effect of the puberty period is significant in the study of complex movements in terms of coordination in 13-14-year-old adolescents. Coaches and pedagogues working with children should take into account that the earlier children start playing football, the faster and easier they will acquire movement skills that match the capabilities of the players.

When everyone chooses a sport, the majority of their individual characteristics correspond to the requirements of this sport, which forms the essence of sports orientation. Sports orientation is often associated with children and teenagers, as well as mass sports. The better the sports orientation is organized, the more effective the selection for the sport will be. The technology of judging and selection is the same, and judging from each other in terms of which way to approach it determines the type of sport for a certain person, and in the process of selection, the athlete chooses a person.

A sports competition is a set of events that meet the special requirements of this sport with a high level of ability. The competition is part of a multi-year and annual training system, changes in quality and consists of four stages, participating in all its periods.

The first stage is the initial selection of children (often 9-14 years old) who have the potential to master a specific sport. From the organizational point of view, the competition will be held in three periods.

The first is to carry out promotional activities in order to arouse interest in training: the second is to check the tests and show children with the necessary abilities for this sport: third - in the process of training and the development of physical qualities, educational material Long-term monitoring of the growth rate:

The second stage is to identify teenagers (16-17 years old) with a high level of ability for this sport and their desire to be in certain specialties (athletics, home, etc.).

The third stage is to hold a competition (18-20 years old) for inclusion in the team of highly qualified athletes. The selection is carried out by studying the training and competition activities of the children's and youth teams, control tests and functional readiness of specially studied training sessions.

The fourth stage is a competition held to include various national teams (republics, agencies, etc.) in the group and to determine the participants of the responsible competitions. For this purpose, the information about the training and competition activities of the athlete in his club is analyzed, and his competition activity in the national team is studied in national championships and training camps.

Coaches working with these athletes and exports made up of highly qualified experts in this field will participate in the competition.

The content of the selection method is determined by the specific, content and appropriateness of the sport. This is determined based on pedagogical, medical-biological and psychological indicators and high predictive value (physical qualities, level of ability to perform technical and tactical actions, morphological indicators, functional characteristics of the organism and the central nervous system). Changes in indicators under the influence of initial condition, age and

training and their relationship with sports performance are calculated. The quality of the competition is considered to be the main condition for the training of long-term sports representatives.

Athletes with a future do not emerge from those who learn fast movements. But a good athlete will come out of a skinny little kid. Pay attention to the morpho-functional indicators that change less during the selection. For example: Bolgakova J. 11-16 children. The growth of 12-year-old children is 86% of the future growth. When choosing, it is necessary to pay attention to the body structure of the child. For example: swimming and rowing are chosen for children who are big and heavy.

Studying the body's energy supply system is of great importance.

Lung capacity is important for cyclists and long-distance runners. For example: 300-350 cm in 12-year-old cyclists. In recent years, attention has been paid to muscle biopsy. It is known that the structure of muscle tissue is also of great importance.

Fast-twitch muscles 90% for sprinting. Skeletal muscle cross section. slow-twitch muscle fibers make up 80-90% of tires.

Pedagogical tests are often used in the initial selection. The tests are related to checking speed, coordination of movement, endurance, aerobic and anaerobic capabilities.

Passport and biological Age determination is one of the important issues. Rapid development of the genitals leads to good results quickly, but not later. At the world level, there is also a selection of 16-17-year-old athletes who have developed late.

Age of sexual organs - children 8-9, children 10 average: 10-11, children 12-13 years. Late development: after 13 years in children, after 15 years in boys.

Mental indicators are also of great importance: the desire to engage, the desire to get a good grade in the exercise, fearlessness, etc.

In the initial selection, the result of the sport cannot be a criterion. Youth won all-Union competitions every 19 - average former; former union winner: the winner of every 52 Olympic games of the European champion is one in 120.

The selection of football players is an important and integral part of the training process, as it helps to solve the main task of sports training and achieve high sports results.

Selection in football not only ensures the results are at a much higher level, but also ensures that the players are in the same composition, which has a positive effect on the results of teaching and learning. Failure to pay enough attention to selection or imperfection of its methods usually causes irreparable damage. An example of this is the fact that many children drop out of pre-teen sports schools (which happens at various stages of education).

The main reason for incompetence in the selection of athletes is the insufficient knowledge of the complex of personal qualities and characteristics that lead to the growth of the athlete in study, training and competition.

The more complex the sports activity, the more variants there are that make up the necessary complex of the athlete's psychological and movement functions. From this point of view, football occupies a special place, because success in this sport directly depends on the system of joint action (play) of its partners.

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