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## **METHODS OF OPTIMIZING MICROSICLES OF FOOTBALL PLAYERS 14-15 YEARS DURING THE PERIOD OF DEPENDENCE**

***Abstract.** This article sets forth the necessary recommendations and proposals for optimizing the training microcycles of young football players during their preparation, as well as for the main and auxiliary types of exercises used for playing football players.*

***Key words:** sports training, classes, microcycle, general and special physical training, technical and tactical training, physical education, tools, style, conditions.*

In various countries of the world, a lot of work is underway to study the general and special level of physical training of young football players in the theory and methodology of football, planning training trainings (micro-meso-macrocycle). Numerous research works were carried out to assess the peculiarities of the technical, tactical, physical and psychophysiological development of players of 14-15 years old, organize their competitive activities, assess the control standards for general and special training of young football players, identify the relationships between the complex manifestation of physical qualities at various levels of sports improvement. The dynamic growth of results in football sports, the search for tools and methods of training that meet modern requirements in this area, puts the student [1].

The skills and qualifications of football players are formed in the process of sports training. This is achieved by repeating exercises, repeatability, in turn, affects the work of all members and systems. Sports training is the consistent use of all factors (instrument, style, conditions), the preparation of football players for achieving sports success is ensured [2,3].

The entire process of sports training can be conditionally divided into educational and training parts.

Education means obtaining the initial stage of knowledge, qualifications and skills. The main content of the training is the formation of technical elements of the game, simple individual and group actions in tactics.

The lesson is the next stage of training aimed at strengthening and improving the knowledge, skills and skills gained. The main content of the classes is the improvement of technical methods, individual, group and team actions in tactics, the development of physical, moral and strong-willed feelings. Education and classes should be considered as a single multi-year pedagogical process. They cannot be sharply distinguished from each other, since we learn and learn at the same time [4].

The educational and training process is educational in nature. Accordingly, there are great requirements for training sessions. Classes should be organized in the same order that they form worldviews, along with the development of the necessary qualifications and skills among the employed.

In the educational and training processes of football players, the following tasks should be solved:

- a) improving the qualification of movement and strong-willed qualities;
- b) expansion of functional capabilities of the body of athletes (respiratory, cardiovascular and other systems);
- c) maintaining and improving the performance of athletes;
- d) expanding knowledge in the field of sports and improving the qualification of hygiene and self-control;
- e) fostering a sense of hard work, discipline, awareness, activity.

Consistently solving these problems in the training process creates the conditions for using the huge capabilities of the human body to achieve high sports results.

Exercise will help improve coordination of movements, increase strength, efficiency, endurance and flexibility. The work of cardiovascular, respiratory and

other systems of the body will be improved, the performance of binobarin, athlete will be increased, the process of recovery after overload will accelerate. Each exercise will have less impact on a particular quality and qualification.

All exercises used in the training of football players can be conditionally divided into three groups: 1) competitive exercises, 2) special preparatory exercises, 3) general preparatory exercises.

Competitive exercises are either a holistic moving activity or a complex of them. This set of actions means a set of actions performed in full accordance with the subject of a football match and the rules of a football competition. These actions reflect the complex manifestation of the main physical features in conditions when the situation and forms of movement are steadily and unexpectedly changing, and differ in the cervariance and volatility of various driving functions combined into a "plot" depending on the conditions [4].

Special preparation exercises include elements of competitive actions, their options, and works and moves that are very similar in form and character.

Special preparatory classes are determined depending on the nature of the game in football. At the same time, these exercises do not coincide in the game. They will be chosen in such a way as to provide a differentiated impact and aimed at developing the reports and qualifications necessary for a football player.

In turn, special preparatory exercises will be divided into auxiliary and developmental. Auxiliary exercises mainly contribute to the acquisition of form and technique of movement.

Practical training will be aimed at more general training of a football player. Such exercises include exercises that are very similar to special preparatory exercises and at the same time differ from them.

With the help of general preparatory exercises, it is possible to effectively solve the problems of comprehensive physical education, as well as selectively influence the development of the main physical qualities, movements, skills and skills of football players.

All exercises used in the activities of a football player can be divided into main and auxiliary types of exercises.

***Key exercises include:***

- a) general and special exercises that develop driving qualities;
- b) teachings on the study and improvement of the technique of carrying the ball;
- c) study and improvement of tactical methods, combinations and game systems.

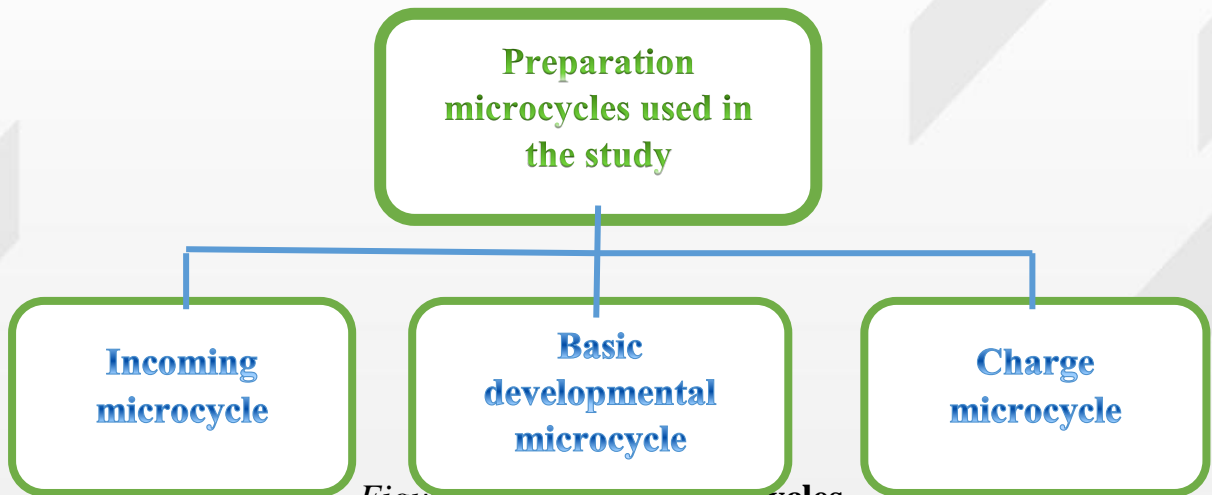
***Auxiliary exercises include:***

- a) general developmental exercises contributing to the emergence of a new system of conditional reflexes, expanding the functional capabilities of the body in the implementation of basic motor qualifications;
- b) special exercises corresponding to or close to different parts of the movement qualification according to the movement structure (time reference);
- c) exercises from other sports, contributing to the formation of movement qualifications and expanding the functional capabilities of the body.

As a result of increasing the total amount of exercise applied, given the effect of exercise on the combination, it is important to use one exercise to solve multiple tasks.

Without a conscious attitude to activities, high sports results cannot be achieved. The busy should understand what their goals and objectives are. Independent study of technical and tactical methods, independent classes under the supervision of the trainer are important means of raising consciousness [5].

Figure 1 should also consider periodization when allocating time to study different types of preparation. The frequency and system of classes depends on the tasks of training and the contingent of employed. For example, in the preparatory period, at the first stage of classes, the leading positions are occupied by global functional means, and in the second - special training. However, it does not follow that technical and tactical preparation for these stages is impossible.



*Figure 1. Creating microcycles*

Separation of classes, violation of consistency in the study of exercises, excessive frequency of competitions, deviation from the optimal parameters of rest with competitions and training make education and classes difficult and slow down the growth of football players in sports.

Football players' classes are a year-round continuous process in the lobby, which replaces competitions, classes and recreation with queues. Often classes and competitions of football players are held in those conditions when the activity of the body is partially not restored. This is also provided in competition, training and recreation mode. Experimental and special studies show not only the expediency of conducting classes and competitions in these conditions, but also the expediency [6].

The implementation of the requirement for a gradual and maximum increase in the training load of football players is reflected in the distribution of the load on classes and inter-game series, while the load increases in wave form.

In this case, the following is provided:

- preparation of the organism for the adoption of the next, slightly higher load when the sports load increases;
- creating conditions for the use of large possibilities of the organism by using undeniable means of training when entering competitions;
- in conditions of high intensity of the recovery process, by extensive use of recovery exercises and means to accelerate this process.

The basic laws of the training process include its cyclical nature. In the weekly, monthly and annual cycles, it is envisaged that the period and stages of classes depend on the time of reduction of the load depending on the number and effectiveness of competitions, the interaction of the volume and intensity of training. They found their practical reflection in the recommendations for planning classes.

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