MODELING THE COMPLEX PREPARATION PERIOD OF 12-13 YEAR OLD FOOTBALL PLAYERS

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Abstract: The article presents modern approaches to planning and managing sports training processes with young football players, as well as device-based, modular planning in multi-year training stages. The organization of training processes is planned to be divided into stages, to organize training processes, to plan the annual cycle through the physical training module of young players and to continue the process of improving physical qualities accordingly. The process of planning the physical training module of young players is planned to develop the physical qualities of young players according to their age, and to properly train them in technical and tactical movements.

Keywords: sports training, training process, stages of the training process, general physical fitness, special physical fitness, speed, strength, endurance.

Relevance and necessity of the article: Today, the process of selecting talented young people and directing them to sports is becoming one of the priority areas facing modern sport. Leading scientists and experts in the field of sports emphasize the need to conduct training taking into account the specific characteristics of the physical development, physical fitness and efficiency of movement of talented young football players. Methods based on the preparation of young athletes capable of physical fitness for sports, predicting their future achievements and prospects in sports are becoming an integral part of multi-year training systems. The system of directing them to sports, with rational use, is becoming one of the main indicators of football in developed countries.

In the world, leading experts are conducting research on the physical fitness and role of athletes, focusing on the criteria and areas of qualification in football. In football, most researchers are conducting scientific research to determine the indicators of the relationship between the athlete's genetics and physical performance, as well as the current state of the player, based on the location of the players. Despite the sufficient development of the content of increasing the level of physical fitness of young football players, there are still many unresolved problems in the development and design of physical qualities for the initial training stage in football. There is a need to develop new test standards aimed at objectively assessing the physical development, physical fitness and movement abilities of young football players, and to improve the

methodology for increasing the level of physical fitness of young football players for the initial training stage based on complex research using pedagogical, medical-biological and sociological methods.

In recent years, great attention has been paid to the growing younger generation in our republic to engage in football, and many measures are being taken. The fact that comprehensive, scientific and methodological work on the physical fitness of children talented in football has not been fully studied, in addition, the lack of re-analysis of the indicators of physical development and physical fitness of children in football, the lack of regular monitoring of these indicators, imposes the need to identify reliable, informative tests that determine football-specific abilities, and to develop and implement a pedagogical project. Also, it is necessary to conduct research on the main stages of organizing training sessions based on the effective design of individual opportunities of young football players, as the main tool for determining their level of physical development and physical fitness, and to conduct research based on scientific and practical experience on the main stages of organizing training sessions based on effective design for training talented football players.

The Decrees of the President of the Republic of Uzbekistan No. PF-4947 dated February 7, 2017 “On the Strategy of Actions for the Further Development of the Republic of Uzbekistan”, No. PF-5887 dated December 4, 2019 “On Measures to Bring the Development of Football in Uzbekistan to a Completely New Level”, No. PF-5924 dated January 24, 2020 “On Measures to Further Improve and Popularize Physical Culture and Sports in the Republic of Uzbekistan”, Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 118 dated February 13, 2019 “On Approval of the Concept of Physical Culture and Mass Youth Policy and Sports in the Republic of Uzbekistan for 2019-2023” and other regulatory and legal documents related to this area set out important tasks such as the creation of scientific and methodological developments to implement the tasks set out in [1,2,3,4,5,6].

The purpose of the article is to create a model of physical training for young football players during their training period based on pedagogical design.

Materials and methods. In sports theory and practice, the multi-year training process is organized into several stages, which have a certain degree of interdependence and sequence:

- initial sports training ;
- initial specialization ;
- in-depth preparation ;
- sports improvement .

Analysis of the literature on the topic: According to the theoretical analysis of scientists VSFomin (1985), GLDrandrov, VASalnikov (1986), MMShestakov (1995), the phenomenon of modeling modern training processes is the methodological basis

for improving the system of long-term sports training. In this sense, individual modeling of the process of adaptation of the organism to sports training activities is considered the most promising .

The data obtained in the experiments indicate that the standard approach to planning the volume and intensity of training loads does not contribute to the optimization of the training process of players. For this, it is necessary to provide the coach with up-to-date information about each athlete. In this regard, the systematic and pedagogical design of training effects is an instrument that can provide control over the process of improving the physical fitness of players and is adaptable to real conditions.

model of physical training for young football players . We, as The systematic and pedagogical project model of the physical training process at the stage of initial specialization of young football players was applied in practice. The pedagogical project model of the educational and training processes of sports training organized in micro and mesa cycles consists of a technological device that provides for a series of sequential actions in two stages:

First stage:

1. Identifying the leading components of the physical training structure of young football players in microcycles consisting of mesocycles and one-day training sessions within the preparatory phase.

2. Adjust the targeted guidelines identified for the priority aspects of physical training in accordance with the age of the players and the sensitive stages of development of physical qualities.

3. Adjust the goal instruction to suit the players' playing style.

Second stage :

1. Setting tasks for the preparatory, competitive, and transition periods during the initial specialization phase.

2. Identification and formation of pull, support, control and preparatory, guiding microcycles.

3. Formation of microcycles from training sessions focused on the priority goals of the physical training structure.

As a structural unit of the pedagogical project model aimed at improving the physical training methodology of young football players, the composition of the training sessions of the preparatory period was determined as follows:

1. One-day training sessions, or a workday, one or two sessions per day.

2. Microcycle, weekly training days - duration 3-7 days, focused on solving intermediate tasks.

3. Mesocycle - a part of the training process, lasting 2-4 weeks (2-4 microcycles), that addresses the tasks of a specific training, competition, and transition period of the initial specialization phase [13].

As a structural unit of sports training processes, we have defined a one-day training session (training day), which is a series of various physical training exercises that are structured in a way that is appropriate for a specific task. This implies the existence of a basic exercise bank.

When forming the exercise bank and the set of tools that are part of it, which have a certain orientation, materials from the literature were widely used [14; 15;].

During the preparatory period, it was planned to study the effects of physical and functional training processes, as well as microcycles of recovery, as part of the training tasks.

It is worth noting that this technology can be used at almost all stages of multi-year training and at different periods of the annual training cycle. In this case, the variables are:

- target tasks of the preparation, competition and transition periods;
- training tools for the leading components of training effects;
- individual and age-related characteristics and game specialization.

Age the players physical readiness improvement model

PROJECT MODEL OF IMPROVING THE METHODOLOGY OF INCREASING THE PHYSICAL TRAINING OF YOUNG FOOTBALL PLAYERS

Training areas with different priorities	**Methodological device of one-day training sessions** (on the example of developing general (aerobic) endurance)	**The effects of weekly training sessions with different priorities**
*1. Develop general (aerobic) endurance (**UCh**)* *2. Develop strength (K)* *3. Development of quick-tempered qualities (TK)* *4. Development of specific (fast) endurance (MTCh)* *5. Develop speed and agility capabilities (TTI)* *6. Comprehensive development of physical qualities (JSM)* *7.Control games (NO')*	*1. One-day training session abbreviations and numbers* *2.Training tools* *3. Training load volume* *4. The range of functional indicators of the body under the influence of training load (strokes/min)*	*1. General (aerobic) endurance development week (UTE-UCh) during the general preparation phase of the preparatory period* *2. Week of development of strength readiness at the general preparatory stage of the preparatory period (UTE-K)* *3. Week of comprehensive development of physical qualities at the general preparatory stage of the preparatory period (UTE-JSM)* *4. Rapid Resilience Development Week (MTE-MTCh) at the Special-*

8.Physical Fitness Testing (PFT)		*Preparatory Stage of the Preparatory Period* *5. Week of development of operational-force capabilities in the special-preparatory stage of the preparatory period (MTE-TK)* *6. Week of comprehensive development of physical qualities at the special-preparatory stage of the preparatory period (MTE-JSM)*

Impact potential of priority weekly training sessions during the general preparatory phase of the preparatory period (UTE-UCh) *1. Increasing the functional capabilities of the cardiovascular and respiratory systems, increasing aerobic capacity, developing general endurance (UCh-1)* *2. Increase aerobic performance, develop overall endurance, increase strength capabilities (UCh-2)* *3. Develop general endurance , increase strength capabilities (K-1)* *4. Comprehensive development of physical qualities. Control game (NO')*	**In the general preparatory stage of the preparatory period** **Impact potential of weekly priority training (UTE-K)** *1. Increase aerobic performance, develop overall endurance, increase strength capabilities (OV-3)* *2. Increase strength capabilities , develop speed-strength qualities (SL-2)* *3. Comprehensive development of physical qualities (KS-1)* *4. Comprehensive development of physical qualities. Control game (KI)*	**In the general preparatory stage of the preparatory period** **Impact potential of priority weekly training (UTE-JSM)** *1. Comprehensive development of physical qualities (JSM-2)* *2. Develop general endurance, increase strength capabilities (JSM-3)* *3. Increase strength , develop speed and endurance . Physical fitness testing (JSM-1, JTT-1)* *4. Comprehensive development of physical qualities. Control game (NO')*

The impact of priority training according to the role of the game during the special preparatory stage of the preparatory period (MTE-MTCh), (UTE-TK), (UTE-JSM)

Methodological device on the impact of mesacycle training on the general preparatory stage of the preparatory period	**Methodological device on the impact of mesacycle training during the special preparatory stage of the preparatory period**
1. Increasing the functional capabilities of the body, developing general endurance (UTE-UCh, 2 weeks) *2. Increasing the functional capabilities of the body, developing general endurance, increasing strength capabilities (UTE-K, 2 weeks)* *3. Comprehensive development of basic physical qualities and characteristics (UTE-JSM, 2 weeks))*	*1. Comprehensive development of basic physical qualities and characteristics (MTE-JSM, 1 week)* *2. Increase speed-strength training and develop agility (MTE-TK, 2 weeks)* *3.Development of special (fast) endurance and agility (MTE-JSM, 2 weeks)* *4. Comprehensive development of basic physical qualities and characteristics (MTE-JSM, 1 week)*

Result: Improved physical training methodology based on pedagogical design

We implemented the proposed project technology on the example of creating a one-day training series for the preparatory period with young football players of the initial specialization group.

In this regard, we believe that the targeted instruction for young football players aged 12-13 at the stage of specialization consists of comprehensive general and special physical training with the priority improvement of the most important movement qualities for the players, and the ultimate goal is to create a solid foundation of physical training [14].

Achieving the goal of the initial specialization stage of young football players is achieved by solving a number of sports training tasks that are solved sequentially and in parallel in different periods of the annual (macro) cycle (preparation, competition, and transition).

It is known that the preparatory period is divided into two stages: general preparation and special preparation, each of which has a certain level of tasks [14; 15;]. The following main tasks are solved at the general preparation stage of the preparatory

period:

1. Increase the functional capabilities of the body, primarily aerobic and anaerobic performance, the performance of the cardiovascular and respiratory systems, muscle strength and endurance.

2. Comprehensive development of basic physical qualities and characteristics - endurance, strength, agility, flexibility.

The following issues are addressed as the main tasks at the special preparation stage:

1. Increase rapid-fire training.

2. Development of special (fast) endurance.

3. Develop agility in all its manifestations.

Based on the target instruction for the general and special physical training stages of the preparatory period and the specific tasks to be solved at the sports training stage, a bank of training effects (exercises) is formed.

When designing training programs, the tasks of positive coordination of training loads, which determine the sequence and harmony of exercises during the development of a certain quality of movement or energy supply mechanism, were necessarily taken into account [15].

Conclusion. It is advisable to form a pedagogical design model of training processes organized in micro and mesocycles, based on a technological device that provides for a series of sequential actions, as a systematic and pedagogical design of training effects at the preparatory stage of the initial specialization group - an instrument that can ensure the physical fitness of young football players and is adaptable to real conditions.

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