

## 12-13 YEAR OLD FOOTBALL PLAYERS PHYSICAL PREPARATION COMPLEX PLANNING OF THE PROCESS

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**Abstract:** The article presents modern approaches to planning and managing sports training processes with young football players, including multi-year training stages, device-based, block-modular planning. passed . It is planned to organize training processes in stages, organize training processes, plan the annual cycle through block-modular and continue the process of improving physical qualities based on this. The block-modular planning process is intended to develop the physical qualities of young players according to their age, and properly train them in technical and tactical movements.

**Keywords:** sports training, training process, functional training, physical training, stages of the training process, cyclical structure of training processes, preparation period, competition period, transition period.

**Introduction.** Up to now The creation of an effective system for selecting and training talented and potential football players in Uzbekistan, the formation of quality athletes for national teams and professional football clubs, and the planning and organization of training processes based on modern approaches are of significant scientific and practical importance.

It should be noted that in order to further develop youth football and professional football in Uzbekistan, strengthen its material and technical base, train a new generation of athletes, and increase the international reputation of the country's football, the President of the Republic of Uzbekistan adopted the Decree No. pf-5887 dated 04.12.2019 "On measures to bring the development of football in Uzbekistan to a completely new level ", which prioritized important tasks such as creating the necessary conditions and scientific and methodological developments for the training and improvement of young football players capable of filling the ranks of youth national teams and major league teams [1].

According to the analysis of special literature, the purpose of sports training is to achieve a certain adaptive restructuring of the functional systems of the athlete's body through the use of various training tools and methods, to ensure a certain level of readiness for successful competition activities [7], but the issues of planning and scientific management of training processes with young football players have not been fully resolved. In terms of solving these important issues, there is a need to clarify the

insufficiently studied scientific and methodological tasks of describing the state of the problem of developing a system for training young football players.

In separate works (Orlov AV, 2022), a model of weekly training cycles was developed using the algorithm-based method of designing training loads for young football players, and there are also advanced approaches that studied the dynamics of indicators of the functional state of the organism during the special training phase of training, as well as the overall volume efficiency of training in weekly training cycles [7]. In the case of young football players, one can observe approaches that involve planning multi-year training processes requiring different conditions, with athletes of different ages and qualifications, often limited to solving individual problems, without any systematicity and interconnection [2,3,5].

**The purpose of the article is** to develop and experimentally substantiate a methodology for building a block-modular structure of the physical training of young football players at the initial stage of specialization.

**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 [9]:

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

**To the topic related of literature Analysis :** Youth during bone the fabric intense growth happened will be . 17-18 years old come not only neck growth , maybe long of bones Ossification is also completed . 15-16 years old spine stepmother high and bottom bones ( joints ), adjacent ossification and him/her ribs with joined growth begins . Spine stepmother much strengthen , chest cage and strong in development continue it will , this in young people , they to deformation less occurs and much level resistant to loads will be . 17-18 years old come pelvis bones joined growth process ends , but theirs complete ossification occurs at the age of 20-25 happened Ossification process very far continue it , the organism development all in stages happened will be and 20-25 years old come The skeleton is finished . muscles from 15 to 18 years old on the increase continue will and functional in terms of improves . Bones this in the period , body mass compared to 43-44 % organization does . 14-16 years old come skeleton muscles and syllable ties apparatus development high to the level enough . With that together , muscle of fibers horizontal , separate muscles weight increases , unifying tissue structures strong developed .

This processes 20-22 years old come complete ( VB , Shvars , SVXrushev , 1984).

Football with busy and 10 to 14 years old who are not involved was in groups the

children one row morphological signs according to comparative analysis to do E. Savostyanovoy and Ye. Titovoy (1999) states the following showed .

Above cited aged children's body length football with busy in children big was , in this , the most big difference between 10 and 14 years old observed . Football with busy children's body length increase football with not engaged to the children relatively uneven happened will be :

- 10-11 years old the most small ( football) with unoccupied to the children relatively much lower) growth It is observed that the organism this at the age of and previous in youth to downloads adaptation to be with related if need ;

Body length at 11-12 years old intense growth begins and football with engaged and not engaged children growth pace to each other suitable comes ;

- 13-14 years old football with busy children's body length growth pace football with not engaged from children high will be .

So so , young in the players body length in growth two jump cases observed – 11-12 years old and at 13-14 years old , this in the period football with not engaged in children growth pace one in rhythm will pass .

Football with busy children of the legs growth same body length growth such as happened will be : 10-11 years old slowly grows up , 11-12 years old growth pace jumping event gives and 13-14 years old your feet growth further bright is expressed .

**Research Methodology:** Multidimensional training process one how many in stages organization found are , they are known level in sequence has :

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

If so , the preparation all to the stages short description If given , then the first in stages preparation tools exercises and of games the most wide circle cover to receive necessary to say Preparation , many necessary of adjectives to one specific impact to do exception does .

Teaching second and third in stages to football relevant abilities and football potential separately technician elements and methods study and reinforcement with formation happened will be . player in the game technician and movement tasks score to do for solid skills possession and stabilize necessary . Fourth - improvement of the stage tasks – technical and tactical skills at the base mastered physical potential from providing consists of . Previous in stages achieved all adjectives improvement and the players play individual opportunities during done increase ( GVMonakov , 2000).

Football players plural their training principles to age related borders with is determined . If , above cited borders age according to conditional accordingly if specified , then probably following to look has will be :

- initial sports training - 8-12 years old ;
- initial specialization – 13-14;
- deepened preparation – 15-16 years old ;
- in sports improvement – 17-18 years old .

Classifier somewhat conditional and various types of preparation in stages planning during the difference much clear see for necessary . Such differentiated approach preparation step by step and annual in stages principal the difference see for necessary . Most the main thing is a lot annual in planning strategic in terms of right landmark to take for goals good quality the difference from seeing consists of if need .

Planning training process management main from the elements one is considered

From planning The goal is to many annual in planning without difficulty formation from providing consists of .

Exercises planning the following with is marked :

- annual in the cycle placed tasks with ;
- sports uniform formation and develop laws with ;
- periodization with ;
- sports competitions calendar with .

**Analysis and Results : In order to determine the effectiveness of the technology of organizing** training work on a block-modular basis, a pedagogical experiment was conducted covering the entire preparatory period at the stage of the initial specialization of young football players.

The main task of the training process, carried out within the framework of the pedagogical experiment, was to improve the general physical and functional fitness of young athletes.

As a result of the experimental training, it was assumed that the general and special working capacity of the players in the experimental group would significantly increase, and the physical fitness of the players in the experimental group would be improved by selecting and optimally combining the loads, taking into account their game role, age and individual characteristics.

Two groups of football players with almost identical levels of physical fitness and fitness at the age of 13 were formed (control group - 20 people and experimental group - 19 people).

In addition, the heart rate at rest (HRC at rest) and vital capacity of the lungs (VLC) have been identified as indicators of the level of development of long-term adaptation, the economy and efficiency of the vegetative system of the organism. The motor reaction time (HRV), which determines the efficiency of the specific activity of football players, has been identified and considered as an indicator of the functional state of the central nervous system (AASuchilin, 1981; AIShamardin, 2000).

The results obtained were processed using variational statistical methods, and the reliability of the difference in the comparable mean sizes was assessed using the criteria of signs.

The physical fitness indicators of the players recorded during the control tests carried out in the control and experimental groups before and after the experimental training sessions are presented in Table 1.

the experimental training, during the preparatory phase, the young football players of the experimental group significantly increased their physical and functional training and physical performance skills. This was reflected in the increase in most of the studied indicators (see Tables 1 and 2).

**Table 1**

| Indicators                                  | Experimental group, (n=20)         |                              | %    | Control group, (n=19)              |                              | %    |
|---------------------------------------------|------------------------------------|------------------------------|------|------------------------------------|------------------------------|------|
|                                             | At the beginning of the experiment | At the end of the experiment |      | At the beginning of the experiment | At the end of the experiment |      |
| Running 30 m from a standing position , sec | 4.81±0.06                          | 4.45±0.07**                  | -7.6 | 5.11 ±0.09                         | 4.91±0.08**                  | -4.0 |
| Shuttle run 3x30 m, sec                     | 17.3±0.2                           | 16.3±0.2**                   | -5.8 | 17.3±0.1                           | 16.7±0.1**                   | -3.1 |
| 6 min sprint , m                            | 1315.5±26.5                        | 1440.3±23.2**                | 9.5  | 1256.3±17.0                        | 1315.0 ±16.2**               | 4.7  |
| Standing long jump , cm                     | 181.0±1.3                          | 197.8±4.7**                  | 9.3  | 171.1±4.5                          | 177.9±4.2**                  | 4.0  |
| Triple jump , m                             | 5.07±0.05                          | 5.90±0.14**                  | 10.4 | 5.47±0.05                          | 5.76±0.06**                  | 5.4  |

**Note :** here and later, the significance of the differences is: \*  $p < 0.05$ ; \*\* -  $p < 0.01$  ( sign criteria , 2).

The indicators of motor readiness were statistically significant in both groups of young football players. At the same time, the improvement in the main motor tests was significantly higher in the players of the experimental group (see Table 1). For example, the values of the modified Cooper test, which reflects general endurance, increased by 9.5% in the experimental group, while in the control group this indicator was 4.7%.

Changes in physical fitness indicators of young football players as a result of experimental training ( $X \pm m$ ).

Speed capabilities (test - 30 m run) increased by 7.6% in the experimental group and by 4.0% in the control group.

The indicators of quick-strength capabilities in the “Long Jump from Standing Position” and “Triple Jump” tests improved by 9.3 and 10.4% in the experimental group, respectively, and by 4.0 and 5.4% in the control group.

The dynamics of physical performance and functional readiness indicators did not change significantly in the control group, while in the experimental group, the increase in these parameters was most significant and statistically significant (see Table 2).

For example, in the experimental group, the level of work ability in the PWC<sub>170</sub> test increased by 10.6 and 9.7% ( $p < 0.01$ ) in absolute and relative units, respectively. In the control group, these values increased by 3.3 and 5.5% ( $p > 0.05$ ), respectively.

Aerobic performance increased by 5.5% (MPK) and 5.6% (MPK/weight) in the experimental group, and by 2.3 and 3.6%, respectively, in the control group.

The functional efficiency index and the level of long-term adaptation (resting state HRQoL) decreased by 6.8% in the experimental group and only by 0.7% in the control group.

As a result of the experimental training, the vital capacity of the lungs in the experimental group increased significantly by 25.5% ( $P < 0.01$ ), while in the control group it increased only by 7.9% ( $p > 0.05$ ). We attribute this to the systematic use of breathing exercises in the training of young football players at the general training stage.

**Table 2**

**Physical performance and functional training in young football players as a result of experimental training dynamics of indicators, ( $X \pm sh$ )**

| Indicators                                    | Experimental group, (n =20)        |                              | %    | Control group, (n =19)             |                              | o/<br>o |
|-----------------------------------------------|------------------------------------|------------------------------|------|------------------------------------|------------------------------|---------|
|                                               | At the beginning of the experiment | At the end of the experiment |      | At the beginning of the experiment | At the end of the experiment |         |
| <b>PWC<sub>170</sub>, kgm / min</b>           | 910.1 ±26.4                        | 1006.4 ±23.7**               | 10.6 | 885.8±18.8                         | 915.1±12.8                   | 3.3     |
| <b>PWC<sub>170</sub>/weight, kgm /min/ kg</b> | 19.2±0.6                           | 21.2±0.6**                   | 9.7  | 18.1 ±0.7                          | 19.1 ±0.4                    | 5.5     |
| <b>OTS, ml / min</b>                          | 2787.2 ±44.9                       | 2939.7 ±44.5**               | 5.5  | 2732.7 ±31.9                       | 2795.6 ±21.8                 | 2.3     |

|                                |           |                 |           |           |           |      |
|--------------------------------|-----------|-----------------|-----------|-----------|-----------|------|
| OTS /<br>weight ,<br>ml/min/kg | 59.2±1.7  | 62.5±1.7**      | 5.6       | 56.4±1.7  | 58.4±1.3  | 3.6  |
| at rest ,<br>ud /min           | 71.1±0.7  | 66.3±0.7**      | -6.8      | 72.7±0.7  | 72.2±0.6  | -0.7 |
| O'TS , <b>ML</b>               | 3730±110  | 4685±90**       | 25.5      | 3981±102  | 3789±120  | 7.9  |
| HRV , ms                       | 178.8±5.7 | 158.7<br>±4.3** | -<br>11.2 | 175.4±4.9 | 168.9±5.1 | -3.7 |

Another indicator of the functional fitness of football players - simple motor reaction time (HRV) - increased significantly in the experimental group (11.2%,  $p < 0.01$ ), while in the control group it increased only by 3.7% ( $p > 0.05$ ).

It is worth noting that the results recorded before and after the experimental training sessions presented in Tables 1 and 2. The indicators of physical performance and functional readiness reflect the averaged dynamics, excluding game specialization. At the same time, the training work at the special training stage is differentiated in accordance with this specialization.

**Conclusion:** Building a training program on a modular-block principle determines a certain strategy when developing these training tools. The use of one or another tool or block of training tools with a priority direction in the training process is determined by the goals and objectives of a specific stage of training.

1. The principle of individuality is determined by the different (individual) abilities to adapt to physical loads, which depend on genetic predisposition.

2. The principle of specificity is determined by the ability to adapt to the type of physical activity and the volume and intensity of the physical loads performed.

3. The principle of stopping physical training loads, the trigger - loss of fitness during the cessation of physical loads.

4. Progressive overload – physical exertion should increase progressively.

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