



PLANNING AND ACCOUNTING FOR INDIVIDUAL TRAINING OF FOOTBALL PLAYERS

Talipdjanov A. I.

Candidate of Pedagogical Sciences, Professor, Honored Trainer of Uzbekistan Institute for Retraining and Advanced Training of Specialists in Physical Culture and Sports.

Annotation

This article discusses the issues of individual training of football players. The tasks of individual training are presented in more detail, and categorized into technical and physical training tasks.

Keywords: individual training, individualization of training, training diary, types of training.

Introduction

The most tangible reserve for improving the skills of football players currently is individual training. Its low efficiency is largely due to ambiguities in planning and accounting.

To eliminate discrepancies, it is advisable to clarify the existing terminological concepts of “individual training”, “individual training”, and “individualized training”.

Individual training is a targeted (planned and systematic) impact, carried out during training and competitive exercises, on specific components of preparedness and the preparedness of a football player with the aim of their further development or improvement. Individual training is training according to an individual plan, performing individual tasks. It can be carried out within team, group, and individual lessons.

Individual training is a pedagogically oriented process of developing or improving the preparedness (skill) of a football player, including the entire set of factors associated with training, competition, and recovery, with the help of which the football player’s readiness for games is achieved.

Individualized training is a controlled pedagogical process in which the choice of means, methods, and training conditions considers the achieved level of development of abilities, potential opportunities for improving playing, motor,



and psychomotor qualities, the chosen playing profile of a football player and is implemented in the process of team training (M.A. Godik., 2010).

For football players with high qualifications, the optimal volume of individual training is 25-30% of the total training time budget.

Individual training can be aimed at:

- 1) improvement of basic technical and tactical actions that correspond to the playing profile of a football player, and his leading gaming functions.
- 2) improving the “crown” technical techniques both through the implementation of a higher level of physical readiness achieved in them, and by improving the biomechanical structure of movements.
- 3) improving the variability and reliability of preparatory, including deceptive, movements, the main goal of which is to create an uncomfortable situation for the opponent and at the same time provide for oneself an advantageous position for performing a technical and tactical action.
- 4) increasing the reliability of basic technical and tactical actions.
- 5) bringing speed, speed-strength, coordination, and other motor qualities to the optimal level.
- 6) correction of deficiencies in physical, technical, and technical-tactical readiness.
- 7) restoration of lost qualities and skills after injuries and other forced breaks in training.

When determining the goals and objectives of individual training, you need to remember that this is one of the important links in the system of training highly qualified football players.

The training plan should give clear answers to the following questions: what and how much (not only in time but also in the number of repetitions and other parameters) does the football player need to work on?

Do the leading gaming functions develop (improve) because of training, how effective is this process?

Is this process manageable, is it possible to make modern and justified adjustments to the training?'

Should all this be reflected in the individual training documents? This question is complex. Especially if we consider that due to differences in motor talent, tactical thinking, and other individual characteristics, different football players require different amounts of time to master outwardly similar technical and tactical actions. (Ozolin N.G., 2004)



The solution is seen in the football player keeping a diary of individual training, or even better - training in general. This is common in so-called individual sports. Who knows better than the footballer himself what, how much, and most importantly, how he did in training? It is no coincidence that many outstanding football players note that the growth of their sports skills is closely related to individual training in youth, and often in adult football age. Therefore, it is important to teach football players to objectively record and comprehensively analyze their own training and competitive activities. The coach's task is to direct individual training in the right direction, not "by eye", not only by intuition but also based on objective data from current and stage control, analysis of game activity, i.e. the coach must provide methodological guidance and control over the individual training of a football player. (1., 4., 5.6) The annual plan for individual training of a football player includes an explanatory note and main indicators reflecting the content of training work, timing, and results of current, stage, and final control. The explanatory note mainly reflects data on the football player's sports history; year of birth; role; number of matches played in different leagues; mastered volume and type of training loads (for example, in the previous season); injuries and diseases, the consequences of which must be considered; characteristics of gaming activity, main tasks of individual training. In the methodological recommendations, O. Dzhus's "Individual training of football players," the author proposes to distribute the main indicators of individual training of a football player by type of training (technical-tactical, technical, physical, moral-volitional). Here are a few examples of specific individual training tasks.

1. On technical and tactical training:

1) improving the functions of the point guard:

- a) practicing the TTD combination "release from guarding - receiving the ball - dribbling - passing - improving position".
- b) practicing the TTD combination "jerk - getting into position to play the wall" - receiving the ball and passing the ball to a partner in one touch to shoot at goal - dash to finish".
- c) increasing physical activity and reducing the percentage of defects.

2) improving actions in the final stage of the attack:

- a) improving the TTD combination "choice of position - start - header into the goal with overcoming the opponent's opposition - finishing".



b) improving the TTD combination “choice of position - dash to get ahead of the opponent - shot at the goal - finishing”.

2. For technical training:

- a) improving shots on goal from long distance.
- b) improving the shot at the goal after a rush with the ball.
- c) improving the shot at the goal after set pieces.
- d) improving targeted passes for corners, free kicks, and free kicks.
- e) improving shots on goal from a short distance after crosses in crowded conditions in front of the goal.

3. For physical training:

- a) increasing physical activity in matches.
- b) increasing the total footage of jerks and accelerations to 3000 m.
- c) increasing speed endurance.

4. For moral and volitional preparation:

- a) an increase in the number of fights for the ball in the opponent’s half of the field.
 - b) increasing the effectiveness of the game against personal guarding.
 - c) increasing the reliability and efficiency of TTD in games on the opponents’ field.
- Suchilin A.A. et al. (2005), Juice. O. (2000), when assessing the content of individual training and its various components, suggests using quantitative indicators, for example, TTD (considering their quality, feasibility, effectiveness), footage of speed work, number, quality, and effectiveness of martial arts. There may also be expert assessments in points or other units. Naturally, the rating scale for the initial state, current, stage, and final control should be identical.

The conclusion based on the results of the implementation of the individual training plan should contain an assessment of the growth of the football player’s sportsmanship and reveal the existing reserves in his preparation, training, and ultimately in the growth of sportsmanship.

The next stage of planning individual training for a football player is the development of training tasks for specific sections of the individual plan. Training tasks contain a set of exercises with an increasing degree of complexity of the TTDs themselves and the conditions for their implementation, including the nature of the counteraction, and a gradual increase in the shortage of time and space. At the same time, the tendency to bring the training tasks offered to the



football player as close as possible to the playing conditions of real matches must be maintained. (Jus.O., 2000., Tyulenkov S.Y. 2007)

There can be many options for considering the main indicators of football players' training. V.M. Salkov proposed the most successful scheme. Its essence is as follows.

Parameters for the main sections of preparation are presented vertically. This is a characteristic of training loads. In physical training, for example, there are three types of training effects: endurance, speed-strength, and complex, which are often interpreted as supporting (can be expressed as a percentage); in technical and tactical training and gaming activity - the amount and assessment of TTD, the percentage of defects, etc. The vertical also presents data on the tolerance of training loads biochemical indicators, data on the orthostatic test, blood pressure, dynamics of heart rate recovery, etc.), on the condition health (body weight, diseases, injuries, etc.); information about days of rest, additional classes, individual training, various violations of the sports regime (sleep, nutrition, etc.) and other indicators. Naturally, the set of indicators should, on the one hand, be quite simple and informative; on the other hand, it depends on the possibilities of obtaining such information.

The calendar dates are presented horizontally, according to those mentioned above, or rather, indicators of the football player's preparation and preparedness chosen by the coach are recorded.

To summarize, let us clarify the functions of a coach and a football player. The coach, with the participation of the football player, develops an annual individual training plan. He draws up training tasks for the main sections of individual training and, together with the football player, carries out a quantitative and qualitative analysis of the preparation as a whole and makes the necessary corrections. The football player puts the plan into practice, carefully records in his diary the completed training tasks, his data on shifts in improved qualities (including in games), analyzes his training and condition, and regularly informs about the dynamics of training.

References:

1. Годик М.А. Скородумова А.П. Коплексный контроль в спортивных играх. - М.: Советский спорт. 2010. - 336 с.
2. Озолин Н.Г. Настольная книга тренера: наука побеждать. - М.: Астрель, 2004. 863 с.



3. Сучилин А.А., Золотарев А.П., Шестаков М.М. Методологические основы исследования проблемы подготовки юных футболистов: монография. Волгоград: Изд-во ВГАФК, 2005. 101 с.
4. Голомазов С.В., Чирва Б.Г. Футбол. Теоретические основы и методика контроля технического мастерства. - М.: СпортАкадемПресс, 2000.- 80 с.
5. Джус О. Индивидуальная тренировка футболистов. Киев, Научно-методический отдел Федерации футбола Украины, 2000. – 34 с.
6. Tyulenkov S.Yu. Theoretical and methodical approaches to the control system of high qualification football players training. М.: Physical culture, 2007. 352 pp.