



FUNDAMENTALS OF THE STRUCTURE OF PHYSICAL ACTIVITY AND CHARACTERISTICS OF THE TRAINING PROCESS IN INTER-GAME CYCLES

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ANNOTATION

This article discusses the competitive period of competitions and championships of Uzbekistan, and the difference of inter-game cycles. Analysis of the results of stage and current control revealed that the level of physical working capacity and physical qualities of football players, achieved in the training period, decreases by the end of the first round of the competitive period and, as a result, there is a decrease in the effectiveness of game actions. The share of anaerobic exercises with the use of nonspecific means was increased, which made it possible to more accurately regulate the parameters of loads.

Keywords: cycle, physical culture, soccer players, reduces, efficiency, anaerobic, exercises.

This article shows that creating a healthy lifestyle in our society, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening confidence in the will, strength and abilities of young people through sports competitions, courage and patriotism, devotion to the motherland. Extensive work is being carried out to develop the feelings of the people, as well as the systematic organization of the selection of talented athletes among young people and the further development of physical culture and mass sports. The words "Physical Culture", "Sports", "Sports Training" are short today, but its broad social, economic, medical-biological, pedagogical, psychological.

In essence, it has been used effectively among our people. Representatives of our country are achieving high results at the Olympic Games, World Championships, Asian Games and Championships and international competitions, further enhancing the prestige and sports potential of Uzbekistan in the world, the construction of world-class sports



facilities in our regions. It is especially noteworthy that the Umid Nihollari, Barkamol Avlod and Universiade sports games are gaining popularity.

At the same time, in all regions of the country, the importance of mass sports in human and family life, the promotion of its physical and mental health, the protection of young people from harmful habits, the necessary conditions for them to realize their abilities and talents. There are important and urgent tasks to create conditions, select talented athletes and improve the system of targeted training.

Physical training of the younger generation growing up in higher educational institutions of the Republic

Wide by our government to educate and direct them to sports training opportunities and tremendous care are created. The first two decades of human life ,is the most important period in their formation as a person. It is also during which time they also lay a solid foundation for the health of the organism. But at this time young people devote all their time to fulfilling future, to study obsession. Naturally, such situations lead to less mobility of students.

Physical culture and sports are in the process of today's advanced technology prevention of various diseases caused by inactivity, meeting the body's daily and constant needs for physical activity, maintaining and strengthening health is the most effective preparation for a future profession used as a tool.

The so-called activity processes are called physical training, and our ancestors paid great attention to it.

In the competitive period of competitions and the championship of Uzbekistan, inter-game cycles are different and last from 2 to 7 days. Through operational control, it was revealed that in small cycles (2-4 days) compared to 6-7 days, recovery processes occur more slowly and conducting full-fledged training sessions in such conditions causes certain difficulties. And this, apparently, is the reason for low performance in competitive activity . The best option is a weekly (7 day) inter-game cycle. This cycle allows you to combine recovery activities with developmental training with large and medium loads .

Analysis of the results of the stage and current control revealed that the level of physical performance and physical qualities of football players, achieved in the preparatory



period, decreases by the end of the first round of the competitive period and, as a result, there is a decrease in the effectiveness of game actions.

In this regard, this article mainly solves two problems:

- firstly, in the period between the first and second rounds of the competitive period (4 weeks) of the experimental period, to substantiate the effectiveness of training exercises and programs aimed at improving the physical performance and physical qualities of football players;
- secondly, to identify the most optimal options for training regimes in various inter-game cycles of training football players.

Specialists examined groups of major league football players. The mind of each of them was measured by the results in several dozen tests that reflected aerobic and anaerobic capabilities. After processing the obtained results with the help of multivariate statistical analysis, the structure of the physical fitness of the players was established. For aerobic qualities, it significantly exceeded 60%.

Summarizing the results of our own authors, as well as the practical experience of trainers, we can conclude:

- the physical fitness of football players includes a complex of relatively independent qualities and abilities. All these qualities and abilities are manifested in complex game techniques and in a variety of game situations. And therefore, the choice of means and methods of physical training of football players should take into account all these circumstances;
- in training, it is also necessary to take into account the hierarchy of the physical qualities of the players. According to many experts, aerobic qualities should be put in the first place, the main indicator of which is the IPC. For the successful performance of football players of the major league teams during the competitive period, the indicators of maximum oxygen consumption should not be lower than 60.0 ml / kg / min;
- a combination of specific (game) and non-specific (mainly running) exercises in training is useful for the development of all manifestations of the endurance of football players. Specific exercises in terms of the force of impact on the systems of aerobic support of the body's activity are no different from running exercises .



Higher maximum and average intensity increase the level of aerobic and anaerobic reactions in the body of football players. And since this intensity of reactions is combined with the solution of tactical methods, STE covers three aspects of influence: physiological, tactical and technical. However, in game exercises, the presence of passive pauses, which occur depending on the game situation or the passivity of the player himself and do not depend on the coach, significantly reduces the load. In running exercises, the power load is on average significantly higher than in games for example, during a 400m run, a football player performs approximately 225-250 steps, which means that every 2 seconds the leg muscles show the force necessary to maintain running speed in the “muscle shortening-stretching” cycle 225-250 times with each repetition of the distance. At the same time, the coach has the ability to strictly control the speed of running, the length of the distance, the number of repetitions, intervals and the nature of the rest. This mode of operation puts a heavy load on the neuromuscular apparatus, under the influence of which the development of strength endurance occurs.

To sum up taking into account the data of the above materials, we adhered to these provisions in our work. Namely: the proportion of anaerobic exercises with the use of non-specific means was increased, which made it possible to more accurately regulate the load parameters.

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