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## IMPROVING THE ACCURACY OF TECHNICAL METHODS IN QUALIFIED PLAYERS

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**Аннотация.** Мақолада футболчиларнинг техник усулларни мақсадли аниқлигини такомиллаштиришга йўналтирилган махсус машқлардан фойдаланиш самарадорлиги ўрганилди. Машғулот жараёнида техник усулларни бажаришдаги шиддат мусобақа талабларига мос эмаслиги аниқланди. Машғулот жараёнида техник усулларни мақсадли аниқлигини такомиллаштиришда ўйин талабларига мос келадиган динамик, кинематик, физиологик характердаги машқларни бажариш зарур.

**Аннотация.** В статье изучалась эффективность использования специализированных упражнений, направленных на совершенствование целевой точности технических приемов футболистов. Установлено, что интенсивность выполнения технических приемов тренировочных занятий не соответствует требованиям игры. Необходимо в тренировочных занятиях при совершенствовании целевой точности технических приемов выполнять упражнения динамические, кинематические, физиологические характеристики которых будут соответствовать требованиям официальных матчей.

**Annotation.** The article examines the effectiveness of using certain exercises, as well as improving the requirements of technical techniques of football players. It was found that the intensity of the implementation of technical methods of training sessions does not meet the requirements of the games. In training sessions, upon improvement, the requirements for dynamic, kinematic, physiological characteristics that will meet the requirements of official assessments must be met.

**Калит сўзлар.** Техник усулларни аниқлиги, юқори малакали футболчилар, машғулот жараёни, техник тайёргарликни назорати.

**Ключевые слова.** Точность технических приемов, футболисты высокой квалификации, тренировочный процесс, контроль технической подготовленности.

**Keywords.** The accuracy of techniques, highly qualified football players, the training process, the control of technical readiness.

**Introduction.** In recent years, a number of measures have been taken to take care of the health of our people, to form a spiritually and physically harmonious generation, to attract the population, especially young people, to the sport of football, which is a game of millions and has a special place in our country.

At the same time, the selection of highly talented young players in the country, further development of the selection system and football infrastructure, raising the activities of sports schools to a new level, improving the system of training and

financial incentives, raising the level of competitions such issues remain one of the urgent tasks.

The problem of technical training of players in the stages of advanced specialization and sports improvement will always remain relevant. A number of scientific prohibitions have been imposed on the study of this problem [6,11].

Many authors emphasize in their research work that the formation of highly qualified players is closely related to the level of development of adolescent football. They teach football techniques - kicking the ball, stopping the ball, carrying the ball, cheating [7,12,13,14].

Questions aimed at improving the accuracy of movement activities in sports have also been sufficiently explored in various areas [2,5,8].

Questions aimed at increasing the accuracy of technical methods in football are also well studied [1,3,4,9,10].

The challenge is to develop and implement a methodology to improve the target accuracy of the technical methods of highly qualified players. This will improve the technical and tactical skills of the players.

**The purpose of the study.** To develop a methodology to improve the accuracy of technical methods in qualified players.

**Research objectives:**

Determining the effectiveness of target accuracy in the technical methods of skilled players in games of different levels;

Develop and substantiate research on methods to improve player accuracy.

**Research methodology.** The following research methods were used to solve the tasks: analysis of scientific and methodological literature, pedagogical control, pedagogical experience, methods of mathematical statistics.

**The results of the analysis.** The results obtained in Table 1 show that the accuracy of the NG (Control Group) and TG (Experimental Group) players' performance in the official matches of the country's youth championship was analyzed. Here, too, the average results of pedagogical observation work over 20 games are presented. The table does not include technical and tactical actions such as "cheating", "passing the ball back and forth".

The players of the two groups did not differ significantly from each other in the accuracy of their playing methods. For example, in the national championship games, the total number of TTHs performed by NG players was 754.2, and in TG - 760.4, with a percentage of actual movements of 56.4% and 52.8%, respectively. It turns out that the differences are not so great.

In the analysis of ball passes, only the passes that allowed the players to make the most ambiguous moves were recorded. "Back", "side" and "forward" passes are not taken into account when the ball is in place or moving at a low speed, or at a low speed. In football, it is important to control the ball at high speed, to pass it accurately to the teammate, to pass accurately to a partner moving at the same speed.

NG players averaged 409.8 assists per game. Of these, high-speed passing - 59.1, accuracy - 37.3%; to a high-speed partner - 57.1, accuracy 27.8%; 28.2 passes were made to a partner moving at the same speed as the high-speed, with an accuracy of 9.9%.

**Table 1.**  
**Experience and accuracy level indicators of control group players ( $\bar{X}=20$ )**

№	Game modes	NG				TG			
		Before		Then		Before		Then	
		TTXΣ	Exactl y %	TTX Σ	Exactl y %	TTX Σ	Exactl y %	TTX Σ	Exactl y %
1	<b>Pass the ball</b>	144,4		136,4		142,5		157,4	
	A) With high speed movement	59,1	37,3	58,7	35,4	55,2	20,8	60,2	42,9
	B) To a partner moving at high speed	57,1	27,8	53,6	29,3	56,9	25,6	61,4	39,7
	C) Passing the ball to a partner moving at the same speed as moving at high speed	28,2	9,9	24,1	10,2	30,4	10,1	35,8	20,5
2	Take the ball	115,7	34,9	113,2	37,7	121,1	38,9	102,6	51,8
3	Possession of the ball	50,8	35,3	56,8	36,2	52,2	32,4	66,2	60,2
4	Fights in the air	36,9	33,7	40,3	39,6	38,8	39,7	45,2	66,4
5	<b>Shots towards the goal</b>	20,9				24,2			
	A) From inside the penalty area	9	22	7,1	38,9	7,1	25	10,5	62,5
	B) Beyond the boundaries of the penalty area	11,9	36,7	9	35,6	17,1	33,4	16	53,8
The total number of TTHs		754,2	56,4	796,6	40,4	760,4	52,8	958,4	61,8

**Note: TTH Σ is the total number of technical and tactical actions.**

Thus, prior to the start of the pedagogical study, the control and experimental group players had insignificant differences in the accuracy of performing movement tasks in special tests and performing technical-tactical actions during official games.

In order to increase the level of technical training of players, a methodology has been developed to use all available tools to improve their technical skills. The development and substantiation of such a methodology is a necessary guide to improving the training program in football.

The methodological basis of the technique of improving the target accuracy of technical methods in football is as follows:

- the introduction of video recording in the process of competition and training activities, to demonstrate the diversity and reliability of the player's technique on the field, to form an idea of how well a player performs individual techniques when attacking and defending, depending on the game situation and opponent's actions promotes effective action management based on proper execution;

- The introduction of methods of assessing the functional status of the body of players in the training process. Based on the results of such an assessment, the intensity limit of the exercises performed in the training was determined, and the effectiveness of the improvement of the technical methods depended on;

- Introduction of a methodology that assesses the intensity limit in the performance of technical methods and takes into account the specialization of the exercise;

- Implementation of the method of rapid demonstration, aimed at enriching and expanding the technical and tactical reserves of players in the game situation.

The method of improving the target accuracy of technical methods in football provides the following procedure for working with players:

1. Using the computer program "Cardi" using the method of intervalcardiography assessed the condition of various systems of the body of players (cardiovascular, autonomic). Depending on the level of the functional state, the intensity limit at which the player is recommended to perform exercises aimed at improving the target accuracy of technical methods is set.

2. A computer program using Polar heart rate monitors was used to control the intensity of physical activity. This program includes the recommended intensity limit of the exercise to be performed.

3. Video was used to monitor the technique of performing the techniques. This camera recorded all the technical and tactical actions performed by the players during the training session.

At the end of the training, the following data were analyzed:

- Techniques of passing the game (passing the ball and hitting the goal);
- Intensity of exercise when performing the technical method (according to the heart rate monitor);

- Recommendations for each player to improve the technique of game movement.

The main requirements for the selection of means to improve the target accuracy of technical methods are the conditions of training in training exercises (conditions of movement with the ball in competitive games (speed of movement, magnitude of forces on technical techniques, speed of operations with the ball, resistance of opposing players). in terms of rational movement). In the transition from the conditions of training to the conditions of competitive games, the laws of transfer of speed and accuracy of movements with the ball are taken into account.

The work on improving the technical and tactical skills of players includes three main areas: the development of team, group and individual technical and tactical actions.

Accordingly, three types of specialized exercise programs were used in the organization of the technical training process of players at the stage of improving the target accuracy of technical methods.

The first application is 120-140 beats / min. including improving the accuracy of technical techniques (carrying the ball, passing, hitting the goal) in individual and group tasks performed at the intensity limit.

The second application is 141-160 beats / min. including improving the accuracy of technical methods in group and collective interactions within intensity limits.

The third program included improving the accuracy of technical methods in individual movements, group and team interactions at speeds above 161 pulses / min.

As a result of the use of the method of improving the accuracy of the target, at the end of the study, a positive dynamics in the implementation of technical methods in TG players was noted (Table 1). Here, too, are the average results of pedagogical observation work over 50 games. The table does not include technical and tactical actions such as "cheating", "passing the ball back and forth".

It can be seen that the size and target accuracy of TTHs in both groups have changed. For example, in NG, the volume of TTHs increased - 796.6, but the percentage of net actions remained low - 40.4%.

In TG, the volume of TTHs varied and was 958.4, the accuracy was 61.8%, the difference was 198 TTH, and the accuracy was improved by 9%.

Significant differences were noted in the players of the experimental group in passing the ball "at high speed." Prior to the experiment, TG players made 55.2 such assists, with an accuracy of 20.8%. By the end of the study, the figure was 60.2, with an accuracy of 42.9%. Although the size of the transmissions did not change significantly, their quality increased. This is evidenced by an increase in accuracy of 22.1%).

When passing the ball to a partner moving at high speed, the number of passes before the study was 56.9, the accuracy was 25.6%, while by the end of the study the number of passes increased to 61.4, and the accuracy was 39.7%. The difference in accuracy in passing the ball to a partner moving at high speed was 14.6%.

The number of passes before the study was 30.4 with an accuracy of 10.1% when passing the ball to a partner moving at the same speed as the high-speed movement. At the end of the study, the number of transmissions was 35.8, the accuracy - 20.5%, the difference - 10.4%.

In the "take" of the ball, TG players made 121.1 moves before the study, with an accuracy of 38.9%. By the end of the study, the figure was 102.6, with an accuracy of 51.8%. It can be seen that by the end of the study, the number of TG players who took the ball decreased, but their quality improved, with a difference of 12.9% before and after the study.

In shots on goal, TG players hit 7.1 shots from inside the penalty area prior to the study, of which 25% were accurate; from outside the penalty area - 17.1 shots, of which 33.4% were accurate. By the end of the study, the number of shots delivered from within the penalty area was 8, the accuracy was 62.5%, and the difference was 37.5% ( $r < 0.05$ ). The number of shots from outside the penalty area was 17.1 times, the accuracy was 33.4%, the difference was 3.3% ( $r > 0.05$ ). After the study, the players performed 16 shots, of which 53.8% were accurate, with a difference of 20.4% ( $r < 0.05$ ).

**Conclusion:** The data obtained show that the NG players, who improved their technical methods according to the adopted program, also improved their performance, but this increase was not significant. In summary, studies have proven

that the methodology developed to improve the target accuracy of technical methods in qualified players is effective.

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