

ORGANIZE THE PROCESS OF TRAINING OF YOUNG FOOTBALL PLAYERSACHIEVE

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Key words: To the technique to teach technical, to the technique to teach plan.

First in the stage (8-10 age) young players new actions in progress and especially the degree of ability to perform complex movements in a quick period of time tool and methods will be planned.

To the technique to teach _ start ' drink stage separately to the point have _ That's why for , this on the ground actions birth _ _ to extend planning need _ To teach him more difficult or deeper to extend to teach _ not to forget need _ Main this stage task - technique basis to teach _ done increaseneed only _ But an athlete poured task done or failure to do so about control to do method work exit need _

Second stage

Second athlete at the stage (11-14 years old) . individual characteristics (anatomical - physiological , functional ,central nerve system typological features and others) in consideration received in case technique deepened (detail) in case to teach _ need _ This stage sportsman all technical actions reconciled and his the most good one technical movement done increase take at school to teach _ system will be completed and she is o ' smirs to the team wins . SHE IS on the ground football player

third step- to sports improvement stage (15-17 age). done increases.

Sunggi scientific research and sports skill that's it shows that to the technique in teaching previous trainingcontent even big to the point have if previous in training to the technique in teaching maximumif tension is used, exercise in a high-load and intense situation not recommended.

To the technique in teaching improvement improve, increase, one how many big to sizes have did not findin training done recommended to increase will be done.

In football to the technique in growth in tune the system laughing recommended:

- a) the first training – stereotypical,
- b) second occupation - speaker,
- c) the third training – adaptive.

Stereotypical in training - one exercise one how many go is repeated and out conditions does not change.

Dynamic in training - exercises out factors under the influence of (hell giver factors) dynamic wayis done.

Adaptive in training exercises home conditions done is increased.

A stereotype training weekly cycle the first in half will be planned. Dynamic and adaptive and the exercises are planned in the second half of the week. These exercises are only thematic, ie but to improve the technique - it can be narrow or complex (for example; home technique and physical quality development tasks solve) have can be

Every technical move is based on movement skills, and movement skills are found in football need For this, in each training, stability (in case of stereotyped training) is required variability (dynamic and adaptive exercises, if you laugh) by developing must go.

Maximum technique many factors from the total consists of will be This factors different in athletes different in appearance. However, they may have the same technique. This is individual athletes opportunities clarify and of them technical skills in improvement fruitful use big to the point have that means This from the ground conditional score come comes out collective plans individual plans with to be filled need Individual skills development in planning cup time the most good performing technical movement to develop look need and this actions wanted home situations automatic respectively to perform action must be taken.

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