

ORGANIZING TRAINING OF FOOTBALL PLAYERS

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Organization of training process in general education schools as well as in sports schools to do of training modern methodology based on young of football players high training downloads mastery done through is increased.

Sports to their schools the following tasks are loaded:

- study the plan perform conditional; practical and theoretical training continuously perform; young players selection system good organization;
- in competitions regularly participation reach; recovery, prophylactic carry out activities increase;
- guide and arbitration practice pass

BO'SM and IBO'SM tasks relying on study of groups main task is determined. Primary preparation groups: football according to BO'SM in the program common physical to provide all-round physical fitness of the participants on the basis of the training department, football with regularly to engage in interest, training in groups sports skills improvement It is necessary to identify gifted children and teenagers. This age in groups players game tactics learn football of the game tactics and game rules, training of the process Hygienic provision theoretical about data they get

First (10-11 age) and second (11-12 age) year study groups tasks of practitioners: health promotion and organism practice swiftness, agility and movement coordination development; technical method acquisition, individual of the game, group and collective tactics learn the basics; football rules based on game process mastering strain participation in football competitions; doctor control, personal hygiene, football history, technique and tactics, theory of the rules of the game of football data with is dating.

Third (12-13 age) and the fourth (13-14 age) year studying of groups tasks: health strengthen physical training each bilaterally improvement: speed-power, agility and common endurance qualities development; All of the techniques of the game possession of arsenals; individual and group game tactics improvement; team tactics the basics take over; tactical thinking development; football in competitions participation; of arbitration simple training skills; the methodology of physical exercises, the tasks of the players in the team lines mastering the basic theoretical information about the game , with the tactical scheme of the game get to know

The fifth (14-15 age) and sixth (15-16 age) year study of the group tasks: physical preparation comprehensively improvement, in this more strength, speed, common and special qualities of endurance develop, technical of the game improvement of methods; high technical methods in conditions of limited time and space level to perform reach; individual, improvement of group and team game tactics, study of "standard" situation, complex game conditions tactical thinking development continue carry on; of players sports training methodology main status-the mastering; arbitration skills take over; independent training skills improvement.

Sports improvement groups (16-17) and (17-18 age):

individual athletic training with special emphasis on endurance and speed-strength qualities development; improving the technical methods of the game - technical methods size to increase separately paid attention to without them fast, efficient perform Protection and individual tactical movement in attack development; increase the level of mental preparation; participation in competitions, sports form take over highly qualified teams games through experience gain; theoretical knowledge, especially sports training and arbitration methodology deep take over

Determination and determination in organizing and holding fiatball competitions and achieving sports results the goal to nurture the desire to.

Sports at school training of the process main forms:

theoretical and group practical training, individual plan training on calendar competitions, study and friendship games, sports and fitness campsites and training gatherings is considered

Planning - young players readiness efficient of management necessary is a condition. SHE IS finalto the goal to achieve ie time requirements answer giving the player to prepare help will give. Young Is he a player? in preparation planning to three divided into: promising one yearly, fast (operative).

Various age in groups training of transfer features is engaged preparationconnect age, anatomical, physiological and mental characteristics account received without is done. 8-11 old the child is functional taking into account the relatively small number of opportunities and accordingly to practitioners special attention with approach need 8-11 age to the players the ball withtreatment to do technique and game tactics in teaching to this age suitable using exercises training transfer to the goal is appropriate. One in training two or three technical method to teach possible Two bias the game acceptance done to standards looking and big on the field transfer a must it's not. 11x11 collective game conditions tactical movement take over to them somewhat difficulty gives birth

To children individual and tactical movement 3x3, 4x4, 5x5 as limited as in the composition small in the fields (30-50 m and 20-30 m) is easy to acquire through two-

way play and game exercises will be Action games should be widely used to train thinking in the game. 8-11 years old children physical in training preparation 50% time should be allocated. 12-15 old teens and 16-17 old in adolescents initial training don't engage individual preparation with attention is carried out.

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