

Technical and Tactical Football Training and Methods of its Study

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Abstract: The article highlights the problems observed in the process of mastering the technical and tactical training of young students in football classes and clubs. Recommendations are given to effectively solve these problems.

Keywords: sport, football, football player, education, theoretical, practical, technique, tactics, principles, game, kick, ball, attack, process.

Today, the daily development of football requires the training of physically fit and talented players.

Training of talented and promising football players is carried out during the entire training period, as specified in the regulations of specialized children's and youth Olympic reserve sports schools and football boarding schools. In recent years, many scientific articles, methodical instructions and manuals on football have widely covered the issues of training young players to become talented players.

Coaches emphasize the importance of paying attention to technical and tactical actions of players from a young age. The initial training of young players is important in correcting errors in game technique, technical training, especially for beginner players. Poor technique mastery ultimately hinders further skill development. Football experts recognize that children who are new to football should be trained in technical movements, developing their ability to feel the ball, including simple exercises with the ball, carrying the ball, kicking the ball and fighting in every training session.

The speed of technical training depends on:

- age of young players;
- their training level;
- training period;
- training conditions.

In teams with three or more training sessions per week and the appropriate amount of balls, regardless of the training period, at least one training session per week should be conducted on "pure" technique. In terms of body structure and central nervous system, football players of the teenage and teenage years have a very good grasp of movements.

The load on the physical and nervous system in the training of new players can be adjusted to the level of the player's technique. Excessive tension or speed prevents good mastery, resulting in the reinforcement of certain errors in movement.

It is necessary to ease the conditions during the initial teaching of the game technique and help the players to quickly acquire the technique with the appropriate methods. After the players have "understood" the technical methods, after they have relatively strengthened the technical methods, it is necessary not to use the same methods used in the initial period in the future training.

The error in training, on the one hand, is from the used teaching methods, and on the other hand, the players sometimes do not have the appropriate physical training during the acquisition of the technique.

The frequent occurrence of the error also depends on the fact that the exercises on this technique of the game are not performed quickly. Most players are great with the ball when no one is attacking them, and are even capable of circus tricks, but in the game they are unrecognizable.

High-stakes situations are typical for the game of football. As mentioned above, body wrestling is allowed in the rules of football. This means that in the game, in the situation of active resistance by the opponent, the technical methods should be performed at all times and everywhere. Therefore, it is very important to prepare young players for such a game. The teaching and training methods of the game technique should not contradict the essence of the game, on the contrary, the requirements of the game should always be taken into account when teaching the technique. Exercises that are close to game situations and selected taking into account the players' obligations in the game are very important, and training sessions make up 50-60% of the training material.

Techniques aimed at the vitality of game situations are perfect replicas of actual game situations. The essence of the exercises: the speed close to that of the game and the active blocking activity of the opponent. It is very important that the opponent moves actively while learning the exercises. If the player tries to pretend to destroy the opponent, this exercise will not help.

The generalization of the best experiences showed that the training activities in the initial period of training should be conducted based on the following principles.

1. Outside of training sessions, children should be engaged in technical methods and tactical actions that they cannot learn by playing or that they learn by making mistakes. Rare situations in the game, but movements that form the basis of important biomechanics are taught separately.

2. Training materials for tactical and technical training should be taught spirally rather than step by step. In this case, the following tasks must be performed:

- a) to provide a broad understanding of the technical methods and tactical movements of players;

- b) explaining how to perform the studied technical methods in accordance with tactical actions during the game.

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