

Technical and Tactical Training in the Selection of Players Importance

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Abstract: This article provides a summary of the importance of technical and tactical training in the selection of football players.

Keywords: age, future, football, special, class, level, technical, tactical, group, leader.

One of the reasons for the decrease in the training of young players with a bright future is the fact that the leaders of children's and youth sports schools, special classes and training groups are economically selecting children to play football, as well as the lack of knowledge in the selection method. Not everyone achieves high sports results. If we get acquainted with the biographies of the players who achieved high results in Uzbekistan and abroad (Pele, Maradona, G. Krasnitsky, A. Abduraimov, M. An, V. Ffyodrov, M. Kasimov), we know that they were different from their peers in their youth. They differed in their abilities. The selection of football players is an important and integral part of the training process, as it helps to solve the main task of sports training - to achieve high sports results.

Selection in football ensures not only the high level of results, but also the homogeneous composition of the players, which positively affects the results of teaching and learning. Insufficient evaluation of selection or imperfection of its methods usually causes irreparable damage. An example of this is the fact that many children drop out of children's and youth sports schools (this happens at various stages of education).

The main reason for incompetence in the selection of athletes is the lack of knowledge about the complex of personal qualities and characteristics that cause an athlete to grow in study, training and competition.

The more complex the sports activity, the more options there are that make up the necessary complex of the athlete's psychological and movement functions. From this point of view, football occupies a special place, because success in this type of sport directly depends on the system of joint action (play) of partners. In this case, people who have Turkish personality traits and characteristics are especially distinguished. Therefore, it is a matter of choice in football first of all, children's personality and all their qualities and characteristics related to learning. Three aspects of selection: criteria, methodology and organization are different. Qualities and characteristics of a person that are measured or checked at the time of selection are called criteria. For example, the speed of an athlete's movement is an important criterion for selection in football.

In turn, the criterion is divided into three types: ability marks, talent and ability.

These marks of ability are born and acquired in the first years of life

Anatomical and physiological features. For example, some proportions of the body, especially the muscles or the cardiovascular system, can serve as indicators of future success in football.

Talent consists of a complex of qualities and feelings of a person, and the possibility of achieving big or small success in sports depends on it. Talent is the main criterion for selection. Not technical and tactical skills, but qualities that ensure the successful acquisition of skills are included in the

concept of talent. These qualities can be in the nature of movement (for example, speed or coordination of characters) or intellectual (for example, quick thinking).

Unlike talent, ability consists of methods of actions and operations, that is, skills and competencies. However, the basis of ability is not skills and qualifications, but the processes that develop these skills have been established. Newcomers to football do not have much ability. It is possible to evaluate the ability of the participants only when they have mastered the basic technical and tactical skills and reached a certain stage of training.

Methods or devices used to measure criteria are called methodologies. Expert methodology, hardware methodology and taste methodology are used in the selection process.

Expert methods are based on the functions of experts (the coach himself can be an expert) about the talent level of the future player. If most experts have this opinion, its reliability will be much higher.

Instrumental methods have the advantage of accuracy of estimates. However, based on these grades, it is not possible to form a general impression about the level of talent. Some adjectives do not yet describe talent. They should be combined and manifested in a unique combination. Tests (tests) that take into account the combination of various qualities are the most effective methods of selection. Despite the indirectness of the indicators, the tests have a number of important advantages. The main of these advantages is the possibility of creating a test model of football talent.

A complex of activities aimed at more appropriate use of advantages is called the organization of selection.

Thus, the complex of organizational and methodological measures aimed at selecting those who can achieve high and stable results in future playing activities (children who are more likely to achieve goals) from the group of candidates can be called the selection of young players.

The game of football is widespread among children. In particular, this explains the fact that football departments of youth sports schools are not able to accept all applicants. Because the main task of these schools is to work with a selected content of children and prepare highly skilled players.

Natural selection does not solve the problem of training substitutes (reserve). In this case, along with disabled children, gifted children, that is, children who are usually not sufficiently prepared in terms of specific qualities but have high potential (opportunities), also drop out of football school.

Many coaches use different criteria to select the most talented children, but these criteria are often one-sided or subjective, while the selection is generally spontaneous or often, coaches often check the children during their supervision. They work according to the technical-tactical qualifications and skills that they show and have previously decided. Children's capabilities based on high-level qualities of speed and strength and coordination of movements, quick thinking, willpower, as well as quick learning of new material are not taken into account.

Selection of young players should be well organized from beginning to end. First of all, it is necessary to take measures to attract children and ensure their mass attendance at sports schools. First of all, it is advisable to select candidates from nearby residences and schools, in this way, it will be easy to organize and monitor the long-term training process. Applicants should be informed about this long before the start of admission. However, only advertising in the newspaper or broadcasting information on the radio will not have the necessary effect. The best way is for the coaches to come to the schools and inform the children 4-5 days before the selection process starts. Children must bring a health certificate from the school doctor to the entrance exams. Before the

start of the selection process, it is necessary to organize the admission commission and prepare the inverters, training places, control and testing "stations", as well as to draw up reports for recording the results.

At all stages of long-term training, the process of training in technical methods and tactical actions continues continuously. Pursuant mastery of all aspects of the technique based on the use of biomechanics laws and taking into account the individual characteristics of the players predetermines the successful use of the technique in the complex conditions of the game activity. The formation of perfect game skills is based on the high level of physical fitness of young players.

The usual methods of physical education at the stages of training young football players and improving their skills: exercises, games. Competition methods, providing instruction, use of oral speech, error correction methods are used. All methods are used in close connection with each other. However, the percentage of their use depends on many factors: the stage and tasks of training, the age and individual characteristics of the participants, and their level of training.

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