

## Method of the Use Specialized Tools in Football Training Groups of Sports Improvement

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The article is designed for teachers-coaches and young athletes - football players. Competitive activity of a footballer is a set of complex actions, which are united by a common goal - to ensure the most favorable conditions for the organization of reliable protection and successful completion of the attack. The logical conclusion of all different offensive combinations, organized and carried out in the game, should be considered the implementation of the final blows with the aim of taking the opponent's gates. The problem of low effectiveness in football, especially relevant in recent years, and is largely determined by the level of training best players. In methodological materials and studies in previous years many of the shortcomings inherent to the game of footballers of high qualification, including the low level of technical and tactical equipment, is associated with the gaps in the training process in the youth football. At the same time it emphasizes that important role in the training with young footballers plays the selection and the use of technical and tactical training, appropriate to the level of modern requirements and knowledge. However, the method of selecting effective means of training young players is still poorly studied.

**Keywords:** Young athletes, Football players, Effectiveness in football, Footballer competitive activity.

The purpose of this study is to develop a complex means of improving individual and group attacking actions of young players and raise the role of physical culture and sports in youth and college sports<sup>1</sup>.

The object of study - the training process on the technical and tactical preparation of footballers from groups of sports perfection.

Subject of research - the technique of using means technical and tactical training of footballers from groups of sports perfection.

Hypothesis of the study was based on

the fact that the use of the technical and tactical training, appropriate to the nature of competitive activity, will increase the skill level of the players from groups of sports perfection.

Before the study following tasks were made:

1. to systematize training means aimed at improving individual and group attacking actions of young football players from groups of sports perfection;
2. to identify compliance of the used in training process technical and tactical means of young football players from groups of sports perfection by the nature of competitive activity;
3. experimentally test the effects of the modified means committed to the perfection of the technical and tactical mastery of

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- young footballers from groups of sports perfection;
4. to test interactive technology and all-Russian sports complex<sup>2</sup>.

#### Method

Pedagogical observation of teaching and training activities for young players included the timing of the motor activity of the players with the ball and without the ball. Fixed the duration of each exercise (in minutes), the conditions of implementation, the amount of motor action (jerk, acceleration and dribbling). Recorded the total number of completed passes of the ball and strikes on goal, diet was taken into account, the menu for this age was developed<sup>3</sup>. Psychological preparation for competitions in young athletes was used<sup>4,5</sup>.

#### Pulsometry

In training sessions sporttestr minutely recorded the frequency of heart rate (HR) during technical and tactical exercises. Pulse values of the used exercises in the training process of young footballers from groups of sports perfection were

determined. Average, minimum and maximum limits of indicators of heart rate in young footballers from groups of sports perfection were defined.

#### Anthropometry

For study harmonious physical development of young athletes was used anthropometric control<sup>6,7</sup>.

#### Pedagogical testing

To determine the level of technical and tactical training of young football players test “triangle” (Figure 1) was used that recommended in practice of young players training.

In the test young players performed the final shot on goal from 16.5 meters. The test used two balls. The tested player performed on the interval of 10 meters dribbling. Stopping the ball, made a breakthrough on 10 m. to the second ball, and circling counters, went on strike position against the gate. This exercise was performed three times. Rest time between attempts was 25 seconds. Time of running in each attempt and accuracy of the hits were fixed in points.

**Table 1.** Intergame cycles of football competition period

Number	Orientation and number of academic hours by month				
	April	May	June	July	August
1.	Physics - 2 Technic - 1	Technic - 2 Study game - 3	Game - 4	Physics - 2 Technic - 1	Technic - 3
2.	Technic - 3	Technic - 3	Rest	Admission of benchmarking - 3	Tactics - 3
3.	Technic - 3 Study game - 2	Tactics - 3	Physics - 2 Technic - 1	Technic - 1 Study game - 2	Game - 4
4.	Technic - 3	Game - 4	Technic - 2 Tactics - 1	Technic - 3	Rest
5.	Tactics - 3	Rest	Technic - 1 Study game - 2	Tactics - 3	Physics - 3
6.	Game - 4	Physics - 3	Technic - 3	Game - 4	
7.	Rest	Technic - 3	Tactics - 3	Rest	Technic - 1 Study game - 2

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Time of running in each attempt and accuracy of the hits were fixed in points.

#### Pedagogical experiment

Pedagogical experiment was carried out to verify the methodological approaches with the help of which the level of technical and tactical training of young footballers groups of sports perfection and quality of training improved<sup>8,9</sup>. For

this for the selection of means of technical and tactical training of young players and test their effectiveness proceeded from the fact that the exercise must comply with the peculiarities of competitive activity. In applied exercises simulated game situations with the complications of the execution conditions (keeping the second ball, the restriction of time and space limitation touches on the ball and so on).

For processing and statistical evaluation of the data methods of mathematical statistics were used, provides for a maximum of information about the studied phenomena. Statistical methods were applied in accordance with the objectives of the study and the nature of the received data.

#### Study organization

The study was conducted during 2008 - 2013 years. Subjects were young football players 16-17 years old from groups of sports perfection

SDUSHOR Moscow.

The content of the work plan shows that in every month with the young football players 24 sessions were performed. Intergame cycle of competition period of young football players consisted of 7 days. After the game day football players was granted a day of the rest, followed by 4-5 days of trainings, and then study or official game (Table 1).

Observations of the training process of young football players allowed to define commonly used in the trainings technical and tactical exercises and organize them. Also, teacher observations allowed to determine characteristics of building training sessions of technical and tactical direction in the competitive period of training. It is characterized by the fact that the means of technical and tactical training of young football players in their structure in most cases did not meet the

**Table 2.** Approximate distribution and direction of technical and tactical exercises in complexes of intergame week cycle

Days	The content of the complexes and orientation of exercises
1	Complex 1 1. all passes 2. The final shoots after the attacks: a) Through the flanks; b) In the center
2.	Complex 2 1. Medium and long ball passes. 2. The final shots on goal after the attack through the flanks. 3. Playing exercises.
3	Complex 3 1. Short ball passes (including headers) 2. The final shots on goal after the attack in the center. 3. Playing exercises.
4	Complex 4 1. Ball passes 2. The final shots on goal after the attack through the flanks. 3. Playing exercises.

**Table 3.**

S. No.	Indexes	Before experiment	After experiment	Significant difference (P)
1	Total time of performing test "triangle" (s)	31,1±0,6	28,0±0,3	< 0,05
2.	The accuracy of the gate shoot in the test "triangle" (points)	8,5 ±1,3	13,3±1,4	< 0,05

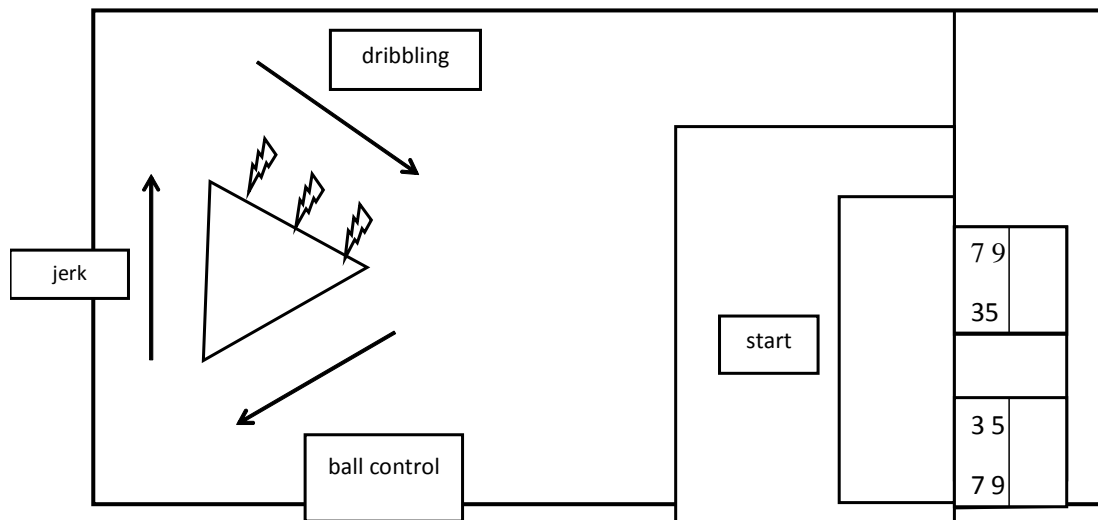
conditions of competitive activity. Exercises performed by young footballers in simpler terms (without a deficit of space and time). These exercises have less variability and less duration. In this context systems have been developed to improve the technical and tactical training of young football players (see Table 2).

To verify the methodological approaches with which, improve the level of technical and tactical training of young footballers from groups of sports perfection, pedagogical experiment was conducted.

For this for the selection of means of technical and tactical training of young football

players and test their effectiveness proceeded from the fact that the exercise must comply with the peculiarities of competitive activity.

In applied exercises simulated game situations with the complications of the execution conditions (keeping the second ball, the restriction of time and space limitation touches on the ball and so on). Each individual exercise of the complex was carried out from three to twelve minutes. To rest and change of the exercise three to six minutes was given. The duration of each complex reached thirty minutes. Developed complexes of means of technical and tactical training of young football players were used weekly in four sessions.



The effectiveness of exercise was estimated on the change of the aerobic capacity of athletes<sup>10</sup>, results of a performing test “triangle” by the players, characterizing the level of technical and tactical training of young football players (table 3.).

Duration of pedagogical experiment was one and a half month in the competitive period (beginning of June- mid July).

## RESULTS

The results of control tests of young

football players of 16-17 years old before and after the pedagogical experiment.

## CONCLUSION

Analysis of the pedagogical experiment, which reflects the dynamics of the results of control tests on technical and tactical training of young footballers from groups of sports perfection showed that players developed under the influence of complexes the total time of the test “triangle” improved and also increased the accuracy of the results on goal shoots.

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