



MINI-FOOTBALL TRAINING AND TACTICS TO IMPROVE SELF-PERFORMANCE

Jabborov Islomjon Bobir ugli
Master of Bukhara State University

Abstract

This training plan discusses important and normal routine exercises for all footballer and other athletes. It also elaborates on how to gain match fitness and self-confident.

Keywords: training exercise, tactics, improve self-performance, techniques.

Introduction

Mini-football training and tactics is important and normal routine for all footballers that plan to play on a high level. Why this training plan is important, it because of physical ability, technique and endurance it brings to approach different situation of the game.

Despite its simplicity, mini-football has a number of interesting features that make this game in their own unique and attractive. Firstly, each player is much more likely to encounter with the ball, is involved in common action game. Second, the goals in the mini-football clogged much more. Third, every player has to act with full return of forces, managing to defend their goal and attack the opponents. In addition, when playing in the hall practically all the time the ball is in play, which takes place without forced and tedious installations. This game helps you quickly master the basic techniques and tactics of football and thus reduces the way to the top sportsmanship (Kravtsov, 2002).

Talking about training and tactics there are certain training schedule and exercise needs to work on to improve self-performance:

- Endurance
- Dynamic flexibility
- Sprint drill
- Plyometric
- Warm up & dynamic flexibility

Introducing all this module or exercise add more dynamic to self-performance, agility and speed increase. Every football training has to start with warm up and light jogging along with exercise that should last 15-20 minutes. A warm body and feet follow this, football running at low speed and making sharp emissions of feet. Then have to stop





and make a rotating movement of the body in different directions with different inclinations.

It is very important during the warm-up to stretch the leg muscles, especially the ankles, which are most often injured players in mini-football because of intensity of the game, also clutch shoes with hard flooring. Make a few circular motions of the ankle, standing on both legs, and a few stretching leg muscles while sitting.

Working with Ball

After the entire warm up and stretching, working with ball is very much important to perfect the controlling of the ball in different game situation. This practice should be carry out in pairs. While the 2-partner stand in front of each other to practice the clarity of a pass by standing, and then by motion. The distance between the two players should not exceed 2 meters. After practicing on short passes, it should follow by long distance.

To do this, the players stood facing each other in the polar end of the hall and start quickly passing the ball. Firstly, on the ground, and then through the air.

“Note” This passing practice has to be executed using both legs, even if you are a one legged player. It is important to practice on knowing how to use both left & right legs, as it helps to perfectly or adapt to any high tempo of the game and self-performance. There are many mini-football training practice needs to work on to improve self-performance. They as follow:

- Shooting skill
- Dribbling ability
- Speed
- Flexibility & technique

After all, this training practice, it should follow by conduct a two aside playing team, that play for 15 minutes two half time. Between the half time of play, there should be 3-5 minutes stretching to relax the muscles then continue the second half. This helps to apply all the training practice skills that have being learning from the beginning of the training section.

Tactics Exercises

Tactics exercise might be of different type, depend on the understanding of the mini-football team and individual skills and techniques of the player. The development of tactics depends on the experience of the coach. Also, depend on the area the coach thinks the team lack. Tactics training exercises include:

- Training on penalty kicks





- Playing corner in & out
- Working on the balance & confidence on the penalties
- Movement & position of the players on the field
- Mass attack & defend

The essence of tactical training practice is for the players to know their position on the field, and understand each other movement as team. In mini-football, there is no specific position on the field. So every player need to know how to attack an opponent and defend against it. Even in some cases, the outfield player take a position of goalkeeper due to removal or injury. This is part of why tactical training is necessary for every player to get themselves prepare for any game situation. After the coach prepared the players on different tactics, it is advisable for every coach to give the players minimum of 5 minutes break to discuss tactical movement within themselves, and put it in display while the coach correct their mistakes.

The mini-football training and tactics is not complete without include endurance training, because this is the very important part of the game cause of the tempo and intensity in the game.

Endurance Training

Endurance training exercise mostly base on strength and power of the player. Training on endurance, player need to do more of abdominal exercise, shuttle run, because you do not want to train on only speed, but also ability. After the shuttle run, take it to another length by running the entire hall as fast as possible for one minute. Then proceed with light jogging for 40 seconds, and then repeat the sprint again for same time. Do these 4 to 5 sets. In addition, push-ups & pull-ups on the bar is require in endurance training. Endurance training exercise common

Conclusion

In this football training & tactics plan, it is not only help improve self-performance, but also helps to keep all footballers fit and escape sudden injury.

References

- 1.Nematovich K. S. Abduyeva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. Using of innovation terms in physical education and sport lessons and their social and educational features //Journal of Critical Reviews. doi. – T. 10. – C. 470-471.





2. Abdueva S. the study of physical culture in central asia in the 16th and 18th centuries as a topical issue //центр научных публикаций (buxdu. uz). – 2021. – Т. 8. – №. 8.
3. Abdueva S. When planning the training of handball teams of university students, take into account the functional status of athletes by their temperament types //Центр Научных Публикаций (buxdu. uz). – 2021. – Т. 8. – №. 8.
4. Abdueva S. Psychological aspects of training young handball players //Центр Научных Публикаций (buxdu. uz). – 2021. – Т. 8. – №. 8.
5. Abdueva S. Characteristics of Health Strengthening //Центр Научных Публикаций (buxdu. uz). – 2021. – Т. 8. – №. 8.
6. Karomatovich I. A. Methods of Teaching Children for Movement Activities in The Process of Physical Education //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 242-249.
7. Karomatovich I. A., Shodiyevich T. M. The Pedagogical Significance of the Formation of Students'spiritual and Moral Values Through Movement Games in Sports Lessons //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 310-320.
8. Ibragimov A. K. Developing The Professional Competence of Teachers as A Pedagogical Problem //E-Conference Globe. – 2021. – С. 333-338.
9. Kadirov S. Features of Technical and Tactical Training of Young Football Players //Центр Научных Публикаций (buxdu. uz). – 2021. – Т. 7. – №. 7.
10. SH. Kadirov. Physical education as the necessary elements of sports culture. XIII international correspondence scientific and practical conference european research; innovation in science, education and technology dio;10 20861 2304-2338-2018-42
11. SH. Kadirov.Theory and metohods of physical educattion, sports training, recreational and adaptive physical culture. I international scientific specialized conference international scientific review of the problems of pedagogy and psychology Boston.USA.April 18-19.2018
12. SH. Kadirov. Didactic opportunities to form knowledge about healthy lifestyle to the students in physical education classes. European Journal of Research and Reflection in Educational Sciences Vol.7 No.12,2019 ISSN 2056-5852.
13. Ilkhomovich M. F. Methods of Developing Strength of 12-15-Year-Old Football Players //European Journal of Innovation in Nonformal Education. – 2022. – Т. 2. – №. 1. – С. 273-276.





14. Ilxomovich M. F. Methodological Basis for The Formation of Football Training //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 355-363.
15. Ilxomovich M. F. The Analysis of the Dynamics of the Volume and Quality of Technical and Tactical Actions of Young Players'performance //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 343-354.
16. Muminov F. Pedagogical Fundamentals of Development of Physical Qualities of Young Football Players.
17. Rasulovich R. R. Effectiveness of Improving the Technical and Tactical Movements of Middle-Distance Runners //E-Conference Globe. – 2021. – С. 309-314.
18. Салимов, Г. М., Дустов, Б. А., Фарманов, У. А., & Рахмонов, Р. Р. (2020). Показатели констатирующего этапа экспериментальной работы по физическому развитию учеников 7-10 лет общеобразовательных организаций Узбекистана. Педагогическое образование и наука, (1), 91-97.
19. Raxmonov RR O.,quvchi-yoshlarning jismoniy tayyorgarligini rivojlantirishda o.,rta masofaga yugurish dinamikasini tahlil qilish ahamiyati. Scientific-methodical journal of the Ministry of National Anthem of the Republic of Uzbekistan. Tashkent. 2020 No.3 May-June.78-81-pp. 22.
20. Rasulovich R. R. et al. Age-Specific Dynamics of Attack and Defense Response Speed in Handball Players //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 414-423.
21. Azimovna F. M., Ashrapovich N. F. Motivation of students to do sports as part of physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 5. – С. 1446-1450.
22. Azimovna F. M. Jismoniy tarbiya va sport mashg 'ulotlari jarayonida aqliy tarbiya va uning ahamiyati. Integration into the world and connection of sciences. – 2020.
23. Farmonov U. A. Basic Concepts and Definitions of Sports Tourism, Especially Its Organization //Теория и практика современной науки. – 2019. – №. 5. – С. 21-24.7
24. Alimovichn F. U. The system of training young basketball players at the initial stage of training at school //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 93-98.
25. Nurullaev A. R. Methods of developing endurance in students through the use of folk games in physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 520-524.
26. Ruzimbaevich N. A., Ruzimbaev M. A. Research Park. – 2021.





27. Нуруллаев А. Р. Реабилитация Спортсмена //Рекомендовано к изданию Советом по качеству УралГУФК Протокол № 8 от 14 мая 2018 г. – 2018. – С. 213.
28. Ruzimbaevich N. A., Ruzimbaev M. A. Methodological Methods of Teaching Children for Movement Activities in The Process of Physical Education Classes //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 313-322
29. Mansurov S. S. Structure of special and competitive training stages of judoists //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 515-519.
30. Gafurova M. Y. U., Ruzimbaev M. A. Methods of Teaching Pupil Physical Activity in Physical Education Classes //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 31. Karomatovich I. A., Shokhrub U. Dynamics of jumping development of volleyballers in different ages //Middle European Scientific Bulletin. – 2021. – Т. 11.
32. Ibragimov A. K. Developing The Professional Competence of Teachers as A Pedagogical Problem //E-Conference Globe. – 2021. – С. 333-338.
34. Ergashovich S. A., Nasullaevich F. A. Professional training of future teachers of physical education //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 510-514.
35. Ibodov A. Control of Special Aggression of Football Players //Центр Научных Публикаций (buxdu. uz). – 2021. – Т. 8. – №. 8.
36. F Fazliddinov, M Toshov Fizicheskaya kul'tura i sport kak formirovaniya sotsial`nogo zdorov`ya molodyoji Xalq ta'limi (ilmiy-metodik jurnali) 3 (3), 112-115
37. Sh.Khurbonov. Physical Training of Young Athletes and Its Importance. Vol.6, Issue 12, Dekember 2019. ISSN: 2350-0328.
38. Dustov Bakhtiyor Akmalovich, Toshov Murod Khalilovich, Sabirova Nasiba Rasulovna, Fazliddinov Farkhod Savrievich. Journal of Critical Reviews ISSN-2394-5125 Vol 7, Issue 6, 2020 Review