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CONTROL OF SPECIAL AGGRESSION OF FOOTBALL PLAYERS

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Annotation
In the article, the authors offer a number of tests to control the specific dexterity of football players. To do this, they developed instrumental techniques that were used in the study. The results of studies conducted on football players of different ages and qualifications showed that the reliability of differences between achievements in tests in most cases have a fairly high degree of reliability. This allows us to assume that the tests used in the study are quite informative and that they are used in the training of football players of different ages.

Keywords: specific dexterity, pedagogical control, young and qualified football players, tests, reliability, informativeness.

Introduction

The trend in the development of world football is on the path of universalization of players. This means that a football player must act equally effectively on any part of the playing field and in any game situation, that is, both in tackling the ball and in attacking the opponent's goal. An example of such a game structure was the competitions of the last World Cup held in Russia in 2018. Our observations have shown that eight to nine players simultaneously participate in attacking and defensive actions, regardless of the playing role they occupy. This structure of the game depends on the high level of development of all the physical qualities of the players; strength; you were fast; endurance; dexterity; flexibility. However, the analysis of the scientific literature on football showed that all of the above qualities, with the exception of dexterity, have been studied quite extensively and in detail. [1,2,3,4] Agility, as a motor quality, has been little studied, despite the fact that, according to many experts, it determines the effectiveness of the technical and tactical skills of football players to a greater extent. In connection with the foregoing, the study of the structure of dexterity is relevant. Target. Evaluation of the level of development of specific dexterity of football players of different ages and qualifications. Methods. The dexterity of a football player was estimated by the time of running along the perimeter of the square, on the sides of which three racks are installed at a distance of two meters from each other. The athlete starts and finishes in the same corner, where photo

sensors are installed on tripods to record the running time. In this test, agility was assessed: an explicit indicator by the difference in time shown in the test and on the reference segment, a latent indicator - by time in running in a straight line and running in a square with running around racks. The accuracy of ball passes and shots on goal under time pressure was assessed using a specially designed device. The system worked as follows: the experimenter gave a signal to perform the test by turning on the light signal, and the electric stopwatch was simultaneously turned on. The football player makes a swing to hit the ball, after the kicking leg is separated from the contact, the lamp turns on on one of the targets that needs to be hit. The program for turning on the lamps is typed on the remote control and is not known to the subject in advance. The accuracy and time of task completion were evaluated. The ability to differentiate the muscular efforts of the legs was assessed using a contact platform and a F-209 digital millisecond watch. The subjects were given the task, while standing on the platform, to jump up with a push with both legs at full strength. Then do the same at half effort. The studied ability was evaluated by the magnitude of the deviation from the known half of the effort. In all the tests described above, the subjects were given three attempts. The best score was taken into account. To assess the coordination of movements in the laboratory, we used the device (5), somewhat modified by us in accordance with the specifics of football. It consists of a metal plate with four figured slots, inside which it was necessary to pass a thin metal needle, which is put on the football player's shoes. When the spoke came into contact with the edges of the slot, which was considered as a deviation from the given movement program, a signal was sent to the counter, which recorded the number of errors. Thus, the study used a set of tests that assessed various aspects of the dexterity of football players, both in the field and in the laboratory. Results and its discussion. The study involved 16 young men, 87 football players of the first league and 26 of the major league. An analysis of the distribution density in the tests showed that the most homogeneous results were in tests in running for speed with a change in direction with responses to a sudden signal and in a straight line:

V is equal to 4 and 6%, respectively. Almost all football players differ little from each other in terms of the results in these two tasks in their groups. Moderate scatter has two indicators: the time of a complex reaction when performing ball passes and the accuracy of these passes V = 25 and 28%. Quite a high range of indicators in tests for coordination of movements taken in the laboratory, the value of V ranges from 31 to 43%. The most variable was the test in terms of muscle differentiation, V=127%. As can be seen, in relatively simple and familiar tasks, the individual variability of the results of all football players is small. With increasing complexity, it increases, and in

tasks requiring maximum dexterity, or performed almost for the first time, there is a stratification of football players according to the results. Particularly indicative in this regard are tests for muscle differentiation and the performance of movements that are complex in coordination. In view of the foregoing, it seems appropriate to assume the hypothetical informativeness of these tests used in the study. However, it is expedient to check their informativity in competitive conditions with indicators of the effectiveness of technical and tactical activities. Of the three groups surveyed, the strongest in terms of sports were, of course, the footballers of the major league, followed by the footballers of the first league and youth. Comparison of test results (Table 1) shows that qualified athletes (footballers of the highest and first leagues) everywhere have an advantage over young ones. ($t >> 2$). The advantage of the football players of the major league over the first league was manifested only in some difficult tests. So, there are no differences between groups in terms of results in smooth running. ($t=0.07$), in responsive running ($t=0$), in muscle differentiation test ($t=0.3$). All this allows us to say that professionally stronger football players have an advantage mainly in specific tests, while in tasks that require maximum, but non-specific manifestation of dexterity, high sports qualifications have little effect.

Conclusions: 1. Modern football places high demands on all physical qualities. If such qualities as strength, speed, endurance and flexibility in football have been studied in sufficient detail, then agility is still poorly understood. Insufficiently developed tests for the control of this quality important for football. As a result, in the scientific and methodological literature on football, the means and methods for improving this complex quality are not fully presented. the complexity of the motor action, the accuracy and speed of its implementation in running exercises; b) in assignments requiring the speed of rebuilding movement and accuracy in actions with the ball during passes and shots on goal; c) in laboratory conditions, assessment of coordination abilities, using specially designed instruments and devices that record the accuracy of the movement of the lower extremities. d) when controlling dexterity, it is expedient to record all its components (coordinating complexity of movement, accuracy and speed), if possible, simultaneously. > 2. Football players of the major league compared to the first have an advantage in specific tests, which indicates a fairly high information content of the tests used in the study.

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