

Impact Factor:

ISRA (India) = 4.971
ISI (Dubai, UAE) = 0.829
GIF (Australia) = 0.564
JIF = 1.500

SIS (USA) = 0.912
PIHHI (Russia) = 0.126
ESJI (KZ) = 8.716
SJIF (Morocco) = 5.667

ICV (Poland) = 6.630
PIF (India) = 1.940
IBI (India) = 4.260
OAJI (USA) = 0.350

SOI: [1.1/TAS](#) DOI: [10.15863/TAS](#)

International Scientific Journal Theoretical & Applied Science

p-ISSN: 2308-4944 (print) e-ISSN: 2409-0085 (online)

Year: 2019 Issue: 12 Volume: 80

Published: 30.12.2019 <http://T-Science.org>

QR – Issue



QR – Article



Manuchekhr Bakhtiyorovich Ibragimov
Bukhara State University
PhD student, Uzbekistan

METHODOLOGICAL BASIS OF PLANNING EXERCISE OF FEMALE FOOTBALL PLAYERS

Abstract: This article deals with the role and value of prospective planning of exercise for female football players. In particular, the development of a effective plan will include trainings, exercise planning and competition.

Key words: Prospective plan, control, planning, annual cycle, exercise, training, skill.

Language: English

Citation: Ibragimov, M. B. (2019). Methodological basis of planning exercise of female football players. *ISJ Theoretical & Applied Science*, 12 (80), 401-404.

Soi: <http://s-o-i.org/1.1/TAS-12-80-78> **Doi:**  <https://dx.doi.org/10.15863/TAS.2019.12.80.78>

Scopus ASCC: 3304.

Introduction

According to the Decree of the President of the Republic of Uzbekistan dated on March 5, 2018 Number PD-5368 "On measures to radically improve the system of public administration in the field of physical training and sports" and The Decree of the President of the Republic of Uzbekistan dated March 16, 2018 Number PD-3610 "On Measures for Further Development of Football" has created great opportunities for the development of physical culture and sports in our country, including giving high opportunity to football players. As a result of implementing these decrees, perspective changes are being made in the sports of our country, especially in football. [1]

From the first years of independence, this noble goal, that is, involving women in sports, has reached the level of state policy. Because the future of our people depends on the health of our children. Upbringing of the harmoniously developed generation is one of the priorities of consistent policy in our country.

Our country pays great attention to women's sports. In the development of women's sports in our country, the government's attention to sports and decisions and decrees aimed at the development of our sports are important.

When we talk about the Uzbek female footballers, we think of unique qualities. The modern Uzbek woman has a special responsibility, along with

her family's responsibility, her own wisdom, education, talent and hard work.

Strengthening the nation begins with the promotion of women's health in our country. In particular, the development of children's sports in the countryside and in the neighborhoods have been a priority in many sports, involving children of school age, especially girls.

First of all, we pay attention to the fact that the conditions created by the government for the regular involvement of women in physical education and sports, can reveal new opportunities for sports facilities being built. Health issues of every developed country are the priorities of state policy. Because not only healthy people can contribute to the development of society, but also the mind, spirituality and ideology of physically healthy people are healthy. That is why the President pays special attention to the protection of health of the population, especially women, who are the basis of our future. However, it is important for the population, even mothers, to keep their own health, not just a healthy lifestyle, a healthy diet, dressing, walking, working and resting, maintaining a healthy lifestyle, especially in sports, they do not fully understand how many diseases can be prevented.

Analysis.

In a time when physical culture and sports have become an important factor in the social development of the country, government decisions to support this

Impact Factor:

ISRA (India)	= 4.971	SIS (USA)	= 0.912	ICV (Poland)	= 6.630
ISI (Dubai, UAE)	= 0.829	PIHHI (Russia)	= 0.126	PIF (India)	= 1.940
GIF (Australia)	= 0.564	ESJI (KZ)	= 8.716	IBI (India)	= 4.260
JIF	= 1.500	SJIF (Morocco)	= 5.667	OAJI (USA)	= 0.350

area are crucial. Decrees and decrees of the country are being implemented in the sphere of physical culture and sports, systematic changes, all measures on renewal of the sphere are for the future and future of our athletes. [5]

The importance of scientific and methodological work in preparing, improving and ensuring the effectiveness of women's football in our country is invaluable. Therefore, in recent years, there has been a growing interest in the training of women as highly qualified and skilled players. Special attention is paid by the specialists of physical training and sports.

The importance of scientific and methodological work in preparing, improving and ensuring the effectiveness of women's football in our country is invaluable. Therefore, in recent years, there has been a growing interest in training of women as highly qualified and skilled players. Special attention is paid by the physical training and sports professionals. Focusing on the exercises to be done, the movement is one of the prerequisites for aesthetic experiences of personal activity. Attentiveness, elegance, reaction speed and team spirit are all the hallmarks of the players. The idea that a woman is engaged in traditional men's sports, gives her the confidence and gives her the chance to succeed in her voluntary life activity.

There are different ways to build a sporting activity over the years. The construction of sports throughout the annual cycle plays a central role in the theory and methodology of physical education. [3] Especially in the middle of the 20th century, intensive research has been carried out in this direction. This situation in sports science has led to a sufficiently harmonious presentation of the system of cycling of the learning process as a result of summarizing the research findings of many experts who have made the scientific and practical basis of sports activities. A comprehensive presentation of these results is reflected in a number of generalizing studies. Their peculiarities are reflected in the manuals, textbooks, including research and practice, taking into account the nature of the competition.

Discussion.

Regular hands-on experience and training provided by sports professionals and coaches show that the role and importance of a promising plan in preparing highly qualified women is crucial. This type of promising plan will allow women in the future to acquire high level of skills. [4]

The baseline data for the development of long-term cycles of sports training include the optimal age limit, the duration of training, the rate of growth of sports results from the discharge to the grade, the individual characteristics of the athletes, the conditions for training, and other important information.

Based on the individual characteristics of women-players and the goals and objectives of many years of training, sports and technical indicators for the coming years will be determined, the main training facilities, the load and the intensity, and the number of competitions.

The focus of the coach and athlete on the individual needs of the athlete is to take into account the specificity of the athlete's training in order to achieve the planned performance.

Planning is one of the elements of exercise control. The concept of coaching from system to position in terms of the coach and athlete's responsibilities has been defined as sport management.

The following issues need to be addressed in order to successfully manage the training process of women football players:

- 1) defining purpose for each stage of the training;
- 2) Develop a technique for controlling the condition of the trainer;
- 3) Identify the tools and techniques to optimize the exercise routine. Prospective plan (for several years), current (one year), operative (one month, weekly). A successful plan is the basis for comprehensive training of the athlete. Practice shows that the player can achieve a high level of female skills after an average of 7-8 years of systematic training. The success rate of athlete achievement, the success of the training in annual cycles will depend on the accuracy of its development prospects, the effective selection of exercises, loadings and control norms.

In order to plan a promising plan, it is important to know at what age period the highest results can be achieved. Scientific observations suggest that the functionality of the female body, its adaptation to loadings, and the recovery of energy consumed are often optimal until the age of 21. In connection with changes in the sportsmanship regime, the age-related disadvantages of adolescents are attributable to occasional or permanent impairments in the health and performance of an athlete. For this reason, a young adult player should have a clear standard of exercise and tournament load for girls. All of this must be taken into account when designing a prospective workout plan for the team and each individual player individually.

Team and individual perspective plans should be interconnected. The terms of the prospective plan are based on the age of the player, his / her level of training, and the timing of the tournaments.

The individual prospect of women-players is reflected in the individual performance of an athlete - an analysis of previous training practices and individual characteristics of an athlete.

Typically, an adult team plans for a 4-year plan (the interval between one Olympics and the next), for a group of juniors and children - for the entire period of training and training.

Impact Factor:

ISRA (India)	= 4.971	SIS (USA)	= 0.912	ICV (Poland)	= 6.630
ISI (Dubai, UAE)	= 0.829	PIHHI (Russia)	= 0.126	PIF (India)	= 1.940
GIF (Australia)	= 0.564	ESJI (KZ)	= 8.716	IBI (India)	= 4.260
JIF	= 1.500	SJIF (Morocco)	= 5.667	OAJI (USA)	= 0.350

Preparation of perspective plans should not result in mechanical duplication of several years' plans. Given the athlete's training year, it should be taken into account that his / her workout, workload, and other parameters are effectively altered.

The main requirement of the plan is to strengthen the physical, technical, tactical, functional readiness and willpower of women players.

The following sections should be included in the prospective women's soccer plan [2]:

- 1) The purpose and objectives of many years of practice
- 2) sports and technical indicators for different years of preparation;
- 3) the nature and extent of the exercises;
- 4) community gathering;
- 5) places of training and competition, equipment and inventory;
- 6) medical and pedagogical supervision;
- 7) Improvement of professional skills of coaches.

- In the first section, the main goals and objectives of the exercise are disclosed separately for each year or for specific stages of learning and training.

- In the second part, games that are supposed to be held in one or the other, the team's average control over the years is planned.

- The third section lists all types of training and their percentage, expressed in years of study and practice. Exercise volume is usually planned with the time allocated for a particular activity.

- The fourth section will address issues related to the organization of the team.

- In section five, it is planned to purchase sports equipment and equipment (columns, portable gates, walls, etc.). In the same section, there will be training and tournaments.

- The sixth section opens the general medical and pedagogical control (the adoption of control norms, the timing of training, the provision of dispensary services, etc.).

- In the seventh section, there is a systematic improvement of the skills of female coaches, specialists, coaches and assistants.

The following should be done to determine the changes in physical development and sports skills that may occur during exercise:

- 1) carrying out control checks on the basis of scheduled tests;
- 2) reviewing and evaluating women's match games;

3) Receive questionnaires from football players to identify changes in exercise and daily routine. The data collected will be processed at the end of each year and compared with each other. This will allow you to make specific conclusions and make the necessary adjustments to your training process and plans. The training process is divided into several stages: the first

stage is selection and training. It usually lasts 1-3 years and ends after the trainees master the technical bases. The second stage - training, usually takes about 5-6 years. It is contingent upon joining a team of sports masters. The third stage is the development of sports. This phase will continue until the end of the regular matches and matches.

In addition to the prospective plan, there is also planning to train women-players in the annual cycle. In the annual planning, an annual plan is drawn up for each training group, and year-round educational activities according to the approved thematic plan. Annual planning is based. Focus on long-term plans and their implementation. The curriculum detailed in the plan (the ratio of training and competitive workloads, their size, size and specialty, time allocation by types of training, current and supervisory tests, etc.) conditions, results of implementation of the plan for the last year, etc. It is important to consider this.

The laws of the development of sports form are the basis of annual planning, which is closely related to the problems of cyclical training. Proper use of these proverbs in the annual cycle can prepare players to achieve high performance. In working with young players, the timing is determined at the youngest, the senior - the main age. The main focus of training is teaching. From the middle of an in-depth study (age 13-14), each year there are three stages of the cycle: preparation, competition and transition. [6]

Preparation period. The mission of the era is to maintain diversity training young players and, on that basis, improving their technical and tactical skills. Training should be varied depending on the content and load. The preparatory phase is divided into two stages: general training and special training. The main directions of the general preparatory phase are characterized by the creation and development of the necessary conditions for the purchase of sportswear.

Conclusion.

All-round development of the necessary physical qualities of the body aimed at increasing the overall functional level of physical training; technical and tactical training - restoring and improving motor skills and tactical actions. At this stage, the specific level of General physical training volume slightly exceeds the volume of Special physical training exercises. Advantages of these methods are not to impose on the body any more stringent requirements (repetitive, uniform, variable, play).

Direct formation of a sports form in which the training process is closely related to the preparatory phase. The goals of physical training are to develop and enhance the functionality of young players with special physical qualities (taking into account the specifics of the game). Technical and tactical training is aimed at profound improvement of special skills and their expansion.

Impact Factor:

ISRA (India)	= 4.971	SIS (USA)	= 0.912	ICV (Poland)	= 6.630
ISI (Dubai, UAE)	= 0.829	PIHHI (Russia)	= 0.126	PIF (India)	= 1.940
GIF (Australia)	= 0.564	ESJI (KZ)	= 8.716	IBI (India)	= 4.260
JIF	= 1.500	SJIF (Morocco)	= 5.667	OAJI (USA)	= 0.350

The main means of preparation is special exercises with the ball. More interval and more competitive methods are widely used. But game teaching should not replace academic work.

The period of competition. The goal of this period of training is to maintain the uniform and maximize it. Physical training is concerned with maintaining and maintaining the highest level throughout the entire period. Improvements to previously learned techniques are in progress.

Tactical training aims at raising the level of tactical thinking of young people. Tactical connections between players, interconnections, lines, skill. The share of general and special physical training equipment should not be. Significant decrease in the level of special training. The most commonly used game inside is competitive and retraining techniques. It is advisable to provide a range during the competition. Preparation week lasts 4 weeks. It is advisable to do so. Health and Sports Camp or training camp. The intermediate level is more general or specific than the level of training for younger players.

Transition. During this period, the gradual transition is a massive burden of high-intensity sports

activities. Changes in purposeful tools and techniques will preserve existing physical training and enhance motor skills (development of flexibility will be an advantage).

The main tools are outdoor and sports games, swimming, skiing, acrobatics. At the same time, technical and tactical gaps are eliminated.

The training noted in the competition continues to improve the most effective individual technical and tactics, skills.

In our opinion, the popularization and development of women's football in our country leads to the training of talented girls in clubs and national teams. This, in turn, will help to protect the honor of our country at international games, the Asian Championship, the World Cup and the Olympic Games.

In conclusion, it is important to note that the planning of the women's player should take into account the training, the physical state of the athlete, the individual characteristics of the athlete, the training process and the competitions. This, in turn, has a positive effect on the training of highly qualified female players.

References:

1. (2018). Decree of the President of the Republic of Uzbekistan "On Measures for Radical Improvement of Public Administration System in Physical Education and Sports", March 5, 2018.
2. Akramov, R.A. (2006). *Football*. (p.344). Tashkent.
3. Vyprikov, D.V. (2017). *Uchebno-trenirovochnyj process kvalificirovannyh sportsmenok v mini-futbole*. Moscow: FGBOU VO «RJeU im. G.V.Plehanova».
4. Ibragimov, M.B. (2018). *Football medicine*. (p.203). Bukhara.
5. (2018). Women's Sports: Opportunities and Prospects: A Collection of Proceedings of the Conference of Problems and Solutions. Bukhara, p.109.
6. Polishkis, M.S., & Vyjgin, V.A. (1999). *Football*. Moscow: Physical education, Nauka.
7. (n.d.). Retrieved 2019, from <http://www.krugosvet.ru.futbol.zhenski>
8. (n.d.). Retrieved 2019, from http://www.ladiesfc.ru.02_istoriya