

Standards for Modeling Professional Football Players in Terms of Physical Fitness

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Abstract

This article presents the results of control tests conducted by players of the national and Olympic teams on the importance of physical fitness of players in competitions and competitions.

Keywords: *training process, special durability, survival capacity of the lungs, physical development, cycle, special physical training, physical loads, heart rate reduction.*

In recent years, a number of measures have been implemented to take care of the health of our people, to form a spiritually and physically healthy generation, and to attract the population, especially young people, to football, which is a game of millions and has a special place in our country. Currently, football, which is the most popular and interesting sport among the world's population, is developing very rapidly. Especially, as a result of European countries attracting the marketing field to football, as well as increasing its viewership, the demands placed on it are also increasing. If we compare it with the 50-60 years of the last century, we can see that the appearance of football has changed in every aspect. Along with these changes, along with sports facilities, sports uniforms, and equipment, it can be seen that the body structure of the players, their physical performance and endurance have increased significantly.

In our country, especially after the years of independence, attention to football, like sports, has increased a lot. In particular, a number of decisions and decrees on the development of football were adopted. In the Decree No. PF-5887 of December 4, 2019, "Measures to take the development of football in Uzbekistan to a completely new stage", the concept of taking Uzbek football to a new stage by 2030 was adopted. In order to prepare football players from a young age and to select them, it is planned to create football skill schools in all regions of our country and attach them to professional football teams.

To turn football into the most popular sport of the population in Uzbekistan, to establish a system for selecting and selecting highly talented young people and training them as professional athletes, to make the country's football competitive with developed countries, to train football specialists based on international requirements and standards, to develop the activities of football clubs, The main task is to effectively organize the training process for the teams, to hold major international football competitions in our country, including the world and continental championships among teenagers, youth and women.

Physical training of players of our country's national and Olympic teams, professional clubs, increasing their endurance and creating a competitive environment in international arenas.

Watching the matches of our national team and clubs, which defend the honor of our country in international competitions, we can see that the main shortcomings observed in our players are their physical fitness and endurance. Unfortunately, Uzbek football has become a sore point of fatigue in the second half of matches, cases of conceding goals in the last minutes, or not being able to put enough pressure on the opponent in situations where pressure is required in the last minutes. But this problem is not a problem that is observed among our professional players and is solved only by finding a solution to this problem among professional players, but this problem is a systemic problem of our football, that is, it is necessary for us to develop a single system and standards for the development of physical fitness of young players. It is required that we study the indicators of physical fitness of players in the world's leading football countries, model our capabilities and start systematic work through this "road map".

The following systemic problems hinder the development of Uzbek football:

- the fact that the system for selecting and sorting talented children and teenagers does not meet the requirements of the time, the lack of quality reserves in our national team;
- The physical condition of our players is low and they do not meet international requirements. For example, not a single player from our national and Olympic teams failed to pass the "Yo-Yo" test for assessing special endurance and recovery speed;
- Organization of educational training processes and competitions between children's and youth football teams in the regions at a low level;
- There is no single training center for national football teams, which provides the opportunity to centrally conduct training and competitions;
- Most football teams' activities do not meet international requirements;
- A number of problems, such as the improper use of funds spent on football.

One of these problems is the fact that none of the members of our national and Olympic teams could pass the "yo-yo" test that determines special endurance. This shows that there are various problems in increasing the special endurance of not only adults, but also our young players in this system, and a lot of work needs to be done in this field.

In the decree, in the concept of bringing Uzbek football to a new stage by 2030, the modeled standards for the physical fitness of players:

This table shows the average indicators of improving the physical fitness of players playing in professional football clubs of Uzbekistan until 2030. So, now the time of our professional players to run 30 meters short distance is 4.25 seconds, developing this result over the years, it is set to record 4.18 seconds in 2030, and according to the forecast, an improvement of 0.07 seconds will be recorded. The average standing long jump in 2020 is 250 cm, and in 2030 this indicator shows 275 cm. In the 7x50 m sprint, the results of 2020 are 64 seconds, and this indicator will be 58 seconds in 2030, respectively.

According to the "Yo-Yo" test, it became clear that none of the members of our national and Olympic national teams, which we mentioned above, are at the required level. In 2020, the indicator will be 1300 m, and in 2030, the result will be reduced to 1800 m. As a result of the observations, errors in passing the ball made 45% in 2020, and by 2030, the concept aims to reduce the number of errors to 20%. Errors in aerial combat are set to decrease from 55% in 2020 to 30% by 2030, respectively. In-game cheating is set to decrease from 65% in 2020 to 35% in 2030.

If we analyze the results of this test, the ability of speed and strength is 47% in the players of our national team, and 53% in our Olympic team. It can be seen that the level of start speed is somewhat low. 8% in the national team and 17% in the Olympic team. Distance speed level is 61% in the national team and 68% in our Olympic team. The level of quick-endurance showed 65 and 70%, respectively.

In today's modern football, the role of physical training and special endurance and the requirements for it are increasing day by day. Analyzing the results, it shows that a number of things need to be done regarding these results for our professional football players in our country. For example, we can see that the level of starting speed is very low in our national and Olympic team members. It can be seen that the results are also low in quick-power skills. To develop the physical fitness and special endurance of football players, it would be appropriate to create a systemized complex of exercises, use the experiences of leading foreign experts, cooperate with leading football teams of foreign countries in training football coaches in our country, and organize practical-experimental learning. It is necessary to constantly control the physical fitness of players through the "Yo-Yo" test in football schools, sports schools of Olympic reserves, professional and amateur teams.

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