

Training Requirements for Developing the Coordination Ability of Football Players

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Annotatsion: This article describes the training requirements for the development of coordination ability of football players and the effectiveness of their application in training. The methods used in the training are described in detail.

Key words: soccer players, soccer coordination, agility and reaction speed, explosive power, reaction speed, training and competitions, balance exercises: balance boards.

Soccer, one of the most popular and dynamic games in the world, requires a combination of physical and mental qualities from players, among which coordination skills play a key role. In soccer, coordination refers to a player's ability to effectively and precisely control his movements in various playing situations, including the interaction between the eyes, hands and feet, as well as the overall positioning of his body in space. include management skills.

The main aspects of coordination skills in football

Balance and Balance: One of the key aspects of balance is the ability to maintain balance in both static and dynamic conditions. Players need to stay on their feet when bumping into opponents, swerving, and jumping. Good balance helps prevent injuries and improves game performance.

Agility and speed of reaction: Soccer requires an instant reaction to changing situations on the field. Agility includes the ability to change direction quickly and accurately, which is especially important when dribbling an opponent or avoiding a target. Reaction speed allows players to react quickly to an opponent's moves, passes or shots on goal.

Hand-eye coordination: Ball control is one of the most important skills in soccer. Players must be able to correctly control the ball with their feet and follow its movement with their eyes. This is especially important in passing, shooting and dribbling. Well-developed hand-eye coordination allows players to perform complex techniques and maneuvers.

Coordination of team actions: Football is a team sport, and a successful game depends on the coordinated actions of all players. Coordination in a team includes the ability to interact with teammates, perform tactical tasks, and act effectively in various game situations. This requires individual coordination skills and an understanding of team strategy.

Methods of developing coordination skills

There are different training methods to improve coordination in soccer:

- **Plyometric exercises:** These exercises develop explosive power and reaction speed, which helps improve coordination.
- **Agility games and exercises:** For example, playing tennis with a ball, various relay races, exercises using cones and ladders.
- **Special football exercises:** exercises aimed at improving ball control, dribbling, shooting and passing in conditions as close as possible to the game.

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- Balance exercises: Using balance boards, stability balls and other exercise equipment can help develop stability and body control.

Effect of coordination skills on football performance

A high level of coordination skills directly affects the performance of the game and the results of the team. Players with good coordination can control the ball better, avoid injuries and adapt to changing conditions on the field faster. Teams made up of players with well-developed coordination skills demonstrate high cohesion and tactical flexibility, which is the key to success in any level of play.

It is necessary to create favorable conditions for training and competitions. At the same time, it should not be forgotten that the player may face very different conditions in the competition. Therefore, he should be able to adapt to these conditions, and this can be achieved with special training.

In order to increase the skills and abilities of players during training, it is necessary to establish strict pedagogical and medical supervision during the entire training. The following are the main conditions for organizing training according to the purpose:

1. Gradualism in determining the norm of sports loads.
2. Proper encouragement of competition, training and recreation.
3. Optimal rhythm of sports activities.
4. Systematicity and consistency in the distribution of exercises, training and competitions.

Sports loads are gradually increased by increasing the total volume of work, training intensity and their duration.

This includes:

- A) to start work slowly during each training and competition;
- B) gradual return to work after rest, illness, injury and other interruptions in training (not training for a certain period of time);
- C) it is necessary to envisage gradual increase and decrease of sports loads in some parts, stages, periods of annual cycles.

Each practice and competition is preceded by a scrimmage. Its content is changed depending on the situation of the players and their individual characteristics and environmental conditions.

A special training regimen will be created for players whose training was interrupted and this interruption negatively affected their ability to work, and this will continue until they reach the level of training of the whole group. In this case, it is important not to speed up training, but to gradually introduce training to competitions.

Training cycles and inter-game cycles follow a gradual transition from competition and rest days to training, from moderate-load training to high-load training and vice versa. .

A cycle in which the loads are changed between two days of rest and then resumed in roughly the same order as the rest is called a training cycle. Competition is also a training tool.

A cycle in which loads are changed between two competitions, repeated approximately in the same order after each competition, is called an inter-game cycle.

The effect of physical loads on certain functions, as well as on recovery reactions, is determined by the types of exercises used, the speed and duration of their performance, the number of repetitions of exercises and the number of pauses between them.

Loads are divided into large, medium and small loads according to their size. Both special exercises (technical and tactical exercises) and non-special exercises (performed without the ball) are used in this.



It is very important to know the laws of recovery processes in the body of players after various sports loads. A number of signs (blood pressure, electrocardiogram readings, weight, measurement of arm muscle strength, tone of blood vessels, heart rate, electrical sensitivity of the eye: to additional loads) the effect to be shown, etc.) is studied.

Training and competition cause fatigue in the body of players; If the body is not given enough rest for complete recovery, especially for the recovery of nerve cells, this exhaustion can turn into exhaustion. Rest is an integral part of training, and during this rest, the player's body is organized in such a way that it maintains the increased capacity for work after each training session and competition.

Thus, coordination skills are an integral part of football training. Their development requires a systematic and targeted approach, including various training techniques and exercises. In modern football, coordination is becoming an important factor determining the success of both individual players and the whole team.

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