PEDAGOGICAL BASIS OF SPORTS SELECTION OF FOOTBALL PLAYERS

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PEDAGOGICAL BASIS OF SPORTS SELECTION OF FOOTBALL PLAYERS

ФУТБОЛЧИЛАРНИ ТАНЛАБ ОЛИШНИНГ ПЕДАГОГИК АСОСЛАРИ

ПЕДАГОГИЧЕСКИЕ ОСНОВЫ СПОРТИВНОГО ОТБОРА ФУТБОЛИСТОВ

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Abstract. This article is devoted to the problem of selection of talented sports reserves for a ‘big’ football, based on scientifically based regulatory requirements and tests. The system of selection of young talented football players is characterized based on scientific research of such leading specialists as A. Ayagu (2005), A. Ayashi (2009), R. A. Akramov (2005), M. A. Godik (2007), Sh. T. Iseev (2017), R. I. Nurimov (2005), A. I. Talibjanov (2012)

Keywords: football player, to choose, training, physical load, microcycle, mesocycle, macrocycle, tactical technician, physical training, sport uniform, pedagogical supervision.

Relevance of the topic. As in any other sport type, the achievement of high results in football depends on the functional state of the basic systems of the body and the level of physical and technical-tactical training of the athlete, manifested directly in the conditions of the competition. This is due to the fact that in its place will be selected players who will have the necessary high-level qualities for the players, will be able to quickly and well adapt to the loads that are characteristic of this type of sport, as well as effectively demonstrate their capabilities during the game [1-3]. We need to clarify some concepts and terms before thinking about the characteristics of the players’ selection process. This is due to the fact that almost many trainers practically talk about this or that aspect of the selection process and understand completely different concepts [4-7]. Therefore, according to many experts, selection is an organizational and methodological process aimed at determining the necessary abilities of children to specialize in particular kind of sport.
(V.P.Filin, N.C.Bulgakova and others). At the same time, selection is an organic and necessary part of the educational process, and the main task in sports training is to create the basis for achieving high sports results (M.S.Bril).

When we say orientation in sports, organizational and methodological activities of the complex character are understood, which are aimed at determining what kind of sport the child should be engaged in. So, the main task of orientation in sports is to choose the kind of sport that suits him by assessing the capabilities of a particular person.

Each type of sport puts a certain number of requirements on the organism of the athlete. However, any activity develops and improves in accordance with the laws of dialectics. In its place, the requirements for the athlete are also changing and developing.

In addition to the above concepts, there is also the concept of selection in football. This is a process aimed at the selection of players with almost uniform level of skills and preparation to an educated team (adolescents,youth,national teams of the country).

The problems of selecting talented children in football are very relevant. This is based on the fact that in the first place the football departments of the ASC and SASC can’t accept every applicant today.

It's no secret that football is the most popular game in the world, in which millions of boys and girls are interested. Football is considered the “king of sports” because it occupies an incomparable place in the development of the growing younger generation physically and spiritually [4,5,8]. However, today is the time to rethink the system of training the available sports reserves in football. It is known to all that our national football team has not been able to join the World Championship, the Olympiad since the 90-ies of the XX century, and the youth team have such a situation, and our place in the FIFA ranking is not at all enviable. The above cases require the search for ways to optimize the system of training new players [5,6,7].

Today, the optimization of the training process in football can be achieved by solving the following tasks:
- by improving the content of the organizational structure of the training process (macrocycle, mesocycle and microcycles);
- by increasing the effectiveness of technical-tactical and physical training of the participants;
- by achieving a qualitative recovery of the organism of young players after intensive physical loads (with the help of pedagogical,psychological and medical-biological means).

The above views served as the basis for the formulation of the aims and objectives of the work.

**Objective of the study:** to scientifically substantiate the theoretical and methodological views and circumstances associated with the physical training of the players and the selection of the children at the first stage of the multi-year training process based on the data analysis of the literature sources.

**Object of the research:** the process of training players at the first stage of the multi-year training process.

**Subject of the study:** theoretical-methodological cases of the choice of children to engage in football and the specific characteristics of the physical preparation of young players.

The following tasks were set before the study:
1. Summarizing the data on the problem under consideration based on the analysis of materials of literature and Internet sources.
2. Characterization of the features of the process of choosing children to engage in football.
3. To give a recommendation to the general theoretical situations associated with the development of physical qualities of young players.

**Research methods:**
1. Analysis of materials of literature and Internet sources.
2. Summarizing the advanced experiences of mature scientists, coaches and athletes.
3. Pedagogical observation of the process of competition and training of football players.

Researches were conducted in three stages:

**Stage I** – working with literature and Internet resources - from September 2018 to March 2019.

**Stage II** - conducting a survey among coaches and athletes, pedagogical observation of the training process, analysis of coaching documents - from October 2018 to April 2019.

**Stage III** - processing of research materials, preparation of conclusions and recommendations - from February to April 2019.

It is known that, as in any sport, in order to achieve success in football, it is necessary to have abilities that are endowed by nature. It will be much more difficult to determine this due to the fact that the players’ training begins from childhood (Table 1)

<table>
<thead>
<tr>
<th>No.</th>
<th>Country</th>
<th>Age of starting football</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Brazil</td>
<td>Age of 5-6</td>
</tr>
<tr>
<td>2</td>
<td>USA</td>
<td>4-5 (minimal age), 7 (average age)</td>
</tr>
<tr>
<td>3</td>
<td>Germany</td>
<td>Age of 5-6 (participate in competitions)</td>
</tr>
<tr>
<td>4</td>
<td>Russia</td>
<td>Age of 6-7</td>
</tr>
<tr>
<td>5</td>
<td>Ukraine</td>
<td>Age of 6-7</td>
</tr>
<tr>
<td>6</td>
<td>Uzbekistan</td>
<td>Age of 6-7</td>
</tr>
</tbody>
</table>

Sports selection is a type of professional selection, consisting of a system of tools and methods, whose indicators are endowed by nature, aimed at determining the individual who is suitable for the requirements of a particular sport.

Selection in sports are based on the followings:

a) to the knowledge of the requirements of the sports type;
b) scientifically based criteria, their listing descriptions;
c) to the process of testing of choice.

Selection process in sports concludes four steps:

The first stage of the selection of football players covers the period from 6-7 years of age to 9 years of age. Its purpose is to determine the speed, the coordination of movements in children, the speed-the qualities of strength and the ability to show endurance. The best tool for such diagnostics is the pedagogical observation of children in the process of outdoor games. In order to determine which task (specialization) the future football players will be able to perform on the field, it is possible to use the information in Table 2.

**Model indicators for the selection of 7-8-year-old football players for tasks (specialization) in the field**

<table>
<thead>
<tr>
<th>Age</th>
<th>Indicators of specialization</th>
<th>Goalkeeper and central defenders</th>
<th>Middefenders and flank defenders</th>
<th>Forwards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age of 7</td>
<td>Length of trunk, cm</td>
<td>122-126,4</td>
<td>116-121,2</td>
<td>122.5-127.7</td>
</tr>
<tr>
<td></td>
<td>Weight of trunk, kg</td>
<td>27-31,4</td>
<td>16-20,4</td>
<td>21.5-25.9</td>
</tr>
<tr>
<td></td>
<td>Running to 3x10 m, sec</td>
<td>10.3-10.5</td>
<td>10.0-10.5</td>
<td>9.6-9.9</td>
</tr>
<tr>
<td></td>
<td>Standing jump, cm</td>
<td>112.4-123.3</td>
<td>109.3-119.1</td>
<td>124.6-136.1</td>
</tr>
</tbody>
</table>
Here it is worth noting that some specialists [17, 33, 39, 43, 57, 68, 73] when choosing football players, children and adolescents who are not tall should be mistaken because “modern football’s technique limits the possibilities of players who are taller than the traditional one.” In the same place are the strongest football players in the world and Europe such as Z.Zidane, C.Ronaldo, R.Gullit, M. van Basten, D.Kipiani, A.Blokhin, P.Klyuvert, D.Bergkamp, from our compatriots I.Shkvirin, E.Shamuradov, A.Saliev, U.Bakayev, A.Ahmedov, A.Heinrich, T. Kapadze is enough to remind that they are tall enough.

The second stage of the selection of football players is from the age of 9-10 years to the age of 12-13 years. The purpose of this stage is the formation of training groups of sports schools on the account of successful children who passed the initial preparatory stage.

The last academic year in the initial preparation groups of sports schools and olympic schools is carried out during the last year of training.

This selection is carried out by the coaches of sports schools taking into account the following two main tasks:
- to study the level of health of children according to the medical dispensaries, to fulfill the control requirements, which are reflected in each textbook plans developed individually for each type of sport and designed for sports schools;
- to examine the growth rate of physical attributes.

Below is a list of control tests used in Ukraine to assess the comprehensive physical training of teenage football players (Table 3).

As noted above, the selection of children in sports is based on knowledge of the requirements of the sport. In most cases, such children are manifested during the games of strong players.

The third stage of selection is associated with the formation of sports improvement groups of schools of sport schools, Olympic reservesboarding schools and schools of sports skills. The main task of this stage is to determine the athletes whose future is bright, realistic. At this stage, the national teams of adolescents and young people are formed. In the process of qualifying candidates for the national teams, the level of morphological signs, physical, technical-tactical, mental training of players is taken into account.

**Table 3**

**Control tests to assess the comprehensive physical fitness of 9-10-year-old teenage football players**

<table>
<thead>
<tr>
<th>No.</th>
<th>Control tests</th>
<th>Control requirements</th>
</tr>
</thead>
</table>
| 1   | Frequency of movements, step/sec.          | Age of 9  
Age of 10 |
| 2   | When walking, running to 20 m. sec.        | 3.3  
3.1 |
| 3   | Running to 60 m. from standing start, sec. | 9.3  
9.2 |
| 4   | Standing jump, cm                          | 155  
165 |
| 5   | Standing jump to the height, cm            | 30    
35 |
| 6   | Throwing ahead with two hands filled ball | 7.0    
7.5 |
At the fourth stage of the selection, the contingent is determined, in which the indicators of sports results are estimated to increase to the level of international displays.

The composition of the national team of the country is determined by the coaches of the federation in order to participate in competitions of different levels according to the results of the training sessions, as well as the daily records of the players and the results of tests in special conditions.

Proceeding from the above, it is possible to draw the following conclusions and practical recommendations:

- the effectiveness of selection in football depends on the place and correct use of the control-regulatory requirements, which in many cases is the necessary function of the management of the process of determining whether children play this or that sport;
- selection by pedagogical factors is carried out in the process of pedagogical testing and implies an assessment of the speed of start and distance, dumbness and endurance in players;
- after the tests aimed at determining the specific results, before the coach stands the task of evaluating and interpreting them.

In order to be able to compare the results of different homogeneous tests expressed in different units of measurement, it is more convenient to use relative indicators that assess the degree of development of this or that physical quality in points;

- in assessing the level of physical training in children, the most effective is the 10-point scale, which is developed based on the results of multi-year and multi-number studies conducted on players;
- the result shown when passing this or that test can be easily converted into points based on the evaluation with the help of points, and these points are considered to be an indicator of the integral evaluation of the physical preparation of the player.

References:


Муаллифлар:

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