

Comprehensive Control of General Agility at the Initial Stage in the Process of Long-Term Training of Football Players

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Abstract: This article substantiates the feasibility of using comprehensive monitoring of general agility at the initial stage of long-term football player training. Based on an analysis of available specialized scientific and methodological literature, the author proposes tests for monitoring football players' agility.

Key words: dexterity, complex control, test requirements, pedagogical research, effective means, positive results.

Introduction. Agility is a complex psychophysiological quality that allows a player to instantly, without preparation, correctly perform the necessary motor action in a given situation [1,3]. A football player's agility is demonstrated in actions with and without the ball in constantly changing situations. Movements determined by the constantly changing situation, such as dribbling, dribbling an opponent, tackling, and shooting, require a player to possess not only strength, speed, flexibility, and endurance, but also dexterity. Furthermore, the duration and intensity of football matches, rich in combat, varied in technical support and climatic conditions, the sports season, and a player's entire football career significantly increase the demands on agility development, as it declines sharply with fatigue. It is no coincidence that the founder of kinesiology, N.A. Bernstein, in his classification of movement levels, placed dexterity in the highest place, leaving the rest of the physical qualities only the background prerequisites for its development [1].

Football experts believe that the speed and quality of execution of techniques depend on the ability to control one's own apparatus, but at the same time they note that there are often cases when a football player who deftly juggles the ball with all parts of his body during training turns out to be useless in simple game situations [2].

In this regard, the selection of adequate tasks when assessing the general agility of young football players at the initial training stage is of great importance.

Relevance. In football practice, simple, well-known methods [2 , 4 , 5] are used to assess, develop, and maintain agility. These methods provide little definition of this quality as such, only loosely linking it to football, and, furthermore, do not allow for a prompt (e.g., before an important game) assessment of an athlete's playing capabilities. These well-known methods are based on a variety of forward or reverse movements with or without the ball between specially positioned posts or other objects. Sometimes, the task of determining a football player's coordination capabilities [2 , 5 , 10, 11] or "special agility" [6] includes 1-2 rotations around one's own axis, forward or backward somersaults. Moreover, the test

distances do not correspond to a football field, and the small length of these distances (7–10 m or a 2 m x 13 m area) makes the error in measuring the test time with a hand stopwatch commensurate with the dynamics of results in the training process.

As for recommendations for improving agility, there are more than enough of them – acrobatics, slalom, water skiing, trampoline, active and sporting games and, of course, a wide range of different techniques on the football field [4, 6]. That is, exercises are needed “...that would equally affect the motor, vestibular, and visual analyzers” [4].

It's likely that using these recommendations in football practice brings some benefit, but how can this benefit be assessed qualitatively and quantitatively? How can the value of specific exercises be determined in general and in relation to football in particular?

Moreover, these same authors claim that dexterity is developed in childhood [4, 6], defining the age intervals of 8-9 years as the intensive period, 10 years as the sensitive period, and 11-12 years as the purposeful period [4], which, firstly, is doubtful [8], and, secondly, does not have objective confirmation. Moreover, N.A. Bernstein proved that dexterity does not disappear and is trained throughout a person's life [3].

The assessment of the agility indicators of football players as a quality, as well as its dynamics in the pedagogical and sports training processes, requires an objective assessment method.

In our opinion, such a comprehensive testing of the general agility of football players, as well as in the opinion of a number of authors [3; 4; 7; 8], should meet the following requirements: a) the test should simulate game situations that arise in the process of competitive activity; b) evaluate the attention, memory, eye and spatial imagination of the football player, c) when performing the test task, give a differentiated assessment that is varied in nature and loads on the vestibular apparatus, running, acrobatic and striking actions of the subjects, d) evaluate the speed of simple and complex reactions and especially RDO.

Methods. In our opinion, such a comprehensive test, which is essentially a tool for assessing a player's playing skill and operational readiness for the upcoming game, should help the coach address the following:

- evaluate the attention, memory, eye and spatial imagination of a football player when receiving a test assignment and when preparing for testing;
- continuously orient the athlete towards the opponent's goal, for which he must perform the entire complex of movements in the penalty area, and the final goal of the test must be the football goal;
- evaluate the football player's ability to handle the ball while dribbling, dribbling and in the final striking phase; e) evaluate his ability to powerfully and accurately hit the opponent's goal sectors not defended by the goalkeeper from the eleven-meter mark (tolerance zone ± 0.5 m), for which the latter must have the necessary markings;
- provide a general quantitative assessment of the player's playing skill and readiness for the game with the obligatory presentation of specific values of playing speed and the level of this skill;
- ensure ease of perception and organization of execution for all test participants, regardless of age and athletic qualifications; i) based on the speed of passing individual sections and the entire route as a whole, ensure the graphical construction of an evaluation profile, the dynamics of which will characterize the process of the athlete's participation in the stage and long-term sports life of the team.

Objective. To address these objectives, we used a complex test, the route of which consisted of six stages (7). We modified it slightly. Considering that, worldwide, goals, goalkeeper's areas, and penalty areas with penalty kick coordinates have constant standard dimensions, and that testing, a necessary component of the training process, should continue to develop a stereotype for attacking the goal, we

strictly tied the test distance to these constant components of the football field.

Results: In the first stage, the subject runs at maximum speed from the right corner of the penalty area to the right corner of the goal area, and then to the intersection of the right line of the penalty area with the goal line of the field and back to the starting point, demonstrating a fast run with sharp turns when changing the direction of movement.

In the second stage, after at least three rotations around the starting point, for example, clockwise, the athlete performs at least two forward somersaults. Then, jumping through the inner holes, he or she zigzags across eight 13-inch diameter tires, arriving at the starting point of the third stage (the twenty-meter mark on the outer line of the penalty area), demonstrating spatial orientation, precision of movement while navigating a complex spatial trajectory, and vestibular function. The minimum number of rotations and somersaults was determined experimentally based on the impact on the subjects' vestibular system.

In the third stage, the footballer, having completed at least three turns around his vertical axis, for example, counterclockwise, then does two somersaults backwards and, quickly jumping to his feet, runs in a "snake" pattern backwards around five car tires, placed vertically with an interval of 2 m between them - to the left corner of the penalty area.

In the fourth stage, he overcomes a living obstacle as quickly as possible, running in a "snake" pattern between five players standing along the right side line of the penalty area at intervals of 2 m, and imitating the aggressive behavior of opponents, and at the point where the left border of the penalty area intersects with the goal line, a soccer ball is waiting for him (the fifth stage), with which the subject begins a reverse high-speed zigzag run between the same players, who continue their aggressive imitation of intentions. Having rounded the marked right corner of the penalty area (the beginning of the sixth stage), the footballer rushes at maximum speed towards the 11-meter mark and shoots at the goal with maximum force, trying to hit, for example, the top corner.

Following the pilot testing, the test was implemented into the educational process at the Chirchik Olympic and Paralympic Sports Training Center, for which a corresponding implementation document has been issued. This method effectively and efficiently assesses the playing potential of football players of any age and skill level. The developed method is an effective tool for managing the educational process of football player training.

Conclusions.

1. It's advisable to develop general agility during the "sensitive" (precocious) period, using techniques appropriate for each age group. The most effective methods are those that equally engage the motor system, vestibular, and visual analyzers. A wide range of ball techniques is also recommended.
2. To monitor a football player's overall agility as a quality, as well as its dynamics during athletic training, an objective assessment method is necessary. Specifically, it should assess attention, memory, visual acuity, and spatial awareness. When completing the test, provide a differentiated assessment of young football players' running, acrobatic, and striking actions, which vary in nature and stress on the vestibular system.
3. Processing the results of such testing of all team players using well-known methods of mathematical statistics will allow not only to derive an overall assessment, but also to differentiate individual team preparation at all stages of the multi-year training and competitive processes.

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