

SPECIAL ENDURANCE OF HIGHLY SKILLED FOOTBALL GIRLS DEGREE ANALYSIS

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***Key words** Special endurance control to do high qualified players, training process control.*

This is the analysis of the Dolzarbligi World Championship-2018, European Championship-2020, Asian Games showed that the composition and organization of team and group technical-tactical actions in modern football has changed. The intensity of game actions has increased, the game functions of soccer girls expanded, maximum and submaximal speed actions volume, of skill a lot edge. These directions increase the volume of pre-prepared programs of collective game actions based on improvisational movements of players, increasing the speed of technical and tactical techniques according to education to the player system new approaches are required done

A football player's playing performance depends to a large extent on his level of physical fitness being of high technical skill to appear basis can be .

One of the tasks of training football players in the preparatory phase is to increase their level of special endurance. Studying the methodology of assessing the level of special training opens up new opportunities for pedagogical creativity, helps to choose funds more rationally, taking into account the different roles of players and their personal abilities. Therefore, it is of particular interest to study the level of endurance

of players participating in the national championship.

Work purpose - high qualified football player in girls special endurance level analysis to do .

Used methods: theoretical scientific sources and foreign the experience analysis to do pedagogical test, mathematical statistician. 7x50m shuttle run and YO - YO test are special used as a test to assess the level of endurance. Olympic term in research team 34 candidates a woman football players participate in girls did

Research results and their discussion. Average performed by football players indicators in tests we studied.

It turns out that most athletes have a special level of endurance to model values did not match. The best result in the "7x50m" sprint was achieved by A.B. and - 71s by note done. half protector football player of girls results analysis averageresult 82.0 s that showed. They are game during of the team protection and attack actions participating in the organization, maintaining a high level of motor activity during the game standing need

« YO - YO » according to conducted results analysis that's it showed that 34 (8.8%) from only three person football players girls F T-and - 1700m, A. N-va - 1680m, m. Sh-va - 1620m required standard do it took

Thus, summarizing the results of the research test, it should be noted that the majority football player of girls special endurance level modern requirements answer did not give

Conclusions

1. Literary of sources analysis that's it shows that of players special physical preparation level evaluation problem high qualified for players is relevant.
2. of the country Olympia Term to the team candidate of girls special endurance level demand answer does not give
3. Training in the process study of downloads common in the amount anaerobic-glycolytic direction share increasing downloads structure again review necessary.

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