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RESULTS OF SPECIAL-TECHNICAL TRAINING AT THE BEGINNING OF THE PEDAGOGICAL EXPERIMENT ON THE STUDY OF THE EFFECTIVENESS OF DEVELOPING THE BALANCE ABILITY OF AMPUTEE FOOTBALL PLAYERS AND THEIR DISCUSSION

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Abstract:
The article focuses on special training and technical preparation during the training phase of amputee football players, and examines the general differences in the results obtained by the players at the beginning of the experiment.

Keywords: Amputee players, technique, physical condition, training, special training, technical training, parasports.

Introduction

In our republic, special attention is paid to the development and popularization of physical culture and sports, in particular, sports included in the Paralympic program, along with Olympic sports, and large-scale work is being carried out. Consistent measures are being implemented to "identify talented young athletes in parasports and introduce modern and effective training programs and methods aimed at developing the skills and abilities of training professional athletes capable of ensuring their worthy participation in international sports arenas." Analysis of scientific and methodological literature on the methodology for improving the pre-competition training process in highly qualified amputee football players showed that a large number of issues have not been studied, including the need to solve the problem of using means for the development of basic physical qualities in the process of basic and competitive training of amputee football players to achieve the necessary level of work capacity, as well as to study their ratios.

A number of decrees and resolutions adopted by the country's leadership and the Cabinet of Ministers will serve as the basis for carrying out work in this direction. This dissertation research, to a certain extent, serves the fulfillment of the tasks stipulated in the Decrees of the President of the Republic of Uzbekistan No. UP-5114 dated May 18, 2021 "On Additional Measures for the Development of the Paralympic Movement," No. UP-5279 dated November

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5, 2021 "On Measures to Further Improve the Quality of Formation of the Reserve of Athletes in Olympic and Paralympic Sports by Radically Improving the System of Sports Education," No. UP-5281 dated November 5, 2021 "On the Comprehensive Preparation of Athletes of Uzbekistan for the XXXIII Summer Olympic and XVII Paralympic Games 2024 in Paris (France)," in the Resolution of the President of the Republic of Uzbekistan No. PP-414 dated November 3, 2022 "On Measures for Further Improvement of the System of Personnel Training and Scientific Research in the Field of Physical Culture and Sports," in the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. PP-599 dated October 14, 2022 "On Measures to Organize the Activities.

Based on the analysis of materials from scientific and methodological literature and data from our own practical experience, in order to determine the special and technical training of amputee football players, if we consider the results obtained during the control process at the beginning of the experiment in the subjects of the experimental group using six tests, then according to the first test, the running time with the ball along zigzag chips for 30 meters was set in seconds, and the subjects numbered 6.7.5 showed a high result, i.e., a result of 8.74, 10.43, 10.93, according to the 2nd test, the time of balancing the ball on the foot (specified in seconds, and in 1.3, 5.10, 2.48, 2.87, 2.63, 2.27 seconds, we can see that the participants performed better than others. (table 1)

Table 1 Indicators of special training and technical preparedness of amputees of the experimental group, recorded at the beginning of the pedagogical experiment, and their main statistical characteristics (n=10)

Indicators of special and technical training						
№	Running time with the ball along zigzag chips for 30 meters (sec.)	Ball balancing time on the foot (sec.)	Passing through chips to hit the ball (sec.)	Deceiving the opponent through wall barriers	Right, left Going out between chips to hit the goal	Coordinate shot to a ball coming from the air
1	14,86	2,63	12	4	6	4
2	12,92	3,14	9,98	3	7	5
3	13,91	2,27	12,79	5	5	3
4	11,95	4,06	10,14	3	8	5
5	10,93	2,48	13,66	4	7	3
6	8,74	3,37	7,75	6	5	4
7	10,43	4,45	6,85	4	7	5
8	13,86	4,18	11,05	4	5	6
9	14,97	3,34	12,86	3	7	4
10	12,41	2,87	13,54	5	6	4
$\overline{X}$	12,50	3,28	11,06	4,10	6,30	4,33
σ	1,75	0,56	1,77	0,74	1,20	0,73
V, %	13,99	16,96	15,97	17,95	18,98	16,96

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Note: for convenience and conditionally, the indicators of special and technical training are indicated in tables and diagrams in the following order:
1-running time with the ball along zigzag chips for 30 meters (sec.); 2-time of balancing the ball on the foot (s.); 3 - hitting the ball after passing through the pins (30 meters) s.; 4-Deceiving the opponent through wall obstacles (10 attempts), 5-Going out between right and left markers to hit the goal (10 attempts) and 6-Adapting the shot to the ball coming from the air (corner kick) 10 attempts.

In order to determine the special and technical training of amputee football players, if we consider the results obtained by six tests in the control process at the beginning of the experiment in the subjects of the experimental group, then according to the first test, passing through the chips and hitting the ball (30 meters) was determined in seconds, according to this test $\overline{X}$ ±σ = 4.20±4.10, deceiving the opponent through wall obstacles in 10 attempts $\overline{X}$ ±σ = 6.20±6.30, hitting the ball coming from the air (corner ball) in 10 attempts $\overline{X}$ ±σ = 4.14±4.33.

Table 2 Comparison of the main statistical characteristics of the indicators of special and technical training of amputees of the control (n=10) and experimental (n=10) groups, recorded at the beginning of the pedagogical experiment.

	Control group			**Experimental group**		V, %	AF	NF	t	P
Test	$\overline{X}$	σ	V, %	$\overline{X}$	σ					
1	12,50	1,75	13,99	12,73	1,73	13,62	0,23	1,83	0,29	>0,7
2	3,28	0,56	16,96	3,19	0,50	15,61	0,09	2,78	0,39	>0,6
3	11,06	1,77	15,97	11,25	1,76	15,64	0,19	1,74	0,24	>0,8
4	4,10	0,74	17,95	4,20	0,74	17,62	0,10	2,44	0,30	>0,7
5	6,30	1,20	18,98	6,20	1,16	18,63	0,10	1,59	0,19	>0,8
6	4,33	0,73	16,96	4,14	0,69	16,62	0,19	4,39	0,60	>0,5
							0,15	2,46		

Note: CG-absolute difference, EG-relative difference (in percent);

Generalization and analysis of the data presented in this table show that the results recorded at the beginning of the experiment on tests characterizing the performance indicators of special-technical movements studied by amputee football players in the control and experimental groups involved in the pedagogical experiment are close to each other. In particular, at the beginning of the pedagogical experiment, the arithmetic mean and standard deviation values of the results of the control group of figure skaters in the studied 1st test, the time of running with the ball along zigzag chips for 30 meters (s) were $\overline{X}$ ±σ = 12.50±1.75 seconds (coefficient of variation V = 13.99%), while in the experimental group these indicators were $\overline{X}$ ±σ = 12.73 ± 1.73 points (coefficient of variation V = 13.62%). At the same time, it was

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found that the absolute difference in the arithmetic mean values of the results of the control and experimental groups at the beginning of the experiment was 0.15 points, and their relative difference (relative to the corresponding indicator of the control group) was 2.46% (Diagram 1).

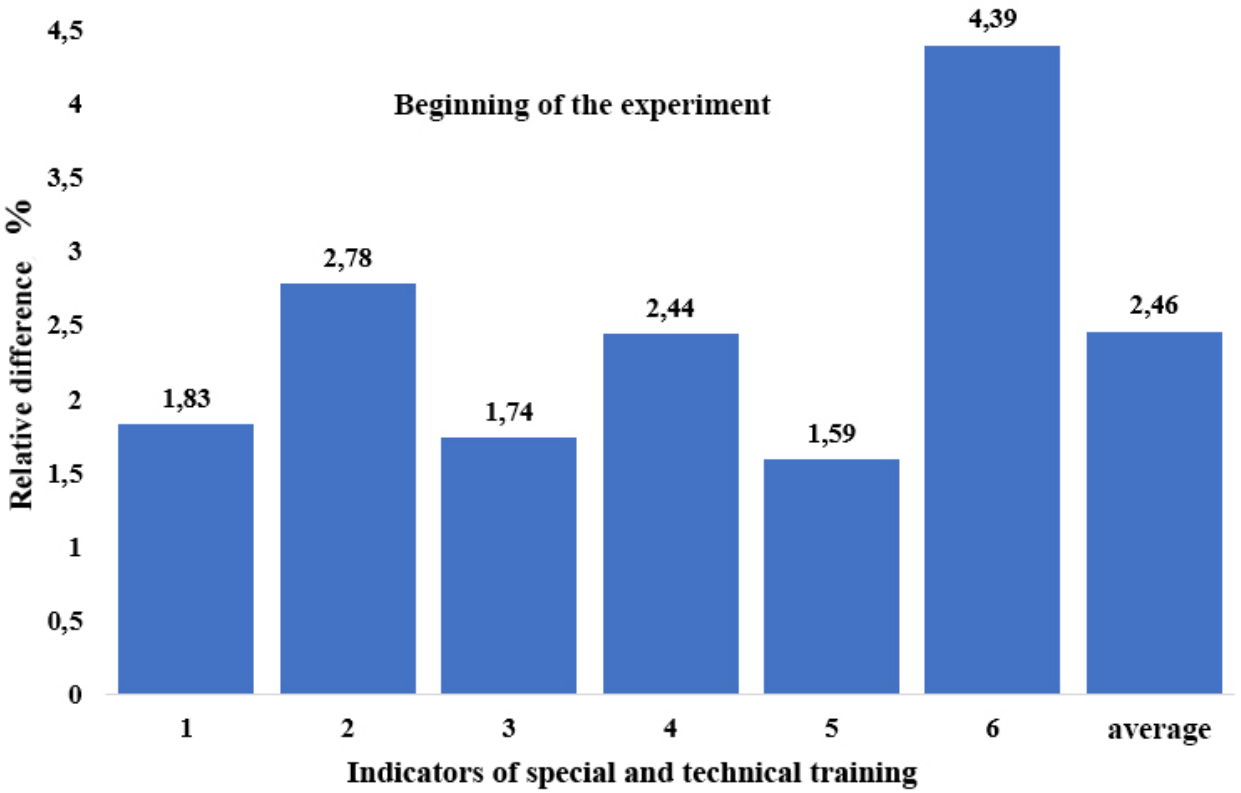

Figure 1. Diagram of the relative differences in the arithmetic mean values of the indicators of special and technical training of amputees - subjects of the control and experimental groups, recorded at the beginning of the pedagogical experiment (in percent).

At the same time, at the beginning of the pedagogical experiment, the smallest relative difference was found in the 2nd test, i.e., in the indicators of the time of balancing the ball on the foot (s.) (1.83%), and the largest relative difference was found in the 6th test, i.e., in the indicators of the 10th attempt of adapting to the ball coming from the air (corner kick) (4.39%).

Conclusion

In the comparative analysis of the test results, a positive influence of the chosen methodology on the development and improvement of motor indicators in amputees was observed. After analyzing the methods and means of developing football technique for the formation of athletes' motor abilities, it became preferable to use separate exercises, integral exercises, and their types as restructured developmental training sessions. When studying the technical elements of football, it is always necessary to pay attention to special training. It is necessary to use simple

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exercises, perform them in different directions, change the movements of the limbs, the amplitude of movements, and the speed of movement in the stadium. At the same time, the stability of the coordination ability of amputees improves, muscles develop emotions as a result of learning various exercises.

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