



## Selection Method of Admission of Young Football Players to The Football Department (1 stage)

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**Annotation:** The article provides information on the selection of young players for the training of football players. Along with this, tests are given for selection and its standards are indicated. Based on the selection, it is indicated that children can be selected based on the sum of their scores.

**Key words:** football, selection, methodology, football school, test, qualification, demand.

## Style of Choice of Young Football Players in Admission to the Football Department (Step 1)

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education and sports

**Annotation:** The article provides information on the choice of young players in the reception of players in the category of preparing players. At the same time, tests were given for selection, and its standards were specified. Based on the selection, it is shown that children can be selected based on their indicators in accordance with the number of honey.



**Keywords:** football, selection, style, football school, test, qualifications, requirements.

**Abstract:** The article provides information on the selection of young players for the training of football players. Along with this, tests are given to choose from and its standards are indicated. Based on the results of the selection, it is indicated that children can be selected according to the sum of their points.

A football game is also common among children and young people in our country. This explains the fact that the football departments of sports schools (ISM) are not capable of accepting all volunteers. Because the main task of these schools is to work with a selected contingent of children and to prepare highly skilled players.

Choosing a natural selection when choosing will not solve the problem of preparing deputies (reserves). Along with incompetent children in this case, children who are capable, that is, usually are not adequately prepared for special qualities, but have high potential (opportunities), also drop out of football school.

Young trainers use different criteria to select the most capable children, but these criteria are in many cases in a one-sided or subjective position. At the same time, the selection work is generally neglected or, more often, coaches work according to the technical and tactical skills and skills that children display in monitoring games and have previously been decided. Children's capabilities based on speed-force qualities and movement coordination, quick thinking, high willful qualities, as well as the rapid adaptation of new material are not taken into account.

Nowadays, the work of selecting young players should be well organized from start to finish. Initially, it is necessary to take measures to attract children and ensure that they come to sports schools in a public manner. First of all, it is desirable to select candidates from the soon-to-be-located residential areas and school, in which case it will be easy to organize and inspect the multi-year



preparation process. Volunteers should be notified about this long before the reception begins. However, only publishing in a newspaper or broadcasting on television and radio does not yield the necessary results. It is the best tool for curators to come to schools and notify children four to five days before the start of the selection work. Children must bring a certificate of their health from a school doctor to their entrance exams.

Until the start of the selection work for sports schools, it is necessary to establish an admissions commission and carefully prepare inventories, training locations, monitoring "stations," as well as make statements to record the results.

Modern football imposes various and high requirements on the physical qualities, health, and spirituality of athletes. When choosing young players, their general and special abilities are emphasized. The least attention will be paid to the level of technical training, that is, to "know how to play." This criterion does not take into account the preparation of a young footballer for the competition. Studies have shown that there are children who, when entering the football department, do not have very high technical and gaming performance, but because of their high level of physical and psychological factors, their technical and tactical skills grow rapidly.

In the first selection there are complex indicators that can be used. This includes six tests and metrics.

1. Importantly, often considered inborn running speed. To evaluate the qualities of speed, it is recommended to run for 30 meters.
2. Speed-power capabilities play a major role in the development of capabilities. This can be assessed through the height of jumping up, running and depinted on two legs.
3. Another quality is epoch. It will be difficult for him to develop after the age of 12-13. When choosing, it is necessary to take into account the general and special epoch.
4. Special coordination is evaluated by dribble (5 circles deception).
5. One of the most important spiritual qualities needed is the ability to understand and target the game.



6. The final stage of selection is "the intensity of the game and the quality of warfare."

Thus, in the first phase, 6 tests and indicators will be evaluated during the game. This selection program is designed to accept entrance exams from 30-50 children.

To do this, you need to organize the selection process well. Control tests should be accepted into 4 stations. At the first station, 30 meters of running is accepted. The second is jumping upwards. In the third station, general epoch is assessed. The fourth assesses the ability to carry balls and distribute attention when deceiving circles. Perception (or thinking) of the game is determined in the process of a two-way mini football game.

The number of honey that young players have fallen has been determined, and their price is provided through the following schedule of evaluation standards. After analyzing the results of the admission exams, the assessments will be announced. A group of children who achieve positive grades will be selected. Players with higher indicators but unable to pass the test can be taken to the group of candidates. Their homework is given to them for half a year or a year, and then they can be re-examined. Therefore, the first stage is completed.

Methodology for selecting young players in the second phase.

In the second phase of selection, talented ones are distinguished from young players. To accomplish this goal, the first-stage tests will not yield positive results. The analysis showed that to evaluate the development of ability, it is necessary to use a slightly different circle.

1. Hitting the ball at a long distance with a foot – 3 times. The best result counts.
2. Test for technique. Walking the ball from corner to center of the penalty area, "deceptively" cross obstacles 3 m from each other and hit the gate. From the left and right corners are given two chances. The ball must enter the gate. The best result counts.
3. Test for special coordination. "Deceive" circles with balls with little time. A good result from two possibilities is taken into account.
4. General endurance assessment is carried **out with a run to 300** meters.



5. Uses methods used in psychological and physiological research to evaluate gaming activity. The average result is determined after **10-12** attempts.

How to estimate the growth rate?

To do this, after the first phase, additional testing of the selected children's results is necessary.

Then, through the results of six tests, it is the sum of points. Later, after a year or two of training, testing will be conducted through the complex of exercises provided, and the honey collection will be determined again.

The pace of growth is determined before training and one or 2 years after training, depending on the difference in points collected . Children who have difficulty improving sports are often more spiritually stronger. Therefore, much attention is required by the coach on their diligence and diligence.

Selecting able children is only half what has been done. It is necessary to determine the ability, properly develop and form it.

**Gradation of test results in elementary specialization**

Tests & Indicators	Before the start of training (10 years old)			After a year of training (11 years old)			After two years of training (12 years old)		
	Well	satisfying	unsatisfactory	Well	satisfying	unsatisfactory	Well	satisfying	unsatisfactory
Running to 30 m	5,3-5,5	6-5,8	5,9-6,1	5,0-5,2	5,3-5,6	5,7-5,9	5,0-,5,	5,3-5,5	5,6-5,8
Jumper	31-34	0-26	25-22	36-33	32-28	27-24	40-37	36-31	30-27
General epoch complex	23-24,5	5-27	27,5-29	21-23	23,5-25,5	26-28	20-21	21,5-23	23,5-25
5 circle cheats	10,5-12	2,1-13	14-15,7	9,8-10,7	10,8-12,4	12,5-13,5	8,6-9,6	9,7-10,8	10,9-12
Perception of the game	4		2	4	3	2	4	3	2



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Intensity in the game	4		2	4	3	2	4	3	2
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Attachment: If the results at a separate rate exceed the "4" gradation, The price "5" will be insertion, and if it is less than the "2" gradation, the price "2" will be insertion.

### Gradation of Results Growth Assessment

Test & Indicators	Before the start of training (10 years old)			After a year of training (11 years old)			After two years of training (12 years old)		
	Well, satisfying, unsatisfactory			Well, bloody, unsatisfactory			Well, satisfying, unsatisfactory		
Long distance shot	22-20	19-16	15-13	26-23	22-18	17-15	28-26	25-22	21-19
Carrying the ball, deceiving. Concussion	10,6-11,1	11.3-13,3	13,4-15,0	8,7-10,7	10,8-12,3	12,41-3,4	8,0-8,9	9,0-10,9	11,0-12
"Deceitful" circles, slalom	10,5-12,0	12.1-13,9	14,0-15,7	9,8-10,7	10,8-12,4	12,5-13,5	8,6-9,6	9,7-10,5	10,9-12,0
Quick thinking, memory in a gaming environment	3,8-3,3	3,2-2,8	2,7-2,2	3,8-3,4	3,3-2,7	2,6-2,2	4,0-3,8	3,7-3,2	3,1-2,7
Running to 300 m	67-72	73-79	80-85	64-67,5	68-71	71,5-74	57-60	61-65	66-69
Difficult reaction of choice (by hand)	480-510	511-561	560-590	470-506	507-551	552-595	400-435	436-472	473-505



Thus, based on the rules governing the selection of children for football compliments, there will be a shortage of highly qualified players who will introduce U.S. football to the world in the future.

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