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INFORMATION TECHNOLOGY IN THE TRAINING OF HIGHLY QUALIFIED FOOTBALL PLAYERS

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Key words: Information technology, training process, highly qualified football players.

Abstract: This paper presents an analysis of information technologies used in foreign professional football clubs. An analysis of the application of modern technologies in football teams in Uzbekistan is also provided. Proposals are made for revising the coaching training system using the latest technologies.

Information technology has become a ubiquitous part of the work of professionals working in various industries. Its application is widespread, for example, in document management, database creation, and so on. In many sports, such technologies are being integrated into the training of elite athletes.

They are especially used where it is impossible to assess the level of athlete's preparedness by conventional means and where special computer programs, knowledge and skills are required, for example, biomechanical analysis of the athlete's movement technique, modeling of tactical schemes for conducting sports competitions, analysis of the functional state of athletes, assessment of human adaptive capabilities to physical activity, etc. [1; 3].

Information technologies, which have become an integral part of society, are a set of methods and software and technological tools that ensure the collection, storage, processing, output, and use of information, which facilitates widespread distribution and ensures a reduction in the labor intensity of the processes of implementing information resources [2].

The use of such technologies makes it possible to determine various aspects of an athlete's preparedness and, therefore, to develop a special training program for him.

Modern football hasn't remained aloof from the demands of the times, gradually saying goodbye to sketchbooks and colorful magnets on whiteboards. In the digital age, tactical sketches are moving from paper to digital format, taking on new nuances and helping to win titles.

Professional football teams competing in world championships are of greatest interest in determining modern football development trends. It appears that only an analysis of the competitive performance of the world's strongest football teams and players can reveal football development trends.

Thus, analytical materials from the 2018 FIFA World Cup, held in Russia, allowed us to summarize the playing experience of leading football teams, assess the players' physical fitness, their technical skill, and modern tactical approaches. The tournament's results were widely discussed at various international coaching forums.

At the same time, an analysis of the literature on the development of highly skilled Russian football players reveals the insufficient use of modern information technology by specialists. Issues related to the use of information technology in the management of professional football teams in our country are not only insufficiently covered in the specialized literature but also have not been adequately applied in practice. This underscores the relevance of this study.

The aim of this study was to examine the use of information technology in the training of elite football players.

To achieve this goal, a questionnaire was developed for coaches of teams participating in the national championship and football specialists to answer questions about the use of information technology in their professional clubs.

The results were as follows: 16 football clubs use statistical analysis software provided by various analytics firms to analyze their competitive performance. Two teams (Pakhtakor and Lokomotiv) use statistical data from the Russian firm "Instat" when analyzing their past games, while the remaining clubs use analytical materials from the Tashkent firm "Futbol Pro." The packages of services and statistical indicators vary among them. This is where the use of information technology in our professional clubs ends.

No major league football club has a dedicated coaching analyst who can provide the head coach with not only statistical data on their team's performance, but also provide significant assistance in the following areas:

- creating a database on the volume and focus of training loads over a given period of time;
- creating a database on the performance of players, both their own team and opponents;
- finding new players (technical scouting);
- assessing the speed of players' recovery after matches or training loads, etc.

Many international clubs use high-precision, cutting-edge GPS trackers, giving coaches and staff access to data on speed, distance covered, and overall player workload. Using an advanced, high-precision system, the sensors capture GPS and GLONASS satellite signals at a frequency of 10 hertz per second, doubling the accuracy of their measurements. Using this data, the coaching staff develops individual programs for each player based on their specific goals. Furthermore, the sensors show the athlete's workload, allowing players to see when they exert maximum effort during training.

Planning individual programs allows coaches to achieve high levels of uniformity in the players' specific physical fitness, which in turn allows for the selection of aggressive attacking tactics.

The "PlayerLoad" indicator can also be used during a player's recovery from injury, which is crucial for avoiding forced training.

Many coaches are unaware of the existence of such systems, as are the instructors who conduct coach licensing courses. The coaching training system needs to be changed and the study of such information technologies incorporated into the curriculum.

Analysis of the recent World Cup revealed that factors that determined the team's success included the players' high level of individual technical skill and mobility, as well as the high quality of their passes, especially short ones. Based on the performance of our players at international tournaments, many experts have come to the same conclusion: our athletes are noticeably behind their foreign counterparts in ball control.

This indicates that coaches devote little time to refining the technical elements of the game. Many technical moves are performed by our players during training while stationary or moving at slow speeds, meaning the conditions under which they are performed do not meet the requirements of the game. The coach has no data on the speed at which the player moved during training or the intensity with which he performed the exercises. For example, the Bayern Munich team records every team training session with four video cameras.

Around 1,200 performance indicators are analyzed per training session. The head coach is provided with an analysis of each player's performance throughout the entire session (volume, accuracy, speed and velocity of the player, etc.). With this information, the coach can manage the training process.

Thus, we currently lag significantly behind foreign clubs in the implementation of information technology.

New training technologies in sports are a system of specific theoretical developments and practical actions that organize the process of athlete training in a strictly defined manner in accordance with new scientific knowledge about the human body. These technologies must be used in the training of our football players.

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