THE EFFECTIVENESS OF METHODS TO INCREASE THE FAST ENDURANCE OF MAIN REFEREES IN FOOTBAL

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Abstract: *This is article was presented the results of identifying the advantages and disadvantages of different categories of football referees by studying and comparing the performance of special tests, to determine the effectiveness of tools aimed at developing special endurance. Endurance is the ability of a person to perform any strenuous work for a long period of time. General and special endurance. This article will serve to increase the knowledge of future referees and young scientists in this field. Analysis of the effectiveness of the method of increasing the fast endurance of main referees of various categories. The interval method has been widely used to develop and improve fast endurance. The Statistics of indicators of special strength of hats of different categories. Some effective tests for checking referees. Twenty referees from Uzbekistan Football Association. The test of «YO-YO». The performance indicators of the test standards by the main referees are approximate.*

Keywords: *Football, referee, endurance, sports, training, efficiency.*

INTRODUCTION: Football, which is still the game of millions, is developing rapidly in our country, and many reforms are being carried out in order to develop this sport and ensure the coordinated participation of our national teams in prestigious competitions. In particular, our dear head Sh.M. Mirziyoyev's Resolution No. PP dated March 16, 2018 “On measures for the further development of football in Uzbekistan” and Decree No. PF 58-87 dated December 4, 2019 ”on measures to bring football in Uzbekistan to a completely new level”identified new tasks that will be implemented in this area. Among these tasks, the issue of increasing the level of physical fitness of referees is also relevant in order to increase the judicial potential and prevent negative aspects in various forms (1). Experiments are currently being conducted aimed at bringing the physical fitness of players to the level of international standards, while the problem of increasing the physical fitness of referees requires speeding up the picture of judicial activity, ensuring acceleration of the game picture. According to research from sources focused on refereeing, mistakes made by referees during matches are most often associated with insufficient physical fitness (4,5). Referees can make a lot of mistakes in the last minutes of a match in each section. First of all, this is due to physical exhaustion, which leads to a decrease in concentration and a decrease in the speed of decision-making. This negatively affects the quality of the game, increasing the likelihood that the referee made a mistake when evaluating the game episode.

Endurance-long of any action activity of a person to do without lowering its effectiveness over time ability.

The duration of work is ultimately limited to fatigue resistance in connection with the fatigue of the body to fatigue it can also be expressed as the possibility of tolerance. Fatigue-long labor of the organism as a result of heavy activity over time

a condition characterized by a decrease in capacity. He, after the beginning of the work, appears over a certain period of time, and the activity it manifests itself in the inability to do with the previous effect. Fatigue development will take place in 3 stages:

The phase of compensated exhaustion, difficulties despite the fact that a person, first of all, partially controls the biomechanical structure of volitional attempts and actions. It's time to keep the same pace through changes.

The stage of decompensated exhaustion, all human despite all efforts, it was not possible to preserve the effect of activity. If the work continues in this state, then after a while it's time to abandon it.

The phase of complete exhaustion. ... periodicity in a state of fatigue in the figure, when performing movement actions, speed, length of steps and frequency changes are shown (for example, skating).

In the phase of compensated exhaustion, the length of steps decreases despite the fact that the speed increases with increasing frequency of steps is maintained. Fatigue is the primary force of muscle contraction as a result of the force of repulsion from ice and a decrease in speed, a decrease in the length of steps the face gives. The frequency of steps plays the role of a compensatory mechanism here and shows that the speed does not change dramatically until a certain moment condemns. Steps in the decompensated burnout phase despite the increase in frequency, the speed begins to decrease. Stable 120 the first and second exhaustion in people under the same conditions, the phases occur later, even in the phase of complete exhaustion, the speed of the ability decreases more slowly than in others.

Therefore, one of the most pressing issues facing football specialists today is improving the physical fitness of referees, including indicators of motor activity during the game. Internal indicators of endurance: human fatigue in the state of the central nervous system, cardiovascular, respiratory, changes in the endocrine and other systems.

The endurance of other physical abilities of a person depends on the level of development. Based on these it is proposed to use two types of indicators:

Absolute-strength, speed and coordination abilities without regard to development.

Relative-strength, speed and coordination abilities , taking into account development.

Endurance of football referees refers to endurance from the very beginning of the game the ability to continue playing activities to the end without relaxing the ability is

understood. The ability of endurance is again an ability to resist fatigue. The four categories of fatigue in sports practice can be found as follows: mental, sensory, emotional and physical fatigue. These four categories of fatigue are also characteristic of a football referees. Naturally, it is in him that the weight of physical exhaustion is greater. The players for the right approach to the methodology of endurance education athletes are responsible for the nature of the game activity and ulaming during the game , it is necessary to take into account the falling load. As you know, players ' activities take place in areas that intersect: short on the one hand , the time of passing work at maximum intensity is 5-8 seconds (fast running, acceleration, jumping, wrestling, and the like); on the other hand , the game time is 90 minutes, which is an average performance indicator. If the training consists of moderate work to work with maximum intensity, taking into account the negative impact, then in football it becomes clear that the problem of endurance is a very serious problem. In determining the styles of endurance education in football players, it is necessary to distinguish between general and special endurance in them. When we talk about general endurance, we usually mean work, even serious work with a discrepancy on average or for a long time without interruption , the ability to perform is understood. The special endurance of the players in the ability to maintain the required pace until the end of the game is a manifestation of. Endurance of a football player refers to endurance from the very beginning of the game the ability to continue playing activities to the end without relaxing the ability is understood. The ability of endurance to resist fatigue again . Four categories of fatigue in sports practice you can meet the following: mental, sensory, emotional and physical fatigue. These four categories of fatigue are also characteristic of a football player. Naturally, it is in him that the weight of physical exhaustion is greater. For the players, for the correct approach to the methodology of endurance training, athletes are responsible for the nature of the game activity and ulaming during the game, it is necessary to take into account the falling load. As you know, players' activities take place in areas that intersect: on the one hand, the time of passing work at maximum intensity is 5-8 seconds (fast running, acceleration, jumping, wrestling, etc.); on the other hand, the game time is 90 minutes, which is an average performance indicator.

If a workout consisting of moderate work to work with an axial intensity, if we take into account the negative impact, then in football it becomes clear that the problem of endurance is a very serious problem. In determining the styles of endurance education in football players, it is necessary to distinguish between general and special endurance in them. When we talk about general endurance, we usually mean work, even serious work with a discrepancy on average or for a long time without interruption, the ability to perform is understood. The special endurance of the players in the ability to maintain the required pace until the end of the game is manifested .

To develop general endurance, it usually takes a lot of time to use exercises related to movement. For example, Fast walking at 800-2000 m, running, 3-5 km cross-country, skiing, swimming and so on. These exercises are performed at a moderate pace while athletes while they are in the early stages of the preparatory period, they are still in a serious condition they are performed when they are not ready for the work being done with the help.

LITERATURE REVIEW.

Much research has been accomplished on the development of thefootball in the world.

For example theoretical and methodological foundations of sport development and the football affecting it are highlighted in the studies of Soloveev, M.M. (Soloveev M.M.) (Budogosski). E.A. Turbin Koshbakhtiev I.A. Monitoring of the motor activity of football referees of various qualifications. Problems of the referee's relationship with the participants of the match and its relationship with the quality of arbitration in football.

Analysis of the effectiveness of the method of increasing the fast endurance of main referees of various categories.

METODOLOGY. In total, 20 main referees of the 1st and 2nd categories registered by the Football Association of Uzbekistan took part in the observations. At the same time, 10 referees were formed into an experimental group. The results shown in both groups on the test of 7x50 (seconds) and "yo-yo" (meters), and their statistical characteristics, the results of statistical reliability of changes in these indicators during the pedagogical experiment are presented.

In the process of training the referees of the experimental group, special complex exercises were compiled and the amount of funds aimed at rapid endurance in these exercises was normalized. Below shows the weekly normative indicators of funds aimed at developing rapid endurance at the basic stage of the referees' preparatory period. This table shows approximate normative indicators of the use of means adapted to the anaerobic dire ction, Means aimed at improving speed endurance in a weekly microcycle at the basic phase of running, mainly for short distances with a maximum

RESULTS

Normative indicators of the use of means aimed at increasing the operational endurance of referees of the experimental group at the stage of basic training of the preparatory period

The interval method has been widely used to develop and improve fast endurance. At the same time, the use of funds in the mode of maximum and submaximal intensity set the repetition interval in strict order. Tools focused on fast endurance were implemented mainly in the form of running different distances in different parts of the field, increasing the length of time and gradually reducing rest intervals.

The analysis of the performance indicators of the testing standards by the main referees showed the following.

The results of the experiment on the control group are presented in Table and their statistical characteristics show that among the referees who participated in the tests, the greatest absolute positive change in the test "wet running 7x50 meters" (-3 Sec.) two participants, namely Bozorov, Saidov and Sobirov, the worst result was Zamirov (+1 Sec.) and Smolov (-1 Sec., ie. during the result of the experiment is equal to 1 s. only improved). The remaining 5 referees showed a result of -3 s . In this test, the coefficients of variation calculated at the beginning of the experiment (V = 3.79%) and at the end of the experiment (V = 3.67%) based on the results shown by a group of referees participating in the test showed that the level of training of participants in the group was almost the same. (Tables 2.3) During the experiment, the participants were evaluated by the referees for 1.90 seconds with the arithmetic mean of the positive change in their results in this exercise and by 3.04% with the arithmetic mean of the relative change. However, the results shown by the participants in the group showed that the arithmetic mean changed statistically significantly during the experiment (t=1.85 and R>0.05).

A Shuttle test called the "yo-yo" test (this test was developed by the Yang Bengsbo from Denmark the essence of which is to perform intense interval physical activity, that is, an interval test designed to develop (determine) endurance and the ability to recover after performing this load (interval recovery test)), as the referees showed at the beginning and at the end of the experiment, the greatest change in the

	Monday	Aerobic running 3 - 4 km, from 130-150 cc./min. Running at a pace of 3 - 4 km, 160 - 170 cc./min.
	Thuesday	Races for 150 meters 12 - 15 times, From 165 -175 cc./ min (training can be increased to the last),
	Wednesday	In anaerobic mode, run 300 meters 5-6 times, spend 180 cubic meters more / min., recovery 2-3 minutes
	Thursday	March 10 - 12 60 - 80 runs per meter, 140-150 dice./ yes.
	Friday	Running 8-10 times in the 40 meters at maximum speed, recovery is 120-130 dice./per minute
	Saturday	Runs 8 -10 times with 90% of the maximum speed of 40 - 60 meters
	Sunday Relaxation	

results was made by Ashirov (160 m.), and the smallest positive change-by Nosirov (20 m.) became relevant. The change in the indicators of the other participants in this exercise during the experiment is 40 m. and 60 m. fluctuates between them. During the experiment, the participants estimated the arithmetic mean change in the positive results of the referees for this exercise by 60 meters, the relative change -by 9.29%.Even in this exercise, the results shown by the participants in the group showed that the arithmetic mean changed statistically unreliably during the experiment

(t=1.84 and R>0.05). The results of the pedagogical experiment and their statistical characteristics for the experimental group, presented in Table 3, the largest absolute positive change in the test "Shuttle running at a distance of 7x50 meters" among the referees who participated in the tests (-4S.) in four participants, namely najafaliev, Ismailov, Suyunov, Tursunov, the worst result in Choriev (0 C., i.e. the result did not change during the experiment). The remaining 5 referees showed results of -3 s . it was discovered that he had changed for the better.In this test, the coefficients of variation calculated on the basis of the results shown by a group of referees participating in the test at the beginning of the experiment (V=4.97%) and at the end of the experiment (V=7.23%) showed that the level of training of participants in the group was almost the same.During the experiment, the participant evaluated the referees by 3.10 seconds with the arithmetic mean of the positive change in their results in this exercise and by 4.91% with the arithmetic mean of the relative change.

However, the results shown by the participants in the group showed that the arithmetic mean changed statistically significantly during the experiment (t=2.20 and R<0.05).

At the beginning and end of the experiment on the "YO-YO" test, the largest spread of results shown by the referees of the experimental group was in Nadzafaliev, Khudoiberganov and Tursunov (80 m.), and the smallest positive change in Norsafarov (40 m.) became relevant. The change in the indicators of the other participants in this exercise during the experiment is 60 m. Founded by ni.During the experiment, the participating referees were assigned an arithmetic mean of 64 meters for a positive change in their results in this exercise, with an arithmetic mean of 10.63% for the relative change.

Even in this exercise, the results shown by the participants in the group showed that the arithmetic mean changed statistically significantly during the experiment (t=3.15 and R<0.01).

Thus, a higher and statistically reliable change in the arithmetic mean values of the results shown by the test referees who participated in the experimental group for the studied tests, compared with the corresponding indicators in the control group of changes in arithmetic mean values during the pedagogical experiment, allowed us to confirm the high efficiency of the methods and tools used in the experimental group.

In CONCLUSION The results of studying the control tests and preparat ory programs available in the process of training referees, and the results of studying the distances they have traveled on the field clearly showed the problem of increasing their physical fitness.

It has been experimentally proved that the development of fast endurance is possible due to a clear rationing of loads and the organization of simulation tools for game situations when organizing weekly microcycles in the training process of referees.

A set of exercises has been compiled to increase the general and special endurance of referees during the preparatory period and methods of application have been developed taking into account the degree of impact of loads.

On the basis of post-experimental results, control group indicators were statistically unreliable (R>0.05), and the results shown by participants in the experimental group found that the average arithmetic value changed statistically reliably during the experiment (t=3.15 and R<0.01).

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