METHODOLOGY FOR USING PREFABRICATED BARRIERS IN DEVELOPING MOVEMENT SKILLS AND ABILITIES IN 13-14 YEAR-OLD FOOTBALL PLAYERS AT THE TRAINING GROUP STAGE

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Annotation. *This thesis highlights the methodology for using set barriers in the formation of motor skills and abilities in 13–14-year-old football players at the training stage. The complex of special exercises performed over precast barriers is aimed at developing the speed-strength, coordination, and special endurance qualities of football players. The procedure for performing exercises, the height of obstacles, the distance between them, the number of attempts, and the rest interval are justified.*

Keywords: *football, young footballers, motor skills, motor proficiency, combined barriers, speed, speed-strength, coordination, special endurance.*

Today, the sport of football captivates everyone with its appeal and the intensity of fast-paced play. Therefore, it requires the execution of technical and tactical actions in world arenas. Nevertheless, all components of training are linked to the level of physical fitness formation. Therefore, improving the physical fitness of young football players and developing them from session to session is of great importance. When we study many game processes under pedagogical observation, we can see that there are sufficient shortcomings in terms of physical fitness. Therefore, based on the analysis of the training sessions and friendly matches conducted by us, we studied the preparatory sessions and developed the following set of special exercises for them.

In order to form the motor skills of young football players, a set of exercises performed through a set of combined obstacles (such as stable support, explosive jump, firm start, and attacking rapid stride) is presented, and these exercises are recommended to improve the level of technical preparation.

According to this, a set of prefabricated barriers is first developed, and this set of barriers rises from a height of 10 cm to a height of 110 cm. The advantage of using this barrier lies in the fact that we can develop speed, speed-strength, and speed-strength endurance by placing the barrier at the required height.

In this exercise, 10 obstacles are placed at a distance of 10 m, one meter apart. It is placed at a height of 10 cm to 55 cm.

This exercise is performed by jumping over obstacles first on the left, then on the right and paired legs. We start by jumping from the right, left, and paired legs one after another.

This set of exercises is mainly used in the main part of the training, at the stages aimed at developing speed and speed-strength qualities. They are also effectively used in the basic and developmental microcycles of the preparatory period, especially on training days when it is necessary to develop speed, jumping, and starting speed (see Table 1).

Table 1.

A set of exercises performed over obstacles, used in the formation of motor skills in 13–14-year-old football players in a training group

No.	Exercise name	Procedure	Repetitions	Time / Distance	Rest
1	Stable Support (Lateral Movement over Hurdles)	The athlete moves consecutively to the right and left alongside the hurdles, lifting the legs high while maintaining body balance. Particular attention is paid to maintaining balance and stability of the supporting leg. Number, height and spacing of hurdles: 10 hurdles / 20 cm / 70 cm.	1–2 repetitions	10–15 s	1 min
2	Explosive Jumping (Two-Leg Hurdle Jumps)	The athlete clears each hurdle by performing a powerful two-legged vertical jump. A 1-second pause is maintained after each landing before proceeding to the next hurdle. Number, height and spacing of hurdles: 10 hurdles / 40 cm / 1 m.	1–2 repetitions	25–30 s	1.5–2 min
3	Powerful Start (Hurdle Jumps Followed by a 20 m Sprint)	The athlete clears the hurdles using two-legged jumps and immediately accelerates into a maximal-speed 20 m sprint. Number, height and spacing of hurdles: 10 hurdles / 20 cm / 70 cm.	3–4 repetitions	10–12 s	2 min
4	Attacking Speed Step (Hurdle Jumps Followed by Ball Dribbling)	After clearing the hurdles, the athlete receives the ball and performs a high-speed dribble over a distance of 15 m. Number, height and spacing of hurdles: 10 hurdles / 20 cm / 70 cm.	3–4 repetitions	20–25 s	2 min
5	Sample video guide for exercises performed over precast barriers				

The presented methodology is applied 2-3 times a week for 8 weeks. The manual includes a comprehensive approach aimed at developing players' speed-strength qualities, coordination abilities, and specific endurance characteristic of the game.

Conclusion

A complex of special exercises performed using precast barriers can be used as an effective methodological tool in forming the motor skills and abilities of 13–14-year-old football players. The ability to change the height of the barriers and the distance between them allows the load to be adapted to the level of preparation of the players. The systematic application of exercises creates conditions for the comprehensive development of speed, speed-strength, coordination, and special endurance qualities.

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