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Practical Study of Preparation Conditions in Competition Activities of Hockey Teams

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A B S T R A C T
For the first time, an attempt was made to study the results of the competitive activities of amateur hockey players from Uzbekistan. Differences between the training of the world's leading hockey teams and hockey players from Uzbekistan were studied.

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In hockey, the effectiveness of ball control is one of the decisive factors. Only a team that knows its own strength and the strength of its opponent can succeed on the field. Therefore, mini-hockey players need to develop not only their technical skills, but also conduct targeted training on tactical preparation.

Knowing the secrets of the game strategy and tactics should be the task of every qualified athlete.

A hockey player in a competitive environment must be able to properly control his opponent, quickly enter favorable situations, that is, open up to empty zones, make timely passes, have the ability to shoot at the goal in various and necessary situations, and be able to effectively use tactical tasks such as deceiving opponents.

One of the most important aspects of hockey is that every hockey player has the ability to "read" the game. That is, it is important to be able to observe every move of his opponents, to sense their intended moves, and to counter them. Because, as is known, due to the small size of the hockey field, the opponent's players have the opportunity to quickly complete their offensive moves when they miss a chance.

Another important aspect is the ability of the hockey player to subordinate his actions to the actions of the entire team, to be in sync with the team. Because tactics show the style and form of the team's play, and at the same time reflect the mutual actions of a specific hockey player or group of hockey players.

In hockey tactics, most of the moves in big hockey tactics can be cited as examples. But each of them reflects the characteristics of hockey, and certain differences in the execution of movements can be noted.

In the works developed on hockey, attempts were made to study the magnitude and direction of competition loads (S.N. Petko, V.N. Kalinsev), the analysis of game systems (A.A. Polozov), the physical fitness of athletes (Kraynov, D.M. Konurov, A.E. Babkin, S.A. Aytkulov,) the effectiveness of training young athletes (Erdonov O.L. 2008), etc. V.V. Golovkova tried to study the factors affecting the effectiveness of competitive activity.

Currently, most of the dissertations developed were carried out on highly qualified athletes. There are

very few works specific to mass hockey, amateur sports or children's sports, and research is required in this area. Because it is no secret that today the process of training hockey players of different ages and qualifications needs to be improved.

According to the research conducted by O.L. Erdonov, the total volume of movement activity performed by highly qualified hockey players during a match is on average 2250 m. Of these, 830-850 meters are covered by hockey players at high speeds. The volume of slow running movements is 46-50% of the movements and covers a distance of 1125-1150 m.

The volume of movement activity of hockey players participating in the competitions of the Higher League of Uzbekistan was 1858 meters. The volume of distance covered in fast shots was 872 meters (44.4%), slow running was 741 meters (40.2%), and walking was 243 (24.5%) meters.

The total volume of movement activity of young hockey players was on average 1845 m. Of these, 444 meters are covered by hockey players at high speeds. Studies show that the volume of slow running movements makes up 40-50% of movements, and the average distance is 444 meters.

O.L. Erdonov (2008) studies provide information on the technical and tactical movements performed by athletes during their competitive activities. In particular, the author shows that hockey players participating in the Uzbek Higher League competitions perform an average of 186.3 technical and tactical movements per match. The efficiency of movements is 89.5%.

According to the results of observations at international matches, one hockey player (Shamsai, Iran) can make up to 40 shots during a match. This corresponds to 12.7% of his total moves. The author indicates that the most frequently used technical and tactical moves by hockey players are passing moves (37.6%) and blocking moves (35.2%).

The results of the competition activity of a hockey player participating in the competitions of the Higher League of Uzbekistan by O.L. Erdonov (2008) show that: the average number of passes is 74.2 moves, the efficiency of which is 34.7%. Blocking the ball is 64.2 moves, the efficiency of which is 32%. The total number of moves is 190.4 moves, the efficiency of which is 88.8%.

The results of the actions performed by young hockey players are as follows: passes make up 30.6% of the total number of moves, dribbling is 11.1% (29 moves), and the total number of moves is 204.8. The efficiency of dribbling is 11.5%, the efficiency of passes is 25.5%, and the efficiency of taking the ball is 25.5%, and the overall efficiency of young athletes is 75.6%. The following coefficients are used to assess the competitive activity of hockey players: efficiency (accuracy) is the ratio of successful moves to all technical and tactical moves; the efficiency of shots on goal is the ratio of the number of goals scored to the total number of shots on goal (efficiency can be calculated separately for quick, positional attacks and standard situations); The effectiveness of offensive actions is the ratio of the number of attacks to the total number of attacks (attacks that end with a shot on goal are considered effective attacks); the effectiveness of defensive actions is the ratio of the number of inaccurately executed attacks by the opponent to their total number; the goalkeeper's pass-fail rate is the ratio of the number of shots saved by the goalkeeper to the total number of shots on goal; the advantage coefficient is the ratio of the number of attacks by team A to the number of attacks by team B; the intensity of the game is the sum of the attacks performed by both teams during the match; the activity of the link (indicates the intensity of the technical and tactical actions of the link).

One of the effective ways of playing hockey is to carry the ball and deceive the opponent. By effectively using different forms of carrying the ball and moving at different speeds, a hockey player can get into favorable situations and shoot at the goal. In particular, as a result of the effective use of moves to deceive the opponent, a hockey player has more opportunities for such opportunities.

There are also specific aspects in performing moves to deceive the opponent or carry the ball. It is not always possible to use these moves, or if there is an opportunity, it may not always be effective to use these moves. On the contrary, by using these moves in the wrong situations, a hockey player can lose the ball and create an unpleasant situation towards his own goal.

Therefore, when one of the partners is in a comfortable and free position, it is tactically correct to pass the

ball to a partner rather than trying to outwit the opponent or carry the ball. By passing the ball, it is possible to give more intensity to the offensive actions of your team.

The effectiveness of managing the training of athletes, in particular hockey players, can be expressed in a number of parameters. As mentioned above, one of the most important aspects is the correct organization of the training process of hockey players. When organizing the training process, the aspects of using loads must be taken into account. It is also important to monitor the level of impact of loads on the athlete's body and make the necessary changes.

When carrying out such activities, it is impossible not to think about the methods of control and analysis of the results obtained.

In recent years, in many sports, the organization of training by determining and measuring pulse values has been effectively implemented. In this regard, we can talk about pulse meters that are currently widely used (especially in the training of foreign athletes). One of the most common pulse meters, and today we can cite Polar devices as an example. The founder of the pulse meter is Seppo Saynayakangasga (Finland) in 1975. He had the idea to produce a pulse meter while walking in front of his house.

In 1977, the professor founded Polar Electro OY, a company that creates wireless devices that monitor the heart rate of professional athletes, and this company will continue to grow in the future.

It all started with a walk in front of the professor's house. While skiing, he met his dear friend. And his friend works as a coach. They talked about how to accurately measure the heart rate of athletes during training. From that day on, Seppo devoted his life to this work. As a result, he achieved this. In 1979, he managed to obtain a patent for his first product. And after 3 years, the first serial production of heart rate monitors was launched (The Sport Tester PE).

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