INNOVATIVE APPROACHES TO THE USE OF INFORMATION TECHNOLOGIES IN THE TRAINING OF HIGHLY QUALIFIED FOOTBALL PLAYERS

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INTRODUCTION
In recent years, our republic is undergoing the process of forming an information society, which sets the task of informatization of the education system. For free orientation in information flows, a modern specialist of any profile should be able to receive, process and use information using computers, telecommunications and other means of information technology. This fully applies to specialists in physical culture and sports.

Computer technology is increasingly entrenched in the conservative football world. For the first time, computers were used in sports to track the actions of football players. Modern scouting systems are able to calculate the exact number of technical and tactical actions (passes, selections, martial arts) for each player. A special program stores video cuts for each game episode. Increasingly, modern technologies are used during training sessions. New simulators allow you to accurately determine the physical condition of football players. Using this data, the manager can create an individual schedule for each player.

Information technologies have firmly entered the sphere of activity of specialists working in various industries. Their application is carried out everywhere, for example, maintaining documentation, creating databases, etc. In many sports, such technologies are being introduced into the process of training highly qualified athletes. They are especially used where it is impossible to evaluate the level of preparedness of an athlete by conventional means and where special software programs, knowledge and skills are required, for example, biomechanical analysis of the athlete's movement technique, modeling of tactical wrestling schemes, analysis of the functional state of athletes, assessment of the adaptive capabilities of a person to physical load, etc.

MATERIALS AND METHODS
Information technology, which has become an integral part of society, is a set of methods and software and hardware that ensure the collection, storage, processing, output, and use of information, which contributes to the wide dissemination and reduces the complexity of the processes of implementing information resources.

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

Modern football, which is gradually saying "goodbye" to drawings in notebooks and colored magnets on boards, has not remained aloof from the demands of the time. In the digital age, tactical sketches are changing paper format to electronic format, taking on new shades and helping to win titles.

The greatest interest in terms of determining the current trends in the development of football is represented by professional football teams that take part in world championships. It seems that only an analysis of the competitive activities of the strongest football teams and players in the world can reveal the trends in the development of football.

Thus, analytical materials on the results of the FIFA World Cup 2014, held in Brazil, made it possible to summarize the game experience of the leading football teams, to judge the physical condition of the players, the level of their technical skills, as well as modern tactical options for building games. The results of the tournament were widely discussed at various international forums of coaches.

At the same time, the analysis of the literature on the problem of training our highly qualified footballers

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indicates the inadequacy of the use of modern information technologies by specialists. Issues related to the use of information technologies in the management of a professional football team in our country are not only insufficiently covered in the special literature, but also have not found their proper application in the practice of work. This determines the relevance of the research undertaken.

The purpose of the work is to study the use of information technologies in the training of highly qualified football players. To achieve this goal, a questionnaire was developed in which the coaches of the teams participating in the national championship and football specialists had to answer the question of the use of information technology in their professional clubs.

The results were as follows: 16 football clubs use data from a statistical analysis program provided by various analytical firms to analyze their competitive activities. In order to analyse the past game 2 teams (Pakhtakor and Lokomotiv) use statistical data from Instat (Russia), the rest of the clubs use analytical material from Futbol Pro (Tashkent).

No super league football club has an analyst coach who would prepare the head coach not only statistical material on the game of his team, but could provide significant assistance in such matters:
- creating a database on the volume and direction of training loads for a certain period of time;
- creation of a database on the gaming activity of football players, both of their team and their opponents;
- search for new players (technical scouting);
- the speed of recovery of the body of football players after matches or training loads, etc.

Many foreign clubs use high-precision, advanced GPS trackers that give coaches and staff access to data on speed, distance traveled and overall player load. Using an advanced system with high accuracy, the sensors pick up signals from the GPS and Glonass satellites at a frequency of ten hertz per second, thereby doubling the measurement accuracy. According to the data obtained, the coaching staff draws up individual programs for each player, depending on specific goals. In addition, the sensors show the amount of work that the athlete is performing, and you can see at what moments of training the players spend the maximum amount of effort.

Planning individual programs allows the coach to achieve high uniformity in the level of special physical fitness of the players, which in turn allows choosing an aggressive attacking tactics of playing actions.

The "PlayerLoad" indicator can also be used during a player's recovery from an injury, which is very important, to avoid forced training.

Many trainers are unaware of the existence of such systems, as well as the instructors who train trainers in licensing courses do not know about them. It is necessary to change the system of training of coaching personnel, to include the study of such information technologies in the training program.

The analysis of the last World Cup showed that among the factors that determined the success of the team was the high level of individual technical equipment of the players and their mobility, the high quality of passes, especially short ones. As a result of the performance of our players at international tournaments, many experts came to a consensus - a noticeable lag between our athletes and foreign ones in the technique of ball possession.

RESULTS

This indicates that the coaches devote little time to improving the technical elements of the game. The most of techniques are performed by our players in training in a static position when a footballer moves at a slow speed, i.e. the conditions for their performance do not meet the requirements of the game. The coach does not have data on how fast the player moved during training, with what intensity he performed the exercises. For example, in the Bayern Munich team, each team training session is recorded from 4 video cameras. About 1,200 indicators per training session are analyzed. The head coach is provided with an analysis of the performance of technical techniques for the entire training session by each player (volume, accuracy, how fast the player moved, etc.). With this information, the coach can manage the training process.

Thus, at present, our lag in the introduction of information technologies from foreign clubs is very large. New training technologies in sports are a system of specific theoretical developments and practical actions that organize the process of training athletes in a strictly defined way in accordance with new scientific knowledge about the human structure. They must be used in the training of our teams ' players.

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