

A SET OF SPECIAL EXERCISES TO INCREASE THE LEVEL OF SPECIFIC PHYSICAL PREPARATION OF FEMALE FOOTBALL REFEREES

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Annotation: The article is devoted to the development of a special set of exercises aimed at improving the physical fitness of female football referees and evaluating its effectiveness.

Key words: Special physical training. Speed, endurance, agility, special set of exercises, scientific research, sports pedagogy.

Relevance: In today's era of globalization and the rapid development of sports, football has become one of the most popular sports not only among men, but also among women. According to FIFA and the AFC, the number of women's football players has increased by 35% over the past decade. At the same time, the number of female referees is also increasing sharply. The main task of referees is to ensure fairness in the game, make correct and quick decisions, and maintain the continuity of the game. However, in order to move at high speed across the field and, if necessary, take the right position ahead of the players, the referee must be in high physical condition.

The specific physical training of female referees is based on the following areas:

1. Speed and agility
2. Aerobic and anaerobic endurance
3. Strength training
4. Coordination
5. Mobility and injury protection
6. Psychological preparation
7. Recovery

Studies show that a referee who is not physically fit enough feels tired in the second half of the game and may make mistakes in decision-making. This directly affects the outcome of the game. There is a high need to develop special training programs for female referees in particular and to implement them regularly. Women's football is also developing in our country, and seminars and training sessions are being held to improve the skills of female referees. However, systematic scientific work aimed at improving their special physical fitness is insufficient. Therefore, this topic is relevant and has not only theoretical but also practical significance. The main goal of the study is to develop a set of exercises that will improve the level of special

physical fitness of female football referees, determine their effectiveness, and develop practical recommendations based on the results obtained.

Research Discussion: The study was conducted with the participation of 15 female judges aged 20–30. The special program was conducted for 8 weeks, 3 times a week. The program included the following exercises:

Interval running (20×40 m speed up and slow run), 5 minutes — easy walk or easy run (warm-up), 30 seconds — fast walk / easy sprint, 1.5 minutes - walk and rest 8–10 repetitions, 5 minutes — cool down.

Agility-drill (zigzag running with cones).

Plyometric jumping exercises (vertical and horizontal jump)

Strength training - Squat (sit-stand) — 10–15 repetitions, Push-ups (bend the elbows with the hands on the floor) -6–10, Glute bridge (lift the buttocks) - 12–15, Plank (static position) - 20–30 seconds, Superman (strengthen the back) -10–12.

The table below compares the results before and after the program

1-table

Indicators	Initial result	The final result	Change (%)
40 m dash (sec)	6.7	6.1	-8.9%
Direction change test (sec)	12.4	11.2	-9.6%
Durability (Yo-Yo test, m)	1020	1240	+21.6%
Vertical jump (cm)	32	36	+12.5%

Conclusion: The study showed that a specially designed set of exercises significantly increases the physical fitness of female referees. Improvements in speed, endurance, agility and jumping ability help them perform their activities effectively on the field. If this program is used regularly, the professional training of female referees will be even higher.

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