

Physical education and health

(elective course)

*Methodical instructions for practical classes of VI year students majoring in
222 "Medicine"*

MINISTRY OF HEALTH OF UKRAINE

Kharkiv National Medical University

Physical education and health

(elective course)

Methodical instructions for practical classes of VI year students in the specialty 222 "Medicine"

Approved

by the Academic Council of KhNMU.

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Topic 1: Basic provisions and movements in football. Moving, kicking the ball, hitting the ball with the head, stopping the ball, driving the ball, distractions (feints), taking the ball, throwing the ball, juggling the ball. Special exercises for the development of physical qualities of football players. Exercises of game character.

Duration of teaching the topic: 2 lessons, 4 hours.

Rationale for the topic: Football develops strength, speed, endurance, agility, courage, determination, perseverance, willpower, a sense of camaraderie. Every football player has the opportunity to cultivate initiative, independence and creative activity, but he must not forget about the interests of the team and interaction with teammates. for the development of physical qualities of athletes, exercises of a game nature.

The purpose of the lesson: to acquaint students with the basic provisions and movements in football, special exercises for the development of physical qualities of athletes, exercises of a game nature.

Graphological structure of the topic:

Lesson plan

1. Introduction	30 min
2. Test of knowledge of the passed material	30 min
3. Consideration of the main provisions in football	45 min
4. Consideration of special and game exercises	45 min
5. Summing up	30 min

Educational and material support of the lesson:

1. Sports equipment is needed to achieve a specific goal (athletic equipment, loads of various weights, exercise machines, balls for sports games, cuff belts, gymnastic mats, etc.).
2. Stopwatch, sports whistle, guidelines.

Technological map of practical training

№	Training material	Methodical instructions
1	Checking the knowledge of the passed material	Survey of students.
2	Consideration of the main provisions in football	Know the basics of football
3	Consideration of special and game exercises	Know special and game exercises

Contents

Football as a means of forming the need for a healthy lifestyle. Football is not just a means of physical culture, but a means of influencing the personality, the formation of the most significant personality traits - collectivism, discipline, the ability to subordinate their own interests to the interests of the team, as well as the need for a healthy lifestyle.

Basic positions and movements in football: movement of kicks on the ball, head kicks on the ball, stopping the ball, driving the ball, distractions (feints), taking the ball, throwing the ball, juggling with a ball.

Movement in football includes running, jumping, stopping, turning. Running is the main means of transportation in football. Jumps are used when performing certain methods of strikes, when stopping the ball and in some feints. Stops are an effective way to change direction. There are two methods of stopping: jump and lunge. Turns allow to change the direction of movement of football players with the minimum loss of speed.

Soccer kicks are a major component of the game's techniques.

Kicks. Kick the ball with the inside of the foot. The blow to the inner part of the foot is performed from the start and without it. This shot is used when passing the ball over short and medium distances, and when hitting from a short distance on goal. It is considered to be accurate because the ball touches most of the surface of the foot, but the force of the impact is less than in other ways.

Headbutt. Header is used during the game in both defensive actions (rebounding) and attacking actions (passing the ball, hitting the goal). The most commonly used blow is the middle of the forehead and its variants.

Stops (reception) of the ball. Stopping the ball is important from the time the handball is banned. The ball must be stopped quickly, executed in the appropriate direction and coordinated with the further development of the game.

The ball is guided by various movements, in the process of which running (sometimes walking) is used, and successive pushes on it by the inner, outer or middle part of the rise, the inner part of the foot or the toe.

Distractions (feints) - these are the movements as a result of which the opponent is misled. Successful performance of feints depends on the player's necessary physical and mental qualities, his intuition and ability to improvise. Here a particularly important role is played by a rich imagination, reaction speed, height of the center of gravity of the body, speed and general physical fitness. There are tricks that are performed with or without the ball.

Taking the ball from an opponent This technique is used depending on the situation in which the player trying to take the ball from the opponent finds himself. Picking up the ball can be done in front, side, back. There are two types

of rebounds: full and incomplete rebounds. It is important that players are familiar with the rules of throwing the ball from the sideline. The ball is thrown with both hands from behind the head. This technique is performed from the spot and from acceleration.

Ball juggling is a very important exercise. It is necessary for effective processing of the ball, develops the speed of reaction, teaches to control attention, to lead the ball tightly, which is very important for playing football.

To solve the problems of general physical training use general developmental exercises and exercises in various sports, providing a general impact on the body of athletes. General developmental exercises without objects: exercises for neck muscles, arm exercises, exercises for torso muscles, exercises for leg muscles. General developmental exercises with subjects: exercises with a gymnastic stick, exercises with tennis balls, elements of acrobatics, exercises on shells, exercises on a crossbeam, exercises on parallel bars, exercises on a gymnastic horse. Other exercises of general physical training: walking and running, jumping, throwing, swimming, jumping into water, sports games, exercises for development of endurance, exercises for development of dexterity, exercises for development of flexibility.

Training of any orientation is accompanied by regulatory, structural metabolic changes, but the severity of these adaptive changes depends on the magnitude of the applied load, the mode and speed of muscle contraction, the duration of training and individual composition of muscle tissue, which is reflected in the choice of methods development of individual strength abilities

Control questions:

1. Basic positions and movements in football.
2. Moving, hitting the ball.
3. Ball handling and distractions.
4. Special exercises for the development of physical qualities.
5. What muscle groups should be trained?
6. What method of preparation should be used?
7. Exercises of game character.

Recommended Reading

Basic Literature

1. Petrov OP Methods of teaching football: a textbook. - Kamyans-Podilsky: Kamyans-Podilsky State University, Editorial and Publishing Department, 2006. - 128 pp.
2. Solomonko VV, Lisenchuk GA, Solomonko OV Football: Textbook for students of higher educational institutions of physical education and sports - K.: Olympic Literature, 1997. - 288 pp.,

3. 3. The art of training high-class football players: Scientific and methodological manual / Ed. prof. N.M. Lyukshinova. - M.: Soviet sport, 2003 - 416 p.
4. Vynohradskyi B. Efektyvnist vykhovannia standardnykh polozhen u football [Electronic resource] / Vynohradskyi B., Dulibskyi A., Khorkavyi B., Kolobych O. // Sportivna nauka Ukrainy. - 2016. - № 3 (73). - P. 9–14.
5. Influence of manifestations of speed qualities of football players on efficiency of performance of standard provisions [Electronic resource] / Vynohradsky B., Dulibsky A., Khorkavy B., Kolobych O. // Sports science of Ukraine. - 2016. - № 5 (75). - P. 28–39.

Supplementary literature

1. Keller VS Theoretical and methodical bases of preparation of sportsmen / Keller VS, Platonov VM - L.: Ukrainian sports Association, 1992. - 269 p.
2. Derkach AA, Isaev AA The pedagogical skill of the coach. - M.: Физкультура и спорт, 1981. - 375с.
3. Pirogov BA Football: Chronicle, events, facts / Pirogov BA - M.: Sov. Sport, 1995.
4. Karpa I. Ya. Forms of conducting training sessions in the training process of qualified football players / Karpa I. Ya. // Physical culture, sports and health of the nation. - 2018. - Vip. 5. - P. 215–221.

Information resources

1. Distance course:

<http://distance.knmu.edu.ua/course/view.php?id=3516>

Topic 2: Tactical - technical actions in football. Techniques of attack and defense in interaction with partners during the game of football. Free kick and free kick. Special exercises for the development of physical qualities of football players. Exercises of game character.

Duration of teaching the topic: 2 lessons, 4 hours.

Rationale for the topic. Football tactics mean the most appropriate individual, group and team actions of players aimed at achieving the goal in this game. Tactics are one of the foundations and most important components of this sports game. It is based on the technical, physical and psychological training of players.

Means: exercises that require speed of reaction, high speed of individual movements, maximum frequency of movements.

The purpose of the lesson: to acquaint students with the techniques of attack and defense in interaction with partners during the game of football and special exercises for the development of physical qualities.

Graphological structure of the topic:

Lesson plan

- | | |
|--|---------------|
| 1. Introduction | 30 min |
| 2. Test of knowledge of the passed material | 30 min |
| 3. Consideration of tactical and technical actions in football | 45 min |
| 4. Consideration of techniques of attack and defense | 45 min |
| 5. Summing up | 30 min |

Educational and material support of the lesson:

1. Sports equipment is needed to achieve a specific goal (athletic equipment, balls for sports games, etc.).
2. Stopwatch, sports whistle, guidelines.

Tetechnological map of the practical lesson

№	Training material	Methodical instructions
1	Checking the knowledge of the passed material	Survey of students.
2	Consideration of tactical and technical actions in football	Know the tactical and technical actions in football
3	Consideration of techniques of attack and defense	Know the techniques of attack and defense
4	Summing up	

Content

Tactical and technical actions in football are the actions of football players in the game, which are aimed at achieving a certain result. They are divided into individual, group and team. The effectiveness of technical and tactical actions of a football player depends on a number of factors: the level of development of psychomotor skills, physical fitness, technical arsenal, mental stability.

Of all the sections available in the sports game of football, it is necessary to highlight the technique and tactics of the game. Techniques, their methods and varieties are the means of effective game management. Football technique is a set of special techniques that are used in the game in various combinations to

achieve the goal. The criteria for assessing the technique is influenced by a permanent (constant) increase in the level of general and special training of players, and in some cases changes in the rules of the game.

Tactics - a set of forms, methods and means of combating the opponent, which is expressed in the appropriate actions of players (teams), which are aimed at achieving the goal in a single match.

Attack techniques include: moving, serving, passing the ball, attacking shots. The defense technique consists of the technique of moving, receiving the ball and counteracting.

A free kick is awarded by the referee after a violation of the rules. A free kick may be awarded on the entire field except for the penalty area of the team that violated the rules (if the violation occurs in the penalty area, a penalty is awarded).

A free kick is awarded when a player passes to his goalkeeper and he takes the ball in his hands. A free kick is not awarded if the player passes the ball to the goalkeeper with his head, or if the ball accidentally bounces off the player of the defending team and the goalkeeper picks it up.

To solve the problems of general physical training use general developmental exercises and exercises in various sports, providing a general impact on the body of athletes. General developmental exercises without objects: exercises for neck muscles, arm exercises, exercises for torso muscles, exercises for leg muscles. General developmental exercises with subjects: exercises with a gymnastic stick, exercises with tennis balls, elements of acrobatics, exercises on shells, exercises on a crossbeam, exercises on parallel bars, exercises on a gymnastic horse. Other exercises of general physical training: walking and running, jumping, throwing, swimming, jumping into water, sports games, exercises for development of endurance, exercises for development of dexterity, exercises for development of flexibility.

Control questions

1. Tactical and technical actions in football.
2. Techniques of attack and defense in interaction with partners during the game of football.
3. Free kick and free kick.
4. Special exercises for the development of physical qualities of football players.
5. Exercises of game character.

Recommended Books:

Basic Literature

1. Petrov OP Methods of teaching football: a textbook. - Kamyanyets-Podilsky: Kamyanyets-Podilsky State University, Editorial and Publishing Department, 2006. - 128 pp.
2. Solomonko VV, Lisenchuk GA, Solomonko OV Football: Textbook for students of higher educational institutions of physical education and sports - K.: Olympic Literature, 1997. - 288 pp.,
3. Vynohradskiy B. Efektyvnist vykhovannia standardnykh polozhen u football [Electronic resource] / Vynohradskiy B., Dulibskiy A., Khorkavyi B., Kolobych O. // Sportivna nauka Ukrainy. - 2016. - № 3 (73). - P. 9–14.
4. Influence of manifestations of speed qualities of football players on efficiency of performance of standard provisions [Electronic resource] / Vynogradsky B., Dulibsky A., Khorkavy B., Kolobych O. // Sports science of Ukraine. - 2016. - № 5 (75). - P. 28–39.

Supplementary literature

1. Keller VS Theoretical and methodological foundations of training athletes / Keller VS, Platonov VM - L.: Ukrainian Sports Association, 1992. - 269 p.
2. The art of training high-class football players: Scientific and methodical manual / Ed. prof. N.M. L ukshinova. - Moscow: Soviet Sport, 2003. - 416 pp.
3. Karpa I. Ya. Forms of conducting training sessions in the training process of qualified football players / Karpa I. Ya. // Physical culture, sports and health of the nation. - 2018. - Vip. 5. - P. 215–221.

Information resources

Distance course: <http://distance.knmu.edu.ua/course/view.php?id=3516>

Topic 3: Elements of the goalkeeper's game (kicking the ball; determining the moment to get out of the goal, controlling the game of partners in defense, catching, rebounding, transferring and knocking out the ball; choosing the right position during corner, free kicks and free kicks; time of introduction of the ball into the game). Special physical training of football players. Special exercises for the development of physical qualities of football players. Exercises of game character.

Duration of teaching the topic: 2 lessons, 4 hours.

`Rationale for the topic: The role of the goalkeeper is extremely large. When playing football, the goalkeeper's task is to directly defend his own goal. The goalkeeper is a single player who is allowed to touch the ball with his hands. Each team must have a goalkeeper on the field at any time during the game; if forced to leave the field due to injury or disqualification, the other player must

assume the duties of goalkeeper (having previously notified the referee), even if the team no longer has substitutes. All training of the goalkeeper should be directed on game activity. All exercises should be as close as possible to a game situation, and irrespective of, for improvement of what goalkeeper abilities the given training employment is carried out.

Tetechnological map of the practical lesson

№	Training material	Methodical instructions
1	Test of knowledge of the passed material	Student survey.
2	Consideration of elements of the goalkeeper's game	Know the elements of the goalkeeper game
3	Consideration of special and game exercises	Know special and game exercises
4	Summing up	

The purpose of the lesson: to acquaint students with the elements of the goalkeeper's game, special physical training and special exercises for the development of physical football players.

Graphological structure of the topic:

Lesson plan

- | | |
|---|---------------|
| 1. Introduction | 30 min |
| 2. Test of knowledge of the passed material | 30 min |
| 3. Consideration of the elements of the goalkeeper's game | 45 min |
| 4. Consideration of special and game exercises | 45 min |
| 5. Summing up | 30 min |

Educational and material support of lesson

1. Sports equipment is needed to achieve a specific goal (athletic equipment, skipping ropes, dumbbells, barbells, strength training, etc.).
2. Stopwatch, sports whistle, guidelines.

Technological map of practical training Content

The goalkeeper is a special figure in the team. His role is extremely large. The technique of the goal guard is only partially similar to the technique of the field player. In the technique of goal guards can be distinguished the following techniques: catching the ball rolling, low-flying, semi-high and high-flying, catching the ball in the fall and throw, repelling flying balls, throwing and knocking balls.

The ball is thrown by the goalkeeper after the catch. The goalkeeper's task is to quickly and accurately direct the ball to a free partner.

When hitting the ball with one or both hands, it often happens that the goalkeeper in possession of the ball can not take possession of the ball. In such cases, he bounces the ball with his palm. It is advisable to hit the ball only in cases where an error is possible when trying to catch it.

Exit from the goal must be done at the moment when the attacker sends the ball to his move.

The position of the goalkeeper in the goal depends on the position of the player who makes the transfer, corner or free kick. When organizing an attack, defenders must: open to receive the ball from the goalkeeper; after mastering the ball in a timely and accurate manner to pass to partners; suddenly open on the flank or connect in the center; skillfully perform a pass or "shot" from the flank; complete the attack by hitting the goal.

Special physical training is aimed at the development of motor skills in strict accordance with the requirements of the specifics of football. Such specific requirements must be constantly kept in mind when organizing the process of special physical training of football players.

To solve the problems of general physical training use general developmental exercises and exercises in various sports, providing a general impact on the body of athletes. General developmental exercises without objects: exercises for neck muscles, arm exercises, exercises for torso muscles, exercises for leg muscles. General developmental exercises with subjects: exercises with a gymnastic stick, exercises with tennis balls, elements of acrobatics, exercises on shells, exercises on a crossbeam, exercises on parallel bars, exercises on a gymnastic horse. Other exercises of general physical training: walking and running, jumping, throwing, swimming, jumping into water, sports games, exercises for development of endurance, exercises for development of dexterity, exercises for development of flexibility.

Control questions:

1. Elements of the goalkeeper's game: knocking out the ball; determining the moment to get out of the goal, control the game of partners in defense of catching, bouncing, transferring and knocking out the ball.
2. Elements of the goalkeeper's game: choosing the right position during corners, free kicks and free kicks; organization of the attack during the introduction of the ball into the game.
3. Special physical training of football players.
4. Special exercises for the development of physical qualities of football players.
5. Exercises of game character.

Recommended Books:

Basic Literature

1. Petrov OP Methods of teaching football: a textbook. - Kamyanyets-Podilsky: Kamyanyets-Podilsky State University, Editorial and Publishing Department, 2006. - 128 pp.
2. The art of training high-class football players: Scientific and methodical manual / Ed. prof. N.M. Lukshynova. - M: Soviet sport, 2003. - 416 pp.
3. Vynohradskyi B. Efektyvnist vykhovannia standardnykh polozhen u football [Electronic resource] / Vynohradskyi B., Dulibskyi A., Khorkavyi B., Kolobych O. // Sportivna nauka Ukrainy. - 2016. - № 3 (73). - P. 9–14.
4. Influence of manifestations of speed qualities of football players on efficiency of performance of standard provisions [Electronic resource] / Vynohradsky B., Dulibsky A., Khorkavy B., Kolobych O. // Sports science of Ukraine. - 2016. - № 5 (75). - P. 28–39.

Supplementary literature

1. Platonov VM Physical training of the athlete / Platonov VM, Bulatova MM - K: Olympic literature, 1995. - 320p
2. Theory and methods of physical education: [textbook. for students. higher textbook lock phys. education and sports]: in 2 vols. / ed. T. Yu. Krutsevich. - Kyiv: Olympic Literature, 2008. - Vol. 1. - 391 p.; Vol. 2. - 366 pp.
3. Karpa I. Ya. Forms of conducting training sessions in the training process of qualified football players / Karpa I. Ya. // Physical culture, sports and health of the nation. - 2018. - Vip. 5. - P. 215–221.

Information resources

Distance course: <http://distance.knmu.edu.ua/course/view.php?id=3516>

Topic 4: Individual actions in the attack, group actions in the attack. Attack tactics in interactions with partners while playing football. Special exercises for the development of physical qualities of football players. Exercises of game character.

Duration of teaching the topic: 2 lessons, 4 hours

Rationale for the topic: The current level of football development places high demands on the physical fitness of football players, one of the aspects of which is speed and strength and special endurance. It is especially important to increase the level of individual and group tactics when playing football, because it lays the foundation for her sportsmanship.

The purpose of the lesson: mastering the basic methods and means of individual and group actions in the attack, tactical methods of attack in interaction with partners while playing football, special exercises for the development of physical qualities.

Graphological structure of the topic:

Lesson plan

- | | |
|--|---------------|
| 1. Introduction | 30 min |
| 2. Test of knowledge of the passed material | 30 min |
| 3. Consideration of individual and group actions in the attack | 45 min |
| 4. Consideration of tactics of attack | 45 min |
| 5. Summing up | 30 min |

Educational and material support of the lesson

Jump ropes, dumbbells, stuffed balls, barbells, shock absorbers, strength training equipment.

Technological map of practical training

№	Training material	Methodical instructions
1	Test of knowledge of the passed material	Student surveys.
2	Consideration of individual and group actions in attack	Know individual and group actions in an attack

3	Consideration of tactical methods of attack	Know tactics of attack
4	Summarizing	

Content

Individual tactics are purposeful actions of players in defense and attack, their ability to choose the most effective from several possible solutions in a particular situation. It includes actions without the ball and with the ball.

Individual tactical actions include opening and closing, driving and strokes, shots on goal, selection of the ball. The study of individual tactical actions should be carried out in conjunction with the process of mastering techniques.

Opening - means the player's exit to a free position, which gives the opportunity to free himself from the guardianship of the opponent, break away from him and, receiving the ball, to strike the collars. Closing an opponent is an action of a football player, which is aimed at closing a favorable position, which prevents the opponent from entering a free place or taking possession of the ball. Keeping and stroking - effective techniques of the game. Skillfully, using the ball in different ways and at different speeds in combination with convincing deceptive movements. Collar strikes should not be the prerogative of only the attacking players, they should be owned by all players. Ball selection is an important tactic for counteracting opponents with the ball.

Group tactical actions include the interaction on the field of several players of the same team, striving to perform a specific task. These include passes and selection of the ball by concerted action, tactical combinations.

To solve the problems of general physical training use general developmental exercises and exercises in various sports, providing a general impact on the body of athletes. General developmental exercises without objects: exercises for neck muscles, arm exercises, exercises for torso muscles, exercises for leg muscles. General developmental exercises with subjects: exercises with a gymnastic stick, exercises with tennis balls, elements of acrobatics, exercises on shells, exercises on a crossbeam, exercises on parallel bars, exercises on a gymnastic horse. Other exercises of general physical training: walking and running, jumping, throwing, swimming, jumping into water, sports games, exercises for development of endurance, exercises for development of dexterity, exercises for development of flexibility.

Control questions

1. Individual actions in the attack, group actions in the attack.
2. Attack tactics in interactions with partners while playing football.

3. Special exercises for the development of physical qualities of football players.
4. Exercises of game character.

Recommended Books:

Basic Literature

1. Petrov OP Methods of teaching football: a textbook. - Kamyanyets-Podilsky: Kamyanyets-Podilsky State University, Editorial and Publishing Department, 2006. - 128 pp.
2. Solomonko VV, Lisenchuk GA, Solomonko OV Football: Textbook for students of higher educational institutions of physical education and sports - K.: Olympic Literature, 1997. - 288 pp.,
3. The art of training high-class football players: Scientific and methodical manual / Ed. prof. N.M. Lukshynova. - Moscow: Soviet Sport, 2003. - 416 pp.
4. Vynohradskyi B. Efektyvnist vykhovannia standardnykh polozhen u football [Electronic resource] / Vynohradskyi B., Dulibskyi A., Khorkavyi B., Kolobych O. // Sportivna nauka Ukrainy. - 2016. - № 3 (73). - P. 9–14.
5. Influence of manifestations of speed qualities of football players on efficiency of performance of standard provisions [Electronic resource] / Vynohradskyi B., Dulibskyi A., Khorkavyi B., Kolobych O. // Sports science of Ukraine. - 2016. - № 5 (75). - P. 28–39.

Supplementary literature

1. Platonov VM Physical training of the athlete / Platonov VM, Bulatova MM - K.: Olympic literature, 1995. - 320p
2. Matveev, LP Fundamentals of the general theory of sports and the system of training athletes // LP Matveev. - K: Олимпийская литература, 1999. - 317 с. - ISBN 966-7133-22-2.
3. Karpa I. Ya. Forms of conducting training sessions in the training process of qualified football players / Karpa I. Ya. // Physical culture, sports and health of the nation. - 2018. - Vip. 5. - P. 215–221.

Information resources

1. Distance course: <http://distance.knmu.edu.ua/course/view.php?id=3516>

Topic 5: Individual actions in defense, group actions in defense. Defense tactics in interactions with partners while playing football. Special exercises for the development of physical qualities of football players. Exercises of game character.

Duration of teaching the topic: 2 lessons, 4 hours.

Rationale for the topic: Defense tactics involve organizing the actions of a team that does not own the ball, aimed at neutralizing the actions of opponents. The team method of playing in defense can be personal, zone and combined. Methods of playing defense should be built taking into account the individual qualities of players and their capabilities.

The purpose of the lesson: mastering the basic methods and means of individual and group actions in defense, tactics of defense in interaction with partners while playing football.

Graphological structure of the topic:

Lesson plan

- | | |
|--|---------------|
| 1. Introduction | 30 min |
| 2. Test of knowledge of the passed material | 30 min |
| 3. Consideration of individual and group actions | 45 min |
| 4. Consideration of tactics of protection | 45 min |
| 5. Summing up | 30 min |

Educational and material support of the lesson

- Sports equipment is necessary to achieve a specific goal (athletics equipment, barriers of different heights, gymnastic benches, balls, stuffed balls, skipping rope, various tights), musical equipment.
- Stopwatch, sports whistle, guidelines.

Technological map of practical training

No	Training material	Methodical instructions
1	Test of knowledge of the passed material	Student survey
2	Consideration of individual and group actions in protection	Know individual and group actions in defense
3	Consideration of tactics of protection	Know the tactics of protection

4	Summing up	
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Content

Defensive tactics involve the organization of a team that does not own the ball, aimed at neutralizing the actions of opponents.

As in attack, the game of defense consists of individual, group and team actions. Individual actions in defense - the constant desire of the attacking team to get out of control of opponents, to find and create free space, complicates the actions of the latter, who seek to neutralize the attackers, without disturbing the harmony in defense. Individual tactical actions in defense include counteracting a player who owns the ball and does not own the ball. The basis of successful actions in defense is a reasonable choice of position.

The main content of group tactics of the game in defense is the organization of the action of defensive players against attacking opponents. The methods of interaction of two players in defense include insurance, counteracting the combination of "rack" and "crossing", the interaction of several players include specially organized counteractions, namely the construction of a "rack" and the creation of an artificial position "out of play".

To solve the problems of general physical training use general developmental exercises and exercises in various sports, providing a general impact on the body of athletes. General developmental exercises without objects: exercises for neck muscles, arm exercises, exercises for torso muscles, exercises for leg muscles.

General developmental exercises with subjects: exercises with a gymnastic stick, exercises with tennis balls, elements of acrobatics, exercises on shells, exercises on a crossbeam, exercises on parallel bars, exercises on a gymnastic horse. Other exercises of general physical training: walking and running, jumping, throwing, swimming, jumping into water, sports games, exercises for development of endurance, exercises for development of dexterity, exercises for development of flexibility.

Control questions:

1. Individual actions in defense.
2. Group actions in defense.
3. What are the tactics of defense in interaction with partners during the game of football?
4. What are the special exercises for the development of physical qualities of football players?
5. Exercises of game character.

Recommended Books:

Basic Literature

1. Petrov OP Methods of teaching football: a textbook. - Kamyanets-Podilsky: Kamyanets-Podilsky State University, Editorial and Publishing Department, 2006. - 128 pp.
2. Solomonko VV, Lisenchuk GA, Solomonko OV Football: Textbook for students of higher educational institutions of physical education and sports - K.: Olympic Literature, 1997. - 288 pp., Ill .
3. The art of training high-class football players: Scientific and methodical manual / Ed. prof. N.M. Lukshenova. - M.: Советский спорт, 2003. - 416 с.
4. Linets MM Fundamentals of methods of development of motor qualities. - Lviv: Shtabar ", 1997. - 208 pp.
5. Vynohradsky B. Effectiveness of standard provisions in football [Electronic resource] / Vynohradsky B., Dulibsky A., Khorkavy B., Kolobych O. // Sports Science of Ukraine - 2016. - № 3 (73) - P. 9–14
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Supplementary literature

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Educational publication

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