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Referee review on Yerlan Adambekov's monograph “Improvement Technology of Individual Technical and Tactical Training of Football Players”

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Relevance and scientific modernity

Modern football implies a high level of special performance of players, which consists of several components, primarily technical and tactical skills.

The effectiveness of technical and tactical players' offensive and defensive actions mainly depends on their personal psycho-functional characteristics and current psycho-functional condition. This is due to the fact that during the game players need to make reasonable decisions quickly on how to act in different and rapidly changing game situations.

In the aspect of players' technical and tactical activities, it is very important for football players to accurately predict their own chances for successful performance of various physical actions with the ball and without the ball as well as analogue chances of partners and rivals.

Such self-appraisal plays an important role in the terms of efficiency of individual actions in the game equally to the terms of the position of the communication links that significantly determine tactical interaction of players in the game as well as their mutual relations in the team.

Thus, according to the authors cited in the monograph, players' conscious control of their special sport activity is essential for the achievement of high sport results. This was the basis for experts and for the author of the monograph to study manifestations of various psychological factors in football.

However, it should be noted that, despite a plenty of studies, the issues of determining individual abilities of football players in the aspect of capacity for anticipation is not well studied currently. This leads to the fact that in practice the evaluation of players' abilities for anticipation is carried out by coaches on an intuitive level; and it takes a lot of time as well as is not always objective.

All the points mentioned above suggest the undoubted importance of addressing the issue for improving the efficiency of competitive activity not only in football but in other sports games as well.

The practical need and crudity of this problem have identified the formulation of the research topic and the purpose of the work, which is establishing the technology of improving individual technical and tactical training of players.

Scientific-theoretical significance of this work is aiming to identify the distinctive individual features that characterize the properties of individual psychic state and psychic processes of players, which are associated with the efficiency of individual or group technical and tactical actions in competitive games as well as to develop an approach for identifying the individual abilities of athletes in team sports to probabilistic predicting of their own motive activity.

This research contributes to the development of the theory and methodology of football in the division of individualization of technical and tactical training of adolescent players and high sportsmanship. In addition, the scope of studying team sport players' mental preparedness is expanding and revealing the opportunities for further research in this area.

According to these circumstances, Y. Adambekov has studied the problem of technical and tactical training of players, which is relevant and contemporary. Selecting it in the scientific and practical aspect is fully justified.

The monograph is based on the generalization of works of many authors and presents the main conceptual approaches of research from points that would solve the problem of efficient system management improving individual technical and tactical training of players in different options of annual cycle formation of their training process. Thus, it is possible through the knowledge of systematization, which covers the problematic issues of considered sport training contingent and theoretical understanding as well as development based on the technology of formation of training process aimed at achieving the projected results.

It is plausible to assume that the study on the basis of which this monograph was prepared meets modern scientific and pedagogical needs. The content of the monograph and research materials are logically presented and indicate that selected sequence of all procedures and phases of research are focused and logical.

Results

The content of the monograph consists of introduction, three chapters, conclusions, bibliography, containing 148 sources, and practical recommendations. The most extensive is the first chapter, which presents the theoretical basis of individual technical and tactical preparation of athletes. This section analyses general characteristics of technique and tactics of the football game; it presents approaches to the organization of technical-tactical preparation of football players of different sport skills. The author paid greater attention to the issue of personal psychic traits of general character and specific activity of players. It should be noted that the author of the monograph was able to reveal the question of anticipation and peculiarities of its performance in sport activities.

The first section covers the issues of individualization of teaching and training process of footballers in the terms of technical-tactical training.

In the second section of the monograph, the author focuses on the influence identifying personal characteristics and psychological functional peculiarities of players on the effectiveness of implementation of individual tactical actions. In particular, in this section the author, based on the previous scientific sources and his own scientific and practical experience, summarizes the effectiveness of implementation of players' individual attacking and defensive tactical operations as well as assesses the interrelations between personal psychological functional features of footballers and effectiveness of implementation of individual tactical actions.

An important theoretical and methodological aspect is a subsection of the monograph, where the author analyses the anticipation of players and the volume of performing individual technical and tactical actions.

In the third section of the monograph, the analysis of individual characteristics of players in the aspect of capacity for anticipation has made it possible to identify criteria for the selection of players to the team and to justify the prediction of the selection of players to various sports skill teams.

Conclusions

Analysis of theoretical material, system comparison, and generalization of pedagogical experiment results, related to the formation of

technical and tactical training of football players in the aspect of taking into account their mental characteristics, allowed to specify and draw the following conclusions:

1. The main psychical properties of the players are individual and nervous system characteristics, psychomotor qualities. The most significant in the structure of players' psychic processes is thinking, which includes visualization and imagery, speed and intensity, situatedness, and close links with the emotional and volitional spheres.

However, the possibility of increasing the efficiency of educational and training process of football players in the section of technical and tactical training through the individualization of training is currently limited by the lack of specific knowledge about the connection of psychic personal traits and the ability to predict subjectively special (technical and tactical) activities of footballers.

2. Efficiency assessment of the players, who participated in this research, individual offensive and defensive tactical actions in competitive games revealed the following: the maximum and minimum estimates of efficiency of performing different individual tactical actions in competitive games by players differ for more than 1.5 times; this means that players are different from each other on implementation success of individual tactical actions under the conditions of competition.

3. The players, distinguished by the effectiveness of individual offensive and defensive tactical actions in competitive games (with average score of implementation efficiency of these actions is below 3.2 points and with average score of implementation efficiency of these actions that are 3.2 points and above), differ in terms characterizing their personal psychological functional features that are of statistical significance ($p < 0.05$).

4. The efficiency assessment of players' participation in the group attacking and defensive tactical actions in competitive games revealed that the average factors of efficiency of all players' participation in different group tactical actions during competitive games varied from 3.32 to 3.54 points.

5. The players, distinguished by the efficiency of group tactical actions, differ significantly by indicators characterizing the extraversion-introversion and anxiety. However, there are not any statistically significant differences in terms of

characterizing the effect of inhibition and excitation among players.

There are statistically significant correlations between:

- indicators of extraversion-introversion and efficiency indicators of players, participating in group tactical actions;
- indicators of anxiety and efficiency indicators of players participating in group tactical actions.

There was not statistically significant association between:

- indicators of the strength of excitation and performance indicators of players, participating in group tactical actions;
- indicators of the braking force and the efficiency indicators of players, participating in the group tactical actions.

6. The evaluation of certain types of subjective prediction of players, who participated in the study at three levels of anticipation (sensorimotor, perceptual, and attitudinal), revealed the following:

- at sensorimotor level of anticipation, players with a fairly high degree of accuracy predict their capabilities, and the differences in individual indicators are very low;
- at the perceptual level of anticipation, there is, on the one hand, the overestimation by the players of their capacity, and, on the other hand, the largest inter-individual differences in prediction indicators that show significant differences between the players.
- at the representation level of anticipation, prediction accuracy indicators of the players are low despite a good knowledge of their rivals.

Players' abilities for anticipation to a large extent determine the character of the game activity; in terms of volumes of individual technical and tactical actions, effectiveness of actions implementation in a complicated and challenging "game of tension" is the most important in achieving victory in a match game situation.

Analysing the list of references, it should be noted that the main provisions of monographs have been published in peer-reviewed national and international journals, reported in international conferences and congresses in Kazakhstan, Russia, Belarus, Lithuania, Austria, and the United States. Evaluating by the conceptual view, it can be assumed that the theoretical and empirical parts of the monograph provide comprehensive information.

Empirical material presented in the work was revised by reliable statistical methods as well as evaluated and compared with other authors' materials.

In conclusion, the author of the monograph presents practical guidelines for the implementation of the educational and training process, developing the technical-tactical actions and assessment of football players' abilities for anticipation at different levels of sportsmanship. It can be especially emphasized that football experts in the practical work should take into account the fact that the effectiveness of implementation of individual and group technical and tactical actions in competitive games is associated with individual typological features of the person including the abilities for anticipation.

Taking into consideration that the ability of subjective forecasting largely determines the efficiency (accuracy) of performance in competitive games of various technical and tactical actions, the author of this work considers that it is appropriate to identify individual players' skills for anticipation and, on this basis, to put in front of them in the competition really feasible game assignments, make some adjustments in the formation of team play, and individualize educational and training process in the division of the technical and tactical training.

The assessment of football players' abilities for anticipation should be performed in terms of determining the accuracy of prediction by the players, their capacities to perform physical actions with the ball and without the ball on different levels of successful anticipation.

The author believes the assessment of players' individual abilities anticipation of complex tasks to be used in different levels, developed in the course of this study, that can detect the prediction accuracy by the players of their own physical and technical capabilities as well as the accuracy of the prediction of success to perform actions with the ball and without the ball in "game" situations in the presence of an opponent.

Thus, it is fully completed work that makes very significant contribution not only to the sport the author represents but also to sport science as a whole. The monograph of Y. Adambekov corresponds to this genre of science and puts forward demands. It is written in the correct scientific language and can be available to sport and football professionals, graduates, and students, whose major is "Physical education and sport".

ATSILIEPIMAS APIE ERLANO ADAMBEKOVO MONOGRAFIJĄ „INDIVIDUALAUS FUTBOLININKŲ TECHNINIO IR TAKTINIO PARENGTUMO TOBULINIMO TECHNOLOGIJA“

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SANTRAUKA

Šiuolaikiniame futbole greta žaidėjų fizinio parengtumo ir funkcinio pajėgumo labai svarbus yra techninis ir taktinis parengtumas.

Atsižvelgdamas į šios problemos aktualumą ir į dar nepakankamai ištyrinėtą futbolininkų adaptacijos klausimą, autorius savo monografijoje iškėlė tikslą – pagrįsti individualaus futbolininkų techninio ir taktinio parengtumo tobulinimo technologiją. Šio darbo teorinė reikšmė išryškėja nustatant individualius žaidėjų asmenybės bruožus, jų psichinę būklę ir psichinius procesus, kurie susiję su futbolininkų individualiais techniniais ir taktiniais veiksmais. Žaidžiant futbolą labai svarbus yra savo ir kitų komandos žaidėjų veiksmų, atliekamų su kamuoliu ir be jo, prognozavimas. Toks veiksmų vertinimas vaidina svarų komunikacinį vaidmenį atliekant taktinę sąveiką žaidimo metu.

Monografiją sudaro trys skyriai. Pirmame analizuojami bendrieji futbolo žaidimo technikos ir taktikos, futbolininkų rengimo pagrindai, treniruočių proceso individualizacijos aspektai.

Antrame monografijos skyriuje autorius dėmesį sutelkia į asmenines futbolininkų psichologines funkcines galimybes, kurios lemia žaidimo kokybę gynyboje ir atakoje. Atskirame poskyryje autorius išsamiai analizuoja žaidėjų anticipaciją.

Trečiame skyriuje tiriamas individualių žaidimo veiksmų kokybės ir anticipacijos gebėjimų ryšys. Remdamasis šiais duomenimis, autorius išskiria futbolininkų atrankos į komandą kriterijus.

Pagrindinės monografijoje suformuluotos išvados yra šios:

– tarp pagrindinių futbolininkų psichinių požymių svarbiausia yra asmenybės nervų sistemos psichomotorinės funkcijos;

– futbolininkų atakos ir gynybos taktikos individualių veiksmų analizė parodė, kad maksimalios ir minimalios vertinimo reikšmės varžybų metu skiriasi daugiau kaip 1,5 karto;

– nustatyti patikimi futbolininkų ekstra- bei intraversijų ir grupinių taktinės veiklos veiksmų rodiklių koreliacijos ryšiai;

– nustatyti statistiškai patikimi futbolininkų greitumo jėgos ir veiklos efektyvumo atliekant grupinius taktinius veiksmus ryšiai.

Pagal tris anticipacijos lygius žaidėjų vertinimas buvo toks:

– sensomotoriniame anticipacijos lygyje futbolininkai pakankamai gerai prognozuoja savo galimybes, rodiklių skirtumas nedidelis;

– percepciniame anticipacijos lygyje pasitaiko savo galimybių pervertinimo atvejų, prognozuojant savo galimybes, žaidėjų rodiklių skirtumai daug didesni;

– įsivaizduojamajame anticipacijos lygyje prognozuojamų galimybių tikslų rodikliai maži, nepaisant pakankamos informacijos apie savo varžovą.

Monografijos turinys ir pagrindiniai darbo rezultatai rodo, kad jie yra svarūs ir reikšmingi sporto mokslo teorijai ir praktikai. E. Adambekovo monografija atitinka tokio pobūdžio darbams keliamus reikalavimus. Šis darbas gali būti naudingas sporto specialistams, futbolininkams, magistrantams ir kūno kultūros specialybės studentams.