

FEATURES IN THE DEVELOPMENT OF COMPLEX PREPARATION TO FOOTBALL PLAYERS 9-10 YEARS

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Abstract

Given the perspective of a great a variety of different sporting activities, what today have captured the hearts and minds of people passionate about the sports, throughout the world,, football is a withdrawal phenomenal that the spectacle of his extraordinary and attractiveness carries with it the interest and enthusiasm of billions of people of different ages in all planet. Specific characteristics that characterize the game of football, should be imposed on football activities, also an important prerequisite for further motor activity is assessed in terms of the content of technique and tactics. In this regard, we set a main goal of our study, determination and evaluation of complex training for players aged 9-10 years, contributing to the development of a more efficient training process. The aim of our study was to learn the characteristics that influence to the development of complex preparation for football players (9-10 years old). Football in general as a collective game, provides excellent opportunities for personal and collective expression motor skills, to the intellectual people of different ages.

Keywords: *sports, football, technique, tactics, motor activity, players, 9-10 years, training*