SHORT CHARACTERISTICS OF SPORT PREPARATION OF THE MODERN FOOTBALL (PHYSICAL, TECHNICAL AND TACTICAL ABILITY)

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Abstract
The modern football and its sudden, instant and constant transitions of defense in the attack and vice versa, requires fast movements from all football players, moment and coherent reaction, developed tactic viewpoint, drastic movement with the ball and without ball. The great physical training plays very important part of the learning-training process. Physical training – it is a process of development and improvement of the motor qualities, inseparably connected with the increase of the level of the functioning possibilities of the organism, the whole physical development as well as reinforcement of health. The physical preparation is special and general. The technical football masterstroke is determined from the arsenal of technical qualities, which he masters quite good and can use them to solve concrete assignments. Tactic preparation of the football players is important and tough assignment, whose achievement requires special knowledge, enough time and persistence from the football players as well as the trainer.

Keywords: motor abilities, study-training process, technical football masterstroke, tactic opinion of the footballer, tactic plan, thought processes in football, observation of football

INTRODUCTION
The general physical preparation solves the assignment for perfection of the general capacity for work. The majority of exercises applied with one purpose to increase the general physical preparation, operate on the organism, but at the same time each one is oriented predominantly for developing of the given goal. As for example, the increased intensity of running expands above all the endurance, the sprints expand the speed, and the gymnastic exercise expands the flexibility.

The goal of the special physical preparation is development and improvement of physical quality and functioning possibilities, which are specific for the football game. The activity of the football players characterize with constant change of the intensity of the performed activity. The muscle activity with high intensity is performed alternate in periods of low activity and relevant peace. Speed, starts, jumps are trained with constant light running, movements with constant change of rhythm and tempo of moving. The activity of the football players does not consist only of speeding up, starts and jumps, here the movements are considerably more complex and numerous and are performed during the maximum resistance of the opponent, in compliance with the momentary tactic assignment. That is why the physical competence of the football players should be built on the basis of high needs of modern football.

OBSERVATIONS
The technical football masterstroke is determined from the arsenal of technical qualities, which he masters quite good and can use them to solve concrete assignments. Technical masterstroke takes the way of increasing the speed and the intensity of the performed movements and activities of the firm and irreproachable fight for ball possession on every corner of the field.

Sport tactic can be determined as experience for running sport fight or totality of definite elements, technically oriented for achievement maximum or advantageous result in sports matches. Tactic can be seen as function of technical, physical preparation. It also unites almost all requirements on which football players are ready to take the risk.

The main purpose of tactic preparation is the perfection of the individual and collective tactic activities in attack and defense as well as development of creative abilities of the footballer. Tactic masterstroke is found on the footballers’ skill, fast and correctly perceive, to “feel” and estimate the constant change of the play and in synchronization with it to act properly and useful.

Of all physical function the most important role in tactic preparation of the footballer is the opining – its capabilities, which are obligatory for rapid and right solution of the tactic assignments. The central assignment of the tactic footballers’ preparation is developing of the
tactic thinking, which involves ranks of mental operations according to the statue and accomplishing of definite plan in the rival fight.

Tactic thinking is founded on the using of definite knowledge and experience, on aptitude of careful observation, get fast realization and mark on the situation played during the game, right decisions, on the basis of the notions, mind and creative imagination. Tactic opinion of the footballer has next characteristics:

1. **Presence of tactic plan** – it provides complete orientation of the player, it organizes its activity during the game, helps to concentrate the attention towards definite course. Tactic plan for given match is good only if it is founded on:

   A. Recognizing the strength and possibilities of the opponent, its weak and strong sites, psychological characteristics as well as its technical probabilities.
   
   B. Skills to predict the activities of the opponent, especially to his reactions, who are responsible for the taken activities of the football player.
   
   C. The skills objectively, corrective estimate in players’ possibilities, the right grade of personal possibilities – weak and strong sides.

2. **The right choices of means to guide sport fight.** It determines from the footballer skill for promptly noticing the features of the given situation, not only to perceive but to make the right decision to “feel” and give right judgment of the opponent’s action. Main metal operation in this case is situation analyze, which governs the practice experience of the football player, gained during the training and matches.

3. **Monitoring character.** The opinion of the footballer during solving tactic assignments carries concrete character and is immediately detailed connected with the activities of the opponent as well as the whole situation which was made in definite moment. The more precise the player perceives important details from the opponent action, the faster he finds the right tactic solution.

4. **Action character.** The opinion of the player is immediately connected and is included in his activity. He thinks during the performing active action by himself:

   A. Immediately to accomplish the adopted solutions learned from his actions.
   
   B. Very often finds the right solutions – not with previous thinking but during the action.

5. **The speed of the thinking process.** The football player has the right to judge the situation and immediately act with the right solution. It happens very often that the player during the game in outstandingly short time judge different possible solution and find unique rational solution. If the operations are performed fast its units are not noticeable, it only comes to the end results, to the utterly solution. Arise of the solution as a rule surrounded the assured from his correctness and feasibility.

6. **Assumption of tactic knowledge and experience.** Rich controversy experience is obligatory for football player’s opinion, because it contains checked and practical knowledge for different concrete tactic technique and combinations for contribution during the game. During the training and the match the player grounds his personal tactic opinion on the produced moments that helps him understand correctly the given situations during the game.

7. **Assumption of the technique.** Obligatory condition for high development from the tactic opinion by the footballer is his technical masterstroke. The perfect domination of the football technique is obligatory for creative opinion, oriented towards solving tactic assignments. Governing with rich arsenal of technical skills, the player can easy fulfill thoughtfully tactic plans.

8. **Intensive attention** The opinion has control-active character that is connected with the receiving from the surrounding, from which the players notice significant elements during tactic actions. It can only be possible during intensive attention, characterize with great capacity of flexibility and capacity of easy and fast movement from one to other subject. The opinion of the players can be successful only under the condition of full concentration in solving given assignments, i.e. when the player perfectly govern the technique of the play (automated technique) and his attention is fully oriented in perfuming the elements of the technique.

9. **Connection with emotional - processes.** Intense fight after the match requires great effort and is satiated with bright emotional surviving, who have significant influence on the speed and intensity of the thinking process. The destruction, fear of the opponent, unconvincing in own qualities, sudden change of the results, as well as emotional excitement leads to weakness and delay to thinking processes.

10. **Exterior impact.** Great impact on the thinking of the players has the second signal system, it is expressed only in the form of commandments, which on one side contains results from the thinking directed from situation analyze altogether with its own activities, and from the other side they are with direct sense of verbal signs for fulfilling activities. Altogether, for football player is important to have concepts, which is impossible without their expression in words. As for example: the learning of the given instigator habit is hard because of the basic that has first signal links only. The obtained perspective for the moving in that case is blurred, undefined. It can be removed with a process of orientation forming of ideas and concepts, which have relation towards studying of the instigator habit

11. **The increase of the thinking intensity is the result of the conduction of special training.** The developing of thinking by the player and his perfection is a very important question in the complete preparation of modern football. Especially important is the thinking of the player during the tactic activities. Intellectual qualities and capability, for tactic activities of the player are concerned with:

    A. **Monitoring** - skill for fast and correctly perception of the most important moments during the
match for advantageous development of the game in their favour.

B. Correlation - skill for fast and correct marking of the perceived facts, considering their meaning and possibilities for consequences during the game.

C. Initiation - skill for fast and resolutely realizing tactic concepts, chosen independently and contributing most effective tactic techniques.

D. Prediction (intuition) - skill for properly predicting the actions and results of the opponent, from their own and opponents activities

CONCLUSION

The whole study-training process should be brought in to development of physical qualities, to get maximum effect in the complete game activity at football players. The base of the physical qualities should give an opportunity for mastering high technical-tactic masterstroke.

Technical masterstroke takes the way of increasing the speed and the intensity of the performed movements and activities of the firm and irreproachable fight for ball possession on every corner of the field. Obligatory condition for high development from the tactic opinion by the footballer is his technical masterstroke.

Tactic preparation is closely related with technical, so you cannot mark any border between them. The high football masterstroke is definite with the level of developing tactic thinking. However, no tactical thinking, itself does not provide high football masterstroke if technique and capacity to work is not developed on high-level, which modern football requires.

REFERENCES


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