

System for Assessing the Technical Readiness of Young Football Players at the Initial Training Stage

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general training, special training,
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Until recently, Russia adopted a system called the All-Russian system for monitoring physical fitness. It existed in the tests set form. However, this program does not allow you to evaluate coordination abilities (dexterity). At the same time, there are even 14 groups of coordination abilities, which at school age are evaluated by 125 special tests for coordination.

In the scientific literature, you can find descriptions of many different tests for evaluating physical qualities, checking the condition, and the degree of readiness, but they are not systematized, scattered across various sports, and do not have the appropriate certification and licensing.

We were able to choose the optimal test tasks. This will optimize the educational and training process, improve the students sports training's level.

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