



A SET OF SPECIAL EXERCISES TO INCREASE THE LEVEL OF SPECIFIC PHYSICAL PREPARATION OF FEMALE FOOTBALL REFEREES

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Abstract

This article focuses on the development of a set of special exercises aimed at improving the physical fitness of female football referees and evaluating its effectiveness.

Annotatsiya

Maqola futbolchi hakam ayollarning jismoniy tayyorgarligini oshirishga qaratilgan maxsus mashqlar to'plamini ishlab chiqish va uning samaradorligini baholashga bag'ishlangan.

Keywords

Special physical training, speed, endurance, agility, exercise program, scientific research, sports pedagogy.

Kalit so'zlar

Maxsus jismoniy tayyorgarlik. tezkorlik, chidamlilik, chaqqonlik, maxsus mashqlar to'plami, ilmiy tadqiqot, sport pedagogikasi.

Dolzarbligi: In today's era of globalization and the rapid development of sports, football has become one of the most popular sports not only among men, but also among women. FIFA va OFK According to the World Football Association, the number of women playing football has increased by 35% in the last ten years. At the same time, the number of female referees is also



increasing dramatically. The main task of referees is to ensure fairness in the game, make correct and quick decisions, and maintain the continuity of the game. However, moving at high speed across the field and taking the right position ahead of the players when necessary requires a high level of physical fitness on the part of the referee.

Studies show that a referee who is not physically fit enough feels tired in the second half of the game and may make mistakes in decision-making. This directly affects the outcome of the game. There is a high need to develop special training programs for female referees in particular and to implement them regularly. Women's football is also developing in our country, and seminars and training sessions are being held to improve the skills of female referees. However, systematic scientific work aimed at improving their special physical fitness is insufficient. Therefore, this topic is relevant and has not only theoretical but also practical significance. The main goal of the study is to develop a set of exercises that will improve the level of special physical fitness of female football referees, determine their effectiveness, and develop practical recommendations based on the results obtained.

Research Discussion: The study was conducted with 15 female referees aged 20–30. The special program was conducted for 8 weeks, 3 times a week. The program included the following exercises:

Interval running (20×40 m speed and slow running)

Agility-drill (zigzag running with cones)

Plyometric jumping exercises (vertical and horizontal jump)

Strength training (bodyweight squats, planks, push-ups)



The table below compares the results before and after the program

1-table

Indicators	Initial result	The final result	Change (%)
40 m running (sec)	6.7	6.1	-8.9%
Direction change test (sec)	12.4	11.2	-9.6%
Durability (Yo-Yo test, m)	1020	1240	+21.6%
Vertical jump (cm)	32	36	+12.5%

Summary: The study showed that a specially designed set of exercises significantly increases the physical fitness of female referees. Improvements in speed, endurance, agility and jumping ability help them perform their activities effectively on the field. If this program is used regularly, the professional training of female referees will be even higher.

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