



ANALYSIS OF SCIENTIFIC SOURCES ON INCREASING THE PHYSICAL FITNESS OF FOOTBALL REFEREES

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АНАЛИЗ НАУЧНЫХ ИСТОЧНИКОВ ПО ПОВЫШЕНИЮ ФИЗИЧЕСКОЙ ПОДГОТОВНОСТИ ФУТБОЛЬНЫХ СУДЕЙ

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Ключевые слова: футбол, судья, физическая подготовка, спорт, соревнование, авторитет, соревнование, наблюдение, цель.

The pace of the football game in the world is rapidly increasing. Because this is related to the constant growth of the level of physical training of the players, thus the range of actions on the field is expanding. This factor places high demands on the training of football referees, which calls for a new approach to the training of referees and improving the quality of their training. The football referee must be able to choose the right place in the episodes of the game and fairly evaluate the processes that occur in the sequence of 188 situations. The performance of the referees in these cases is an indicator of their physical fitness. In modern football, regular control of the level of physical fitness is necessary for the high level of physical fitness of



football referees, and the use of tests that meet the requirements of the time is one of the main factors.

A.R. According to Khairulin's long-term research, "The socio-economic characteristics of judicial activity are different in different sports. As a rule, with good organization of competitions, the Regulations of the competition, as a rule, determine the remuneration for the work of sports judges and reimbursement of expenses. The payment depends on the level of competition and the qualification of the judge.

D. I. Rogachev noted that sports referees begin to exercise their powers not only during the competition process, but also perform a whole set of tasks before the competition begins.

K. L. According to Vikhrov, judging sports competitions today is a complex process, for organizing and holding them, displaying sports results, determining the winner, monitoring the implementation of competition rules, and many other tasks by the referee. Competent, objective and clear actions of judges not only reflect the position of third-party observation, but also perform educational tasks for all participants of the competition process.

Brzezinski, V. G. Lipatov's long-term research shows that increasing the requirements for the work of the referee leads to an increase in professionalism among football players, because the role of the referee is not limited to technical control of compliance with the rules, but represents an important part of the educational process for both athletes and spectators. A.V. Shibaev According to his opinion, it is difficult to assess the importance of the work of referees in football. It can be said that the role of the referee is difficult in assessing the fact that more than twenty players participate in the game, the difficult situations that arise during the game, the size of the playing field, the size of the audience, and the complexity of the rules.

It can be seen from the researched scientific sources that there are scientific experiments aimed at improving the physical fitness of referees, but there are problems with the implementation of special physical training in individual and collective form.

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