

ANALYSIS OF COMPETITIVE PERFORMANCE OF SOCCER PLAYERS

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ABSTRACT

The article analyzes the technical and tactical skills of the soccer team players. The analysis of game characteristics, which gives the opportunity to determine the level of reliability and effectiveness of the technical activities of soccer players. The first way is preferable, because the activity of the athlete at the moment of the game always acts as the culmination of the most complete direction of his physical and mental exertion. As a result, the training system and the training load of each player should be consistent with the goal of achieving adaptation to the specific activities of soccer players.

KEYWORDS: *Competition Training, Technical Actions, Effectiveness, Structure, Research, Soccer Player.*

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