

## **Analysis of the Results of the Study of the Movement Activity of Football Referees in Proleague and Superleague Games**

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**Abstract.** This article presents the research results aimed at determining the advantages and disadvantages of different categories of football referees by studying and comparing their movement activities during the game. In order to ensure that football referees always have a high level of physical fitness, referees undergo special tests, head referees (either or) undergo tests. This article serves to improve the knowledge of this field for future referees and young scientists.

**Keywords:** football, referee, endurance, sports, training, efficiency.

**Introduction.** Today, football is one of the most developed sports in the world. Reforms aimed at further development of this sport are being carried out in our country. Including the Resolution of our honorable President Sh.M. Mirziyoyev dated March 16, 2018 No. PQ "On measures to further develop football in Uzbekistan" and No. PF 5887 dated December 4, 2019 "On measures to take the development of football in Uzbekistan to a completely new level" " Decree defined new tasks to be implemented in this area.

**Importance.** Among these tasks, the issue of increasing the referee's competence and preventing negative aspects of various forms, increasing the level of physical training of referees is also relevant (1,2). Therefore, one of the most urgent issues facing football specialists today is to improve the performance of referees during the game, including their physical fitness.

Many experts say that mistakes made by referees during the management of matches are often due to insufficient preparation. Referees can make mistakes in the last minutes of each half of the match. This is primarily due to the accumulation of physical fatigue, which leads to a decrease in concentration and a decrease in the speed of decision-making. As a result, the referee makes a mistake in the evaluation of the game episode, which has a negative impact on the quality of the game (3,4,5).

Methods used in the article. Analysis and generalization of scientific-methodical literature, pedagogical observation, pedagogical control, pedagogical testing, expert assessment method, instrumental method, pedagogical experience, mathematical statistics methods.

Observations were carried out in 2022-2023 in pro-league and super-league competitions. A total of 10 referees' activities were studied.

When studying the movement activities of the head referees, the distances they traveled on the field were studied and compared with international model indicators. In particular, A. Nadafaliev covered an average distance of 7211.5 meters in 11 observed matches. This result showed that it was different from the model indicator (-314.8) meters. The results of the remaining judges were

as follows: I. Ismailov 13 games 7114.1 m (-412.2m), R. Choriev 10 games, 7316.5 (-209.8), A. Rahimov 7219.9 m (-307.2m), A. Khudoyberganov 9 games, 7121.6m (-404.2m), T. Suyunov 11 games, 7344.2 (-184.3m), R. Lutfulin 9 games, 7287.0m (239.3m), R. Karimov 12 games 7421 .6m (-239.3m) distance (Table 1). Based on the research and statistical data on football, it should be noted separately that the number and effectiveness of collective technical-tactical actions of Russian and Uzbek super league and pro league teams are almost similar, and this data gives rise to the impression that the actions of referees are also similar.

**The results of the study of the distances covered by the head referees of different categories in the 2022-2023 competitions.**

**Table 1.**

Judges F.I.Sh	category	Age	number of games (total)	distance traveled on the field mean (x)	the difference from the model indicator (7526,3±334,7)
N-v	High	24	11	7211,5	314,8
I-V	1	22	13	7114,1	412,2
CH-v	1	21	10	7316,5	209,8
R-v	High	28	12	7219,9	307,2
X-v	1	25	9	7121,6	404,2
C-v	1	24	11	7344,2	184,3
Sh-v	1	24	12	7298,7	227,6
N-v	1	24	10	7333,5	198,8
T-v	1	27	11	7319,1	207,2
L-v	High	26	9	7287,0	239,3
K-v	1	27	12	7421,6	104,7

As can be seen from the results of the activity of the chief referees, it was found that the results of the referees operating in our country are much lower than the international indicators. Although R. Karimov (7421.6 m) and T. Suyunov (7344.2 m) moved close to these indicators, their results were lower than international indicators.

The analysis of referees' activities showed that the distances traveled by our referees in the 1st and pro leagues in different games determined the level of their physical capabilities. Because the achievement of high physical fitness is considered the main tool that ensures the increase of the range of movement in sports practice.

In conclusion, it should be noted that the results of the existing control tests and training programs during the training of referees and the results of the distance traveled on the field have clearly shown the problem of improving their physical fitness. Therefore, conducting research aimed at increasing the level of physical fitness in the training of referees and formulating training programs taking into account the characteristics of game activity remains the main task facing specialists.

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