

Developing the Physical Qualities of Young Football Players outside the Class and Preparing them for Competitions

Esanova Gulchehra Boyboriyevna

Physical education teacher at Termiz State Pedagogical Institute

Abstract: Football has been practiced in our country for many years. This sport is distinguished from other sports by the fact that football is a popular game, attractiveness of actions, teaching children to act as a team. A child's understanding of his teammates, understanding that his actions decide the fate of the team, encourages him to act responsibly in his position of defense, attack, midfield, and goal.

Keywords: Lesson, football training, physical qualities, physical condition, physical fitness, dynamic strength, static strength, extrapolation.

What should we pay attention to when managing the physical condition of young players:

First of all, it is necessary for the coach to familiarize the children with their physical condition from the day they come to football training;

Secondly, after checking the physical condition of the child, if the physical qualities are weak in development (strength, quickness, agility, endurance, flexibility), give him moderated exercises in this direction and control their uniform development. ; Thirdly, the formation of the child's technical skills, including individual characteristics, i.e. dribbling, making deceptive moves, forming the ability to make quick decisions in unexpected situations; Fourthly, it is important to get along with teammates, to be able to understand each other during the game, and to adapt to the tactics of the team.

Working with young players requires great skill from the coach. Working with each athlete individually, he should know his psychology well, adapt to the team and develop his physical qualities in a row. It is necessary to inculcate the concept of a team in a young player, to explain that acting as a team decides the fate of the game. Cultivating movement qualities is a part of a single training process.

Looking at the methods of improving the physical fitness of football players, we first of all mean the methods of training physical qualities. The process of managing the physical condition of young players is a very important process. All five qualities should be equally developed in football. But it is necessary to take into account their condition when giving downloads to young players. The qualities of strength, agility, flexibility, quickness, endurance are developed through individual or general physical training.

Cultivating strength. Human strength is determined by the ability to overcome or resist external resistance through muscle strength. The player works with his own weight and the weight of the ball. In other words, he mainly uses his strength to overcome the inertia of his body and the ball. Starting the movement, accelerating it, stopping it, changing the direction of the movement, jumping, hitting the ball - these are the qualities that show the strength of the players.

As you can see, it has a dynamic character in all cases. Thus, the nature of game activity determines the level of development and characteristics of the power manifested in the game. Years of research have shown that the lower the amount of resistance to be overcome and the faster the muscle contraction, the lower the value of maximal force. A football player needs a certain amount of power, and he must use this power in a short period of time. This force is "dynamic force". Dynamic strength is defined as strength in movement and is manifested in the ability of players to hit the ball, shoulder-to-shoulder with the opponent, and quick strength skills in movement.

In order to achieve a combination of strength and agility in football players, and in order not to deteriorate the coordination capabilities and endurance, it is necessary to use such tools and methods of training that are in accordance with the requirements of movement activity in football.

It is very important to choose special running exercises, jumps, movement exercises with various loads, and perform them using a strictly ordered exercise method, in particular, the repetition method, and the continuous standard exercise method. In the course of the game, a young player is required to show strength in a short period of time. Various jumping exercises (running and standing long jump, classic triple jump, high jump) are effective means of increasing the special "explosive" forces of football players.

Jumping exercises help the young player to jump as high as possible. This feature is very important in winning the fight for the ball coming from the top on the second floor. Training speed. Speed refers to a person's ability to perform a certain action in a very short time. Speed comes in four forms:

- reaction time;
- individual movement time;
- maximum frequency of movement;
- the speed of the start of the movement.

The most desirable physical quality that is important to develop in young players and is necessary for the sport of football is speed. Speed in football is not only about moving quickly on the field, but also the speed of thinking and the speed of working with the ball. The speed of thinking means that if the player does not make quick decisions in the situations that arise during the game, the plans will not be realized and the situation will be lost. In terms of football, a player who is fast beats the opponent in terms of both time and space. It can successfully solve the tactical task with relative freedom. In football, the closest way to the goal is often not a straight line. In order to achieve the goal, that is, to score a goal, the player moves on the field, changing his position depending on the location of his partners and the ball. In turn, this work is carried out during one-on-one combat. A football player should always be ready to suddenly change the direction of movement while going at a high speed, to perform some technical method and similar actions in a position where it is difficult to hold the body and often in a single support position. In this regard, players should try to keep the center of gravity of their body as low as possible. Thus, the player's speed consists of a whole set of components. Training of speed in young players includes exercises such as fast running with time, shuttle running, standing jump and suddenly running forward for a certain distance, and running around obstacles.

Agility is a complex coordination ability, and it is difficult to find a single criterion for its evaluation. the complexity of the tasks, their accurate and timely execution (in football, this is the shortest time from changing the situation to the moment when the response action begins). The agility of young football players is shown first of all in the actions they take while carrying the ball in the ever-changing situation on the football field, and then in their actions without the

ball. Carrying the ball, choosing who to pass to and kicking the ball requires the player to show a wide range of coordination capabilities. If this includes the fact that the movement and technical activity of the players takes place during one-on-one training and various initial situations (overhand, rolling, jumping and heading, etc.), the game conditions are constantly changing. (rain, heat, grass, grass field, natural and artificial lighting), it shows how important the developed dexterity qualities are for the player to be effective in the game. z is self-explanatory. Endurance of football players is understood as the ability to continue playing from the beginning to the end of the game. Stamina is the ability to resist exhaustion. There are four types of fatigue in sports practice: mental, sensory, emotional and physical fatigue.

In conclusion, it can be said that it is very important to develop physical qualities and teach movement techniques to young players in the process of preparing them for competitions.

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