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Functional Training of 11-15-Year-Old Football Players

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Abstract: the article examines the functional training of football players of the training group, its importance and the development of muscle and bone tissues of children's bodies. The changes that occur in children's respiratory, bone-muscular and blood circulation systems while playing football have been analyzed.

Key words: muscle maturation, ossification, blood circulation, respiratory system, stages of rapid development, influence of playing football.

The attention of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev to physical education and sports is the main reason for all successes. To educate a competent generation in Uzbekistan, to attract talented young people to sports, to create conditions for further support and development of our national football, to select young players and to ensure deep development of their professional skills and abilities, as well as to train them in football. A number of decrees and decisions of the Cabinet of Ministers of the Republic of Uzbekistan were adopted in order to form a reliable reserve for the country's clubs and national teams. In these documents, the tasks of improving the theoretical training and technical tactical skills of young players, developing professional qualities, as well as organizing the training process of young players in accordance with the international requirements for the development of modern football on the basis of scientific and methodological recommendations are defined. Modern football requires every player to handle the ball correctly, pass the ball accurately to his teammates, direct a shot at the goal with accuracy in attack, defense and throughout the game. requires them to act, because one uncertain action will result in ineffective completion of the team's organized attacks.

In highly qualified teams, it is much more difficult to correct the defects in the technical and tactical training of the players. Therefore, the more effective the training processes of children and adolescents are, the more successful the struggle for high results will be. The central nervous system and , first of all, its upper part - the cerebral cortex, play a leading role in the development of body functions. By the time of puberty, the anatomical development of the nervous system is almost completely completed. The maturation process of the movement analyzer nucleus in the brain is completed by the age of 12-13.

The reconstruction of the functions of the major hemispheres is reflected in the behavior and psyche of children. In adolescence, the general mental image of children changes especially quickly. The process of self-expression begins in the child. Teenagers have a desire to test their strength in a certain type of activity, to achieve a certain result . A teenager begins to be interested in various things, but these interests are not yet stable enough . At the age of 8-10, important changes occur in thinking and memory. In the process of education and training, the ability to think logically and think abstractly develops. A critical approach to the studied actions appears . Changes in the work of memory are expressed in such a way that recollection does not go towards drawing general conclusions from concrete events, as it was at a much younger age , but goes towards restoring some details of concrete

events in memory from general ideas. Therefore, at this age, it is advisable to study football technique (with special attention to the details of the technique) on the basis of a holistic method. The ability to remember actions in children changes both quantitatively and qualitatively with age. Children's ability to remember grows rapidly between the ages of 7 and 12. During this period, the coordination of free movements is much improved. Movements require less effort than before, and they become more accurate and faster. 9-10-year-old children can learn the simplest methods of football relatively easily, while at an older age, the work of improving them will be more successful . In 13-14-year-old adolescents, the inhibitory effect of the puberty period is significant in learning complex movements in terms of coordination. Coaches and pedagogues who work with children should take into account that the earlier children start playing football, the faster and easier they will develop movement skills that match the capabilities of the players.

If a child plays sports from a young age, it has a positive effect on the formation of the body . This effect is manifested in two ways : morphological changes - in which anthropometric signs grow rapidly; functional changes - in which the ability to work increases. The effect of physical exercise on the development of the skeletal system is particularly significant (there are many changes in the skeletal system during childhood). For example, many studies show that children's spines can become crooked due to excessive stiffness and prolonged stress. The spine of 8-9-year-old children is very mobile . In children, neck and thoracic spines become rigid by school age. Lumbar bones harden completely only at puberty. Most stunting due to scoliosis occurs between the ages of 11 and 15. At this age, it is very important to perform exercises that help strengthen the muscles of the spine for the correct development of the spine. It should be taken into account that the bone formation process is not yet complete in childhood . By the age of 9-11, the bones of the fingers usually harden, a little later, at the age of 10-13, the bones of the wrist and jaw, at the age of 14-16, the bones of the wrist and jaw. At the age of 14-16, bone hardening zones appear in the epiphyseal cartilages and discs between the vertebrae . The bones of the pelvis harden completely only at the age of 20-21 years. Vertebral bone, scapula, shoulder and wrist bones are fully hardened by the age of 20-25 years, and the bones between the feet, the sole of the foot and the heel by the age of 15-21 and 17-21 years, respectively. During adolescence, a high rate of body growth and an increase in body weight are noted. The growth of the body according to the height is completed in teenagers mainly at the age of 17-18 years. Therefore, heavy squatting when jumping from a great height, holding shoulder to shoulder when fighting for the ball, sudden stops and sharp turns, uneven loading on the right and left legs can lead to fusion of the lumbar and pelvic bones, their incorrect causes an increase in ri. Excessive load on the feet, if the process of bone formation is not completed , causes the foot to become lame.

The rapid development of children's skeleton is strongly connected with the formation of their muscles, ligaments and connective joint apparatus. In a child at the age of 8, the weight of muscles is 27% of the body weight, at the age of 12 it is 29.4%, at the age of 15 it is 32%, and by the age of 18 it is up to 44.2%. Along with the increase in the weight of the muscles, their functional properties also improve. The functional properties of muscles change significantly between the ages of 7 and 10 . The muscles of a 14-15-year-old child do not differ much from the muscles of an adult in terms of their functional properties. In the period from 11 to 19 years, the muscle strength of football players does not develop evenly. Between the ages of 13 and 15, muscle strength grows the most . The main strength indicators are from 73.2 to 103.2 kg, that is, an increase of 30 kg. At the age of 15-17, the absolute muscle strength changes little, only at the age of 16-20 it reaches the level characteristic of an adult . In 17-19-year-old players, the amount of basic strength is 126; 136,3 ; It reaches 159.1 kg. The average annual growth of the main strength indicators in football players is 12.3 kg . From 12 to 18 years of age, the maximum increase in muscle strength is represented by the heel muscles (2.5 times).

The dynamics of speed development in young players has its own characteristics. Between the ages of 7 and 12, the rate of movement increases rapidly. The speed and voluntary frequency of movements, as well as the ability to maintain their maximum speed, reach a value close to the final result by the age of 14-15. The results of football players in the 60 m run increase between the ages of 12 and 15, and after the age of 15 they stabilize somewhat, which may lead to the formation of a "speed barrier" later. If the results in running 60 m are improved by 1.4 seconds from 11 to 18 years old, then from 12

to 15 years old it is the maximum - 1.16 seconds. In subsequent years, the results improve very little (0.24 seconds). The body of children and teenagers adapts well to speed loads. Therefore, the period from 8 to 15 years of age increases steadily with the development of speed and strength qualities. They develop at the highest level between the ages of 13 and 16. During these periods, the annual growth rates of standing high jump results are equal to 3.7 and 6.2 cm, respectively. In the period from 11 to 19 years, the jump height increases by 24 cm.

is more rapid until the age of 10 . In the following years, agility has developed significantly due to the steady increase in the functional capabilities of the movement apparatus. Junior school age (7-11 years) is the most favorable age for developing flexibility. In the same youth, there is an optimal ratio between joint mobility and muscle strength. At 13-14 years of age, the maximum endurance determined by the length of the run with a speed corresponding to 75% of the maximum speed is observed, and endurance decreases at the age of 15-16 years. This is explained by an increase in maximum speed and , as a result, an increase in working power. At the age of 17, the endurance of teenagers increases again .

It should be noted that the biological laws in the development of physical qualities in young athletes do not change under the influence of physical exercises, including football. Active pedagogical influence helps them to develop at a much higher level. It is important not to reduce the load at the age when more development of this or that characteristic occurs. Movement activity is determined not only by the development of the locomotor apparatus, but also by the functional capabilities of the internal organs and systems that serve this apparatus. Information about the growth and development of the child's body during puberty is important from the point of view of regulating physical loads. This period is characterized not only by individual changes in the timing of the onset of puberty, but also by the fact that the speed of its passage is different in teenagers of the same age group . The individual rate of sexual maturation of adolescents born in one year has a serious impact on the general somatic development level of motor function, as well as on the nature of coordination of the cardiovascular system to the muscle work in a single pattern . Among the 14-year-old players, it is possible to meet teenagers who have reached the status of adults, as well as those who have signs of childhood in the formation of signs of maturity . Therefore, when determining the amount of loading or regulatory requirements, it is necessary to take into account the biological age of the athlete, and the level of development of secondary sexual characteristics is one of its main criteria.

Around 12.5 years of age, children's voices change, and at 13 years of age, hair appears on the lips. At the age of 13 , 5-14, pubertal changes of nipples and larynx cartilages occur. At the very end - at the average age of 14 years and 1.5 months, hair appears under the armpits. Depending on the nature of the reaction of the children's vegetative systems to muscle work, it is possible to think about their functional capabilities. In children, the period of formation of skills by practice is moderately shorter than that of adults, therefore, writing in the training should not be long in terms of time . It is related to the functional capabilities of the central nervous system and the functional capabilities of the muscles, cardiovascular, respiratory and other systems of the body. It is necessary to note the ability of 9-12-year-old children to quickly adapt to the work they are doing, and to point out some features of the vegetative activity of young athletes . For example, during physical exertion, a child's heart uses more energy than an adult's heart , because in 13-14-year-old teenagers, the volume of blood per minute increases mainly due to the acceleration of heart activity, in children up to 16-18 years of age, the heart contraction rate is reduced by 30%, and quiescent power consumption is reduced by 4045%. When the physical load is large , these indicators increase more in older children than in younger children.

The shortest recovery period is observed in 11-12-year-old children. The respiratory system works closely with the cardiovascular system. The size and functional capabilities of the respiratory system expand with age. The chest expands as a result of breathing movements. In boys, from 7 to 12 years, the chest circumference increases from 59.9 cm to 67.8 cm, the living capacity of the lungs increases from 1400 ml to 2200 ml. The development of children's respiratory muscles ensures deep breathing, the intensive work of the muscles makes it possible to significantly increase lung ventilation. In boys, the strength of the respiratory muscles changes with age, but it increases very rapidly between the ages

of 8 and 11. Children consume more oxygen per 1 kg of body weight than adults . In this regard, playing football in the open air is of great importance in improving the work of the respiratory organs and , in general, the work of the whole body.

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