

The Importance of Using Action Games in the Training of Young Football Players

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Abstract: the article describes the development of dexterity, grasping, aiming, logical and quick-thinking qualities of young football players with the help of mobile games and game exercises, and the views of experts on this topic are highlighted.

Keywords: football, psychophysiological factors, movement amplitude.

Games provide great educational opportunities for the formation of qualities of determination, courage and will. It is also evident in the analysis of some features of the implementation of psychological processes such as intuition, perception, attention, and memory. Various actions in action games have a positive effect on the emotions of young players. The most important is qualities such as dexterity, dribbling, aiming, which are important in football, are improved. During the game, children run, jump, crawl, and as a result, their muscles and sensory organs develop. As a result of this, the skills of being able to subordinate their decisions to the rules of the game are formed and refrain from rude behavior, to act quickly, when necessary, to think quickly and to find a way to get out of a difficult situation. will learn.

A number of studies have shown that specially selected action games are the most suitable form for learning and developing individual characteristics, not only during qualifying, but also during the training of young players. Techniques like these mean that the movement skills necessary for a player are mastered, refined and strengthened. As a result, it becomes possible to use them in the game, when fighting for the ball.

The elements of action games and sports games are one of the most important means of training skilled players, and according to a number of experts, they are the basis for easy learning of game methods. Games involve correct repetition and improvement of actions. In this regard, the motor development performed by the player during the game creates a basis for the coach to conduct the right physical training.

"The game was born with the child as if it were an idea, it became his companion or friend. But we think it's good that it will last for a long time. "The game attracts people's attention due to its huge and sometimes invisible educational side and wide pedagogical possibilities," said one of the experts. The game provides great educational opportunities for the formation of the qualities of determination, courage and will. Also, it is clearly invisible in the analysis of some features of psychological processes such as intuition, perception, attention, memory.

Various actions in action games have a positive effect on the emotions of young players, strengthen the will, develop courage and independence. The most important thing is that the qualities of dexterity, shooting, aiming and logical thinking, which are important in football, are improved. During the game, children run, jump, crawl, and as a result, their muscles and sense organs are formed. As a result, the skills of subordinating one's decisions to the rules of the game are refined, one refrains from rude behavior, one is able to act quickly when necessary, think quickly and find a way out of a difficult situation.

In the process of training based on active games, young players develop their movement, skills and abilities quickly, and their amplitude of movement and assessment skills improve. The ability to analyze the action, to distinguish certain qualities in it, develops. As a result of the action, he begins to understand that it depends on the qualities of his performance. In order to achieve good results, he begins to perform actions with endurance. All this allows basic movements, exercise techniques.

Along with playing simple and moderately complex games with 7-10-year-old children, if the children are sufficiently prepared, then more complex games can be played in teams. In such a situation, a team game is formed, the ability to understand each other develops.

"The third is a plus." 10-12 people will participate.

Preparation. A circle with a diameter of 8-10 meters is drawn in the center of the field.

The players are in pairs and stand in a row around the circle at a distance of 1-2 meters. The coach appoints two starters: a runner and a receiver. Game details. At the sound signal, the fleeing person tries to get away from the person who is catching up, then unexpectedly stops in front of one of the pair. The player standing behind starts running away. If the player standing behind becomes the catcher, the game will be more interesting. Variant. Those who stand in pairs put their legs wide, and the running player must crawl between the legs.

The goal. The game helps to improve the skills of running, reaction speed and fast running, agility.

"We hunt rabbits." 10-16 people participate.

Preparation. A circle with a diameter of 10 meters is drawn in the center of the hall (field). The participants in the game are divided into two teams of 6-8 people. One of the teams ("rabbits") stands in a circle. "Hunters" with a volleyball stand outside the circle line.

Game details. According to the sound signal, the "hunters" do not enter the circle and try to touch the ball to the "rabbits", in this situation the "rabbits" run to a safe place in the circle. The "rabbits" who hit the ball leave the game and begin to perform one of the four pre-arranged additional exercises. The game continues until all "rabbits" are knocked out. After that, the teams exchange places. The team that eliminated the players of the opponent's team from the game in the shortest or specified time (for example, in three minutes) is considered the winner.

The rule of the game. "Hunters" do not have the right to set foot in the circle (does not count forward). The "rabbit" that has left the line of the circle is out of the game. If the ball hits any part of the body except for the head (the ball can be returned with the head) (it does not count if it comes from the ground or a partner), it is considered to have hit a "rabbit". In this game, it is necessary to achieve team actions by passing the ball to each other.

Version. If the ball hits from a kick, the "rabbits" are out of the game. The goal. The game strengthens the skills of catching, passing and throwing the ball. It improves orientation, reaction, resourcefulness (choosing a place), agility, accuracy of movement.

In the process of training based on action games, movement skills and competencies are quickly formed in young players, the amplitude of movement, and evaluation skills are improved. The ability to analyze the action, to distinguish certain qualities in it, develops. As a result of the action, he begins to understand that it depends on the qualities of his performance. In order to achieve good results, he begins to perform actions with endurance. All this makes it possible to perform basic movements and exercise techniques.

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