

Specific Aspects of Football Technique

Bori Botyrovich Nigmanov

Tashkent State Pedagogical University named after Nizomi, associate professor of physical education and sports department

Abstract: The characteristics of the game and the specific structure of the movements, in addition to the individual physical and mental characteristics of the players, determine the training and strengthening of the technique. The article presented information on the specific features and aspects of football technique.

Key words: football player, football technique, loading, training, quick-power, quick ability, quality, coach, skill, skill.

Introduction

Coaches who work with young players should be well versed in the methods of performing actions that occur in the game. A coach who does not know the specific features of football technique, its differences from other sports, its unique aspects and movement skills is not able to successfully teach football technique. Football technique has a number of highly specialized skills, in addition to the general characteristics of movement skills.

DISCUSSION AND RESULTS

Techniques and execution of certain elements of ball possession and their application in game situations are described as follows:

- 1) the skill of football movements is always based on certain qualities, for example, muscle strength, speed, endurance;
- 2) movement skill is an element representing game technique, and it consists in the fact that it is highly stable for a long time, that is, game technique skills are preserved for many years;
- 3) the natural situation for the technique of football is that the basic techniques should be performed not by hand (which is usual for people), but by foot. This creates difficulty in mastering the game technique only in the initial period of training;
- 4) since the technical elements of the football game are unusual and unnatural for children, it is necessary to use appropriate methodological methods when teaching the game technique;
- 5) during the game, the players use technical methods in a "specific environment": the rules of the game allow fighting with the body. In this case, your opponent may prevent you from using one or another technique. Therefore, when teaching technique and strengthening it, it is necessary not to forget the nature of the fight in the game and the opposing actions of the opponent;
- 6) actions in football (primarily during the game) cannot be planned in advance: they happen in time and space. They cannot be planned in advance. The spatial, temporal and dynamic (muscle strength,

external forces) structure of these movements is different compared to many "individual" sports (athletics, gymnastics, swimming and cycling).

The characteristics of the game and the specific structure of the movements, in addition to the individual physical and mental characteristics of the players, determine the training and strengthening of the technique. Movement training cannot be carried out in separate parts and fragmented.

Future players should get acquainted with football techniques, learn them and use them in future game situations.

In order to start learning football technique, first of all, it is necessary for the players to grow up appropriately. What this means is that you need to be equally physically and mentally prepared to master the movements.

A certain level of body length and the work of blood circulation, respiration and other organs related to this means growing up.

First of all, attention is paid not to the height and weight of young players (ages 9-11), but to qualitative changes that represent the activity of their internal organs.

There is a relationship between growing up and learning to move. Some skills (for example, movement skills) a child can acquire only at a certain age, when he is old enough to perform such movements. Otherwise, the skill of the movement structure and body functions will be opposite to each other, and the mastery of the movements will end unsuccessfully. Moreover, all this creates negative conditions for learning future actions. Thus, movement methods and football techniques can be mastered only when physical and mental growth (maturity) is formed. Based on the current point of view, it can be said that starting football techniques and consciously performed movements at the age of 9-11 is methodologically up to date. 'wiser. Children who are developing correctly have the necessary opportunities to learn football movements. However, this does not mean that young players should not play football until they are 9-11 years old. It is known that the favorite toy of children from the youngest age is a ball.

Children cannot be forced to learn the elements of football technique at a young age. The only thing that can be allowed for children at this age is that children should be introduced to the properties of the ball along with other free games, because at this age "the ball moves the child, not the child". He gains experience, in which minimum skills in handling the ball are automatically formed.

Mastering the technique means that the movement skills necessary for a football player are mastered, improved and strengthened. As a result, it becomes possible to use them in the game, during the fight for the ball. If the football player can coordinate the technique he has acquired and improved with the necessary optimal strength, speed, endurance and other physical qualities, he will have a successful game. If we do not have adequate strength and speed, we would not be able to perform the techniques of the football game. At the same time, without endurance, our skills (qualifications) in game technique would not be of great importance.

Strength plays a key role in the execution of technical elements: it is very necessary in the execution of kicks with the foot, head, deceptive movements, and taking away the ball. If a player can make sudden turns, stops, change direction while carrying the ball at high speed, he can use cheats well. Strength is also needed for jumping and squatting.

The relationship between endurance and technique is also objective: a player with weak endurance and tired muscles is not able to make precise and delicate movements. Tired muscles do not obey the commands of the nervous system, no matter how demanding the game situation is. The lack of endurance leads to errors in technique. The connection of the technique with speed, agility, flexibility

or other physical qualities exists in such a connection.

All these descriptions cannot be ignored in the coach's practical work. A coach who wants to teach technique separately from improving physical qualities is on the wrong track. Of course, strengthening the technique by itself develops the necessary physical qualities, but it may not be enough.

A good football player has agility, of course. The fighting conditions during the game are constantly and quickly changing, so the player has to adapt to the change of the game situation without stopping and instantly. A player who quickly acquires actions, can use them wisely during the game, can find a quick and clear way in the situations that arise in the game, can foresee the situations in the game and find the most correct solutions accordingly. is an agile player. If we call a player who plays well with the ball as the best player, and a player with poor technique as an idle member of the team, we will make a wrong opinion. The ability to play the ball with the foot, how many times, does not indicate agility. There is no doubt that good players have both qualities - the ability to sense and choose situations in the game and to play (juggle) with the ball.

If a young player is given more difficult tasks in relation to his readiness, this is the most effective method of training agility. Any exercise can be made more difficult. For example, one technical method can be replaced by several methods performed in sequence (complex). In this, the player's coordination skills will improve. It is also possible to solve it in another way: to put unexpected tasks in front of the young player. Such tasks should be such that the player can choose one of the many possibilities and decide for himself what method should be used.

Only in this way, the number of movements in football will increase and new coordinated movements will be created. Agility exercises primarily affect the central nervous system. As a result, the player experiences mental fatigue. Therefore, agility exercises (in different forms) are performed under the following conditions: when the players are resting; the main part of the training process is used in the field.

Juggling with a ball is an exercise that develops special agility and helps to learn the technique of the game. Basically, simple exercises performed with a ball in complex forms and simple elements of the technique are among the most effective ways to develop agility. Game exercises and games with elements of technique and tactics, as well as athletics games with a ball, are useful for this.

CONCLUSION

The technical training of young players, training in some methods of game technique, application of the learned cannot be left unchecked. If training in game technique is carried out with planned, regular training, then it can give good results. In the system of sports schools, it is necessary to observe the sequence of taking turns in training new athletes in game techniques, and it should be carried out on the basis of the following principle, i.e.:

- from easy to difficult;
- from simple to complex.

It is necessary to conduct teaching methods in such a way that the learned material should be quickly applied in the game.

References:

1. Aliyev M.B., Usmonxo'jayev T.S., Sagdiyev H.H. Sport o'yinlari. Futbol. T., Ilm Ziyo, 2007. 118 b.
2. Akramov P.A. Игровые и тренировочные нагрузки в футболе. Учебное пособие. Ташкент Изд-во. Абу-Али-Ибн-Сино. – 2000 г. – с. 135.
3. Nurimov R.I. Yosh futbolchilarni texnik va taktik tayyorlash. O'quv qo'llanma. Toshkent, 2005. – 35-58 b.
4. R.I.Nurimov. —Futbol nazariyasi va uslubiyati. Darslik. ITA-PRESS. Toshkent. 2015 yil. 342 b.
5. R.I.Nurimov, Abidov Sh.U, Nurimov Z.R, S.R.Davletmuradov. —Sport va milliy o'yinlar (Futbol). Darslik. ITA-PRESS. Toshkent. 2015 yil. 211-248 b.