

The Technique of Players Carrying a Ball across the Field during a Game

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Annotation. this article discusses the basics of ball-carrying techniques and tactics in the game of football that are important to practitioners and should be widely used in practice, as well as the social and biological aspects of the process of training athletes in the principles of interaction.

Key Words: football, ball, technique, tactics, attack, player, fitness, attack, ball input.

INTRODUCTION.

Football is the most popular and favorite game in most countries of the world. Hundreds of thousands of children, young people, adults play football. The management of the training process involves studying various aspects of the specific training of the players in order to organize training in the later stages in accordance with the individual characteristics of the players. Football theory and practice is multifaceted and is constantly developing.

The relevance of the article lies in the fact that comprehensive information about the technical and tactical training of players who come to the coach using step-by-step, current and quick control tools and methods for appropriate managerial purposes, if the coach has only pedagogical skills.

This means the ability to correctly use a wide arsenal of special exercises aimed at the superior development of some components of the special training of players; to wisely combine various exercises and methods of their implementation in practice in accordance with the specific goals and objectives of training players in different structural structures of the training process.

The main problem is that, on the one hand, there is a need to improve international results and further develop football, and on the other hand, the inability to solve this problem without increasing the effectiveness of player training, which should be based on the improvement of the sports Reserve System for football as a whole.

The main form of playing the game should be a team combination game, not an individual one, although in some cases martial arts can lead to a positive result.

The aggressive nature of the game gives an undoubted advantage, but on equal terms, victory is won by a team that has mastered the art of maneuvering well, is better prepared technically and physically. Players must be motivated and motivated; they must act for 90 minutes, maneuver, always be very active.

MAIN PART.

Nowadays, modern football in New Uzbekistan appeared at the beginning of the last century and in a short time became one of the popular sports games. Its developed areas were Fergana, Tashkent, Andijan, Kokand and Samarkand. For the first time, football was played in Fergana. It was here that the first football team was formed in late 1911. In August 1912, the number of football teams formed in Fergana was added to the "football team".

After a while, they began to play football in different regions of the Tashkent region and in Sharia. Most organizations are involved in football, such as schools, colleges, institutes, manufacturing organizations, and the army. In doing so, each team spends all its knowledge and capabilities to achieve the best result. In the Zamir of the game lies the struggle of the two teams United for the victory of all players. During a football game, each player has the opportunity to show their personal qualities and thus their physical qualities, but at the same time, the game requires each player's personal and collective aspirations to be subordinated to a common goal. Those involved in the game of football must be perfectly aware of technical and tactical methods, be able to apply these methods in complex game situations, act in agreement with all members of the team to train and improve players in football.

Training requirements:

- The task set in the training must be completed;
- Training should educate discipline and hard work;
- Training should be planned in such a way that players consciously acquire movement skills and qualities;
- Training should be a section of a single training process; the compilation of training consists of three parts. Tasks of training lessons:
 - Preparatory part-preparation of the body for the main work;
 - The main part should be aimed at teaching and improving techniques, tactical actions, the development of physical qualities, improving mental training and moral and volitional qualities;
 - The closing part must bring the body to its pre-workout state.

Training is divided into complex and thematic training in its purpose, function and methodology.

Complex training ranks first in the volume of annual cycle training. These exercises perform the tasks of carrying out the development of all types of training. Harmony of types of preparations in complex training:

- physical, technical, tactical;
- physical, technical;
- technical-tactical;T

Thematic training. Thematic training covers less time in the total volume of annual cycle training. But they must have their place at different stages of preparation:

- a) the content of training in physical training consists of exercises aimed at developing general and special physical qualities. Much of the physical fitness training takes place during the preparatory period.
- b) training in technical training covers all the technical methods of the game itself. Training related to training and improvement of technical elements is carried out in all preparatory periods
- c) training in tactical training will consist of the sum of exercises aimed at training and improvement in individual, group and collective tactical actions. Tactical training is conducted during the preparatory period (special preparation, took a competition) and during the competition period.

The team character of a football game puts high demands on the actions of the players among themselves. Therefore, in football, training mainly takes the form of groupings. In Group Training, the tasks of performing reciprocal actions, technical methods in simplified and complex conditions, minimally and maximally approaching the playing conditions were solved. In Group Training, competition tasks are effectively solved, brought up in a team spirit. In Individual training, the skill and individual characteristics of the player are improved. Individual training makes it easier to control the player's preparation. The goal of Individual training is to accelerate the pace of improving the training of players.

Tasks of Individual training:

- taking into account the individual characteristics of the specialty when improving the qualities and skills of movement;
- correction of shortcomings in physical, technical, tactical training
- restoration of lost qualities between mandatory breaks in training;
- improvement of technical methods and Shahsi qualities;
- Improving technical elements that are difficult to perform. With ball carrying, the player can move to different locations.

With ball carrying, the player can move to different locations. In this, the ball is always under the control of the player. Running while carrying a ball, (sometimes walking) the ball is hit in different ways. The percussion is performed sequentially and in different rhythm, with the foot or with the head. The classification of ball carrying is given in Figure 1. Some methods of carrying a ball have no independent significance and are rarely used in the game. But it would be appropriate to take them together with the other Hillary of the ball carrier. For example, it is inappropriate to carry a ball with a thigh or head. But there are often situations in the game in which the ball is struck in the hip a few times before, then played a little bit in the thigh, ultimately moving to carry it with the foot in the desired way.

Carrying a ball with a foot. This basic method of carrying a ball is the combination of running as well as hitting the ball with the foot in different ways. The analysis of the technique of running and hitting the ball with the foot is given separately above. Therefore, let's dwell on the most important details and features of carrying a ball.

As the ball is carried, the ball is hit with varying force depending on tactical tasks. If a larger distance is to be traveled quickly, the ball is run 10-12 m away from itself. In this case, the ball can be shaved if the opponent resists. Therefore, it is necessary to go in continuous control of the ball and not move it away from 1-2 m danortig. Therefore, it should be remembered that frequent blows to the ball also reduce the speed at which the ball is carried.

In both cases seen, there is no need to make special shaking movements to strike. Depsination on the back leg preparation fa for shock

Carrying a ball with the inside of the foot face allows movement along the arc. When carrying a ball with the inner side of the palm of the foot, the direction of movement can be changed dramatically. Carrying a ball with the outside of the foot face can be considered a universal method. This method allows you to move in a straight line, move along an arc and change direction.

When carrying a bouncing ball, the foot is hit with the middle of the face or with the thigh. In these two ways, the ball can be carried without dropping it to the ground. Carrying a ball with a head. When using this method, the player moves in different directions and carries the ball with the head in succession without dropping it to the ground. It is mainly struck with the forehead. A group of methods of football technique performed in direct one-on-one combat with an opponent constitutes deception actions. Fints are used for the purpose of overcoming the opponent's resistance and creating favorable conditions for the continuation of the game. In football technique, the main methods of cheating actions in the flock are conspicuous: cheating" while standing", cheating" by striking", cheating" by stopping the ball". There are many different ways to perform these finches and their types. When analyzing the technique of deception actions, two general stages are distinguished. One of these is the preparatory stage, while the other is the stage of the implementation of the original intention. Deception efforts will be aimed at evoking a response reaction in the first step to challenge the opponent. The naturalness of the action at this stage determines what the response reaction of the opponent will be. In the second stage, the original intention of the player is made after the opponent's reaction in response to the act of deception. The fact that there are many options depending on the situation in the game and tactical considerations is a characteristic of the stage of implementation of

the original intention. Avoiding the fints (forward, right, left, back), taking the ball away, not touching the incoming ball to his partner

"Escape" Finty. This technique, performed in different ways, is based on the principle of sudden and rapid change in the direction of movement. The player moves in a specific direction during the preparation phase, as if trying to escape from the opponent. The opponent seeks to do the same and tries to block the zone he is trying to pass. The player quickly changes direction of movement during the stage of realizing their original intent, taking the ball to the opposite side. Avoidant cheating moves are often performed with the legs half bent, as this circumstance ensures that the amplitude of the movement is wide, which means that the opponent is much more aloof, as well as a quick change in the direction of the movement.

Abandoned "escape". When an opponent attacks in advance, the player acts as if they want to get past his right or left side. Let's look at the process by which a player escapes to the right, making an escape move to the left. The player is thrown back and forth with a wide stance while depressing on his right leg with 1.5-2 m cha left to the opponent. But the projection of the center of gravity axis does not reach the base level. Even if the balance in this remains some kind of deposit, his help in the further action will touch. The opponent tries to block his overtaking zone and moves to the throw side. Then the player who is finting steps to the right. The ball is directed back and forth with the outside of the right foot face. "Escape" by passing the foot over the ball. This fint is often used when the opponent attacks from behind-the player who holds the ball pretends to be going sideways in the preparatory moves. Turns his torso to the left, claps his right leg.

"Kick" the ball to fint. Let's consider some features of the execution of this fint. When the opponent in the one-on - one draw is coming from the opposite side or from the front-on the side, the striking leg is pulled back as it approaches. This condition is a sign that the ball is kicked or passed over the target. Seeing this, the opponent tries to pull the ball or block the zone where the ball must fly. To do this, he performs throwing, shpagat, gliding movements that slow down and stop the movement. In addition, it will take some time to move from such situations to one-on-one controversial actions. The situation in the game, partners-depending on how the opponent's standing, the position of the opposing opponent is, the stage of the implementation of the original intention is gently kicked in the appropriate way, running from the opponent forward, right, left or back. Go-Y, the ball is transmitted, and one of the partnerst.

Fint the ball "suspended" on the leg. The act of cheating, in which the ball is stopped on the leg, is performed in different ways when the ball is carried and it is inflated by one of its partners. When the ball is being carried, a "stop" fin is used when the opponent tries to pull it from the side and side by side without having to press and press the ball with the tagcharm.

While the ball is being carried in the first case, the player places his support leg near the back of the ball on the next running step and presses it with the tagcharm of his leg away from the opponent. A deceptive act is made, as if you want to stop together with the ball. The opponent slows down his movement in response, at which time the ball will be taken away, although gently kicked towards the forward.

In the second case, an action is made in the preparatory stage, similar to the one that stops the ball. The player slightly slows down their movement and places the palm of their feet on the ball. The stage of implementation of the original intention will be accelerated in the previous direction. Partner passed the ball.

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