

# Spiritual and physical development during the adaptation period of young players

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**Abstract:** This article describes the features of attracting young people to sports, the activities of athletes, the process of training young players and working with them. The selection of young players, the selection system and the further development of the football infrastructure, the factors of training the strength of young players are also highlighted. The article presents the structure of the technology of football application in the department of sports improvement of young football players.

**Keywords:** Physical education, structure, technology, young football players, physical training, athlete's activity, young player, coaching, competition, sports schools, player's strength abilities, physical exercises, willpower, victory.football.

Today, in modern sports practice, physical training serves as the only and decisive foundation that takes technical and tactical skills to the highest heights. Therefore, for the preparation of competitive athletes, one of the important conditions for sports training is the development of physical qualities from an early age, in accordance with the specifics of the sport chosen by children who have just joined the club. To do this, the correct selection of exercises and the effectiveness of their performance under pedagogical supervision are among the most pressing issues of educating talented sports reserves. It is also important to note that each sport has its own characteristics, and these characteristics determine which physical qualities are a priority in the training of young athletes.

The upbringing of a healthy generation and the successful implementation of education in Uzbekistan is one of the important socio-economic and political tasks in the development of society. Because children and the future of a healthy nation and a healthy country will be healthy. In this regard, in the decree of the President of the Republic of Uzbekistan dated December 4, 2019 "On measures to bring the development of football in Uzbekistan to a completely new level" PF-5887, in recent years, taking care of the health of our people, the formation of a spiritually and physically mature generation, which is the game of millions and occupies a special place in our country, A number of measures are being implemented to involve the population, especially young people, in football sports. At the same time, today highly talented young players are being selected in our country, further development of the selection system and football infrastructure, raising the activities of football sports schools to a new level, training specialists in this field and improving the system of financial incentives for them, competitions, issues of raising its level remain one of the urgent tasks.

Physical exercises aimed at stimulating an increase in the level of muscle tension as a result of weight gain are used in as the main means of strength training for young football players. Such exercises are called strength exercises. The increased need for muscle tension can be increased by using different weights. The term "weight" here refers to any physical or biophysical factor that creates resistance to muscle contraction and thus stimulates the pressure exerted in an exercise to achieve the effect of developing strength. The variety of strength exercises by weight characteristics is divided into two large groups:

1. External strength training;
2. Exercises with your own weight.

If we talk about external strength training, then conditionally the external weight is understood as the weight added to the student's own body weight: the weight of various objects or any other opposing force: the resistance of an opponent, difficulties created by external environmental conditions. From a methodological point of view, it is necessary to distinguish between fixed and non-fixed external weight, because the more accurately it is measured, the more likely the effectiveness of exercises is. Strictly dosed weight in strength training is provided by special projectiles, devices and adaptations. If we talk about exercises with external

weight, which are not strictly dosed, then this includes exercises that are not strictly limited to a given framework and can be changed in certain situations, regardless of the will of the student. Usually, the opponent's counter move is used as a lever.

This group includes exercises with your own weight and exercises with weights. The central methodological problem of strength training is the problem of the optimal combination of speed and strength characteristics of movements in these exercises. The difficulty of solving this problem lies in the fact that the speed of movement and the degree of weight relief are inversely related. The resulting contradiction between the characteristics of speed and force of motion it is eliminated by balancing them in such a way that the greatest external force can be achieved with superior speed of movement. A common task in the long-term training of speed skills is the realization of opportunities aimed at their development in accordance with the requirements of life practice and the laws of continuous improvement of motor qualities. At the same time, minimizing the reaction time of the first movement performed at maximum speed; maintaining the level of development of high-speed abilities within specified limits with the beginning of their age evolution. Like all tasks for training motor skills, it specifies the general task, individual capabilities, age stages of development and directions of physical education. The task of ensuring a high level of development of high-speed abilities, especially the ability of a complex emergency response, in many cases is one of the main tasks solved in the process of professional and practical physical training. In conclusion, it can be said that based on the study of literary sources and cases observed during training, it should be said that in most sports schools, due attention is not paid to the preparation of adolescents and their ability to be strong. It is very important to raise and develop the level of strength training of young football players based on further improvement of methods and means. Indeed, at present, systematic and consistent training of athletes is one of the most important tasks of every coach. Also, as an effective solution to the problem of training each teacher-coach, first of all, he must have professional qualifications and in-depth knowledge in the field of psychology, pedagogy, economics, ecology, culture, law and other similar disciplines capable of meeting modern requirements., ensures the effectiveness of the educational process. So, if a coach knows well the physical fitness of young players, their mental qualities, the importance of attention in sports, he can certainly achieve the training of the above abilities.

The modernization of the educational system in order to achieve its qualitative compliance with the development prospects requires radical changes in such a link as the physical improvement of young football players. The existing system of physical education does not meet the requirements of modernity, namely, there is a lack of motor activity of young football players, which in turn does not contribute to improving health, especially in adverse environmental conditions of the zone.

In this regard, in the field of physical improvement, it is necessary to develop such a direction as football classes in the department of sports improvement, for which it is important to use scientifically based technology for the application of football.

There are three periods in the annual, semi—annual training cycle:

- preparatory - the period of functional preparation;
- competitive — the period of the main competitions;
- transitional — the period between the second and the first.

Such a training macrocycle is based on the patterns of acquisition, preservation and temporary loss of athletic form.

The competitive form is called the state of optimal, the best readiness of an athlete, physical, mental, technical, tactical, for achievements. It is advisable to set the duration of individual periods in macrocycles within the following limits:

- the preparatory period — from 2-3 months mainly in semi-annual cycles to 5-6 months in annual cycles;
- the competition period is from 1.5–2 to 4-5 months;
- the transition period is from 3-4 to 6 weeks.

The analysis of the training process in various sports allowed us to identify the following mesocycles: retracting, basic, control-preparatory, pre-competitive, competitive, restorative, as for microcycles, the author believes that in the practice of sports the following types can be found: retracting, basic, control-preparatory, specialized, model, summing, restorative and competitive.

In sports training of highly qualified football players, mesocycles are distinguished: retractive, basic, control-preparatory, competitive and restorative-supportive. Depending on the specifics of the content and place in the training system, the authors distinguish the following types of microcycles: summing, competitive and restorative.

The optimization of the football players' training process is determined by the improvement of specialized types of physical, tactical, technical and psychological training, which should be subordinated to the goals of the upcoming competitions. The analysis of literary sources allows us to assert that each stage of sports training of football players is characterized by its own content, volume and intensity of training loads, their dynamics, the ratio of OFP and SFP, taking into account the individual characteristics of athletes, improving technical and tactical skills, psychological training. In this situation, the coach turns to various types and sources of information. He needs pedagogical, medical, sports and other information.

One of the most significant aspects of the theory and methodology of sports, and in particular football, is the methodology of planning the educational and training process at various stages of training young football players of the sports improvement department.

The main purpose of training at this stage is to create, expand and improve the prerequisites for the formation of athletic form. The main of these prerequisites is to increase overall physical fitness; the versatile development of physical abilities, functional capabilities, motor skills and abilities of an athlete. Therefore, general preparation is often an active part of training at this stage. Hence the name of this stage. A special preparatory stage. Training at this stage is rebuilt in such a way as to ensure the immediate formation of athletic form. The entire content of the training focuses on the development of special fitness, the development and final formation of athletic form. Competitions are held at the same time, as the preparatory period is completed, they occupy a more significant place in the training.

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