

Features of the Development of Physical Qualities of Young Football Players at the Stage of Initial Training

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Annotation: Based on the monitoring analysis of development-related physical qualities, the article outlines an accentuated methodology aimed at educating the necessary motor qualities in young football players. A staged methodology of sports specialization has been developed and experimentally tested, and its effective ways of development have been determined.

Keywords: Physical qualities, accentuated methodology, initial training, dexterity of football players, stage of sports specialization.

At the initial stage, versatile training is most effective. Excessive enthusiasm for highly specialized exercises often leads to a delay in the growth of skill in the next stages.

In children 8-10 years old, the most favorable opportunities for the development of agility, flexibility and speed are observed.

Of great importance in the initial training phase is the development of agility, which provides the basis for the successful mastery of coordinately complex actions. Moreover, the education of agility at this stage should go, first of all, along the path of forming its general base, as a result of which the special dexterity of the football player will be brought up at further stages of training. At this stage, football players are taught a wide range of various motor actions. The most common method of cultivating agility at this stage will be playful. When cultivating agility as the ability to master new movements, the exercises used must constantly include elements of novelty. As the skill is automated, the importance of this exercise in terms of dexterity education decreases.

In order to develop agility, outdoor games, relay races with a complex of different movements (running, jumping, turning, throwing and catching balls), acrobatic exercises (somersaults back and forth, somersaults after jumps, a combination of somersaults with turns), jumping exercises (long jumps, height, triple, five-fold, with a turn of 90°, 180°, in a squat, etc.), running exercises (running along the "eight", in an arc to the right and left, cross-footed and attached step, running on tags, etc.).

Exercises aimed at developing agility quickly lead to fatigue. Therefore, it is advisable to carry them out at the beginning of training sessions, as well as after rest intervals.

The stage of initial training is most favorable for the development of flexibility, since the body of children at this age is more plastic than in subsequent periods of development, when, as the cartilage tissues ossify, mobility in the joints decreases. When nurturing flexibility, it is important to ensure a broad and harmonious development of mobility in all joints. At the same time, more attention should be paid to those links of the musculoskeletal system, which mainly carry a load in the activities of football players.

The main means for cultivating flexibility are stretching exercises. For this age, it is especially useful to apply exercises in an active dynamic mode. These are, as a rule, exercises from basic or auxiliary gymnastics (ORU), selectively affecting certain muscle groups, ligaments (swings and rotational movements of the trunk, rotational movements in the ankle and hip joints). Active exercises differ in the nature of execution: single-phase and springy; flywheel and fixed; with weights and without weights.

The main method of developing flexibility is the repeated performance of exercises with an ever-increasing and possibly complete amplitude of movements. The pace of flexibility exercises is set depending on their nature and purpose, as well as on the level of preparedness of the participants.

With the development of speed, first of all, attention is paid to its following components: the speed of motor reaction, the speed of individual movements, the ability to increase the pace of movements in a short time. Preference is given to the game method, in which natural forms of movements and non-stereotypical ways of performing them are manifested; exercises performed in the form of relays for pre-determined signals

(sound, visual), for football players of this age, the distance run in one repetition should not exceed 15-20 m. It is important that each repeated performance does not occur during the under-recovery phase.

At this stage, it is advisable to develop running speed with the help of a game of football and exercises with the implementation of technical elements. Game exercises and various relay races (short-distance jerks, with a change of direction, in combination with jumps, etc.) allow you to maintain the interest of children in their implementation.

Purposeful classes for the education of speed-power qualities, general and speed endurance at the stage of initial training, as a rule, are not carried out. The education of these qualities takes place mainly in classes with a complex focus.

Stage of sports specialization

The stage of sports specialization is characterized by a good base of general physical fitness (state of health, posture, coordination and functional capabilities). The main focus of physical training at this stage is the education of the qualities of speed and general endurance, special agility and flexibility of football players, the formation of a base of speed and power capabilities.

The agility of football players is brought up both by non-specific and exercises used at the stage of initial training (mobile and sports games, relay races, jumping and running), and specific (exercises with balls). Moreover, the volume of exercises of a non-specific nature gradually decreases, and their complexity and novelty increase.

When performing exercises, you need to strive for consistency of movements (for example, consistency in the transition from running to jumping, somersaults, running back to front, attached step). At the same time, the ability to master coordination complex actions is formed.

The main means of developing flexibility are general preparatory and specially prepared stretching exercises performed with a large amplitude. These exercises are divided into active, passive (with the help of a partner) and combined. The method of fostering flexibility is repeated. On average, the number of repetitions of the exercise should reach 10-15 times.

Dynamic stretching exercises are performed, gradually increasing the amplitude to a maximum. The signal to stop repetitions is a reduction in the amplitude of movements.

Football players, as a rule, use exercises for the lower extremities (swinging the legs, circular movements in the hip, ankle joints).

To educate speed, competitive repeated and game methods are used. Moreover, relays include the implementation of elementary techniques (for example, hitting the ball, passing the ball). It is advisable to start in relays from different starting positions. At this stage, when educating speed, the method of dynamic effort is also used. These are exercises in jumping, in alternating jumps with jerks.

When educating running speed using the repeated method, the following characteristics must be observed:

1. The intensity of the exercise should be maximum to resist the "stabilization" of speed, You can use a number of methodological techniques (running in facilitated conditions - downhill; alternating jerks in difficult conditions - uphill with jerks, downhill, etc.).

2. The duration of the jerk depends on the length of the distance traveled (10-20 m - starting speed and 30-40 m - remote speed).

3. The duration of rest pauses depends on the length of the distance. In running at 15-20 m, it should be 45-60 s, and in running at 30-40 m - 75-90 s. Reducing the duration of rest intervals helps to improve speed endurance.

4. The nature of rest pauses - light jogging, walking, juggling. In this case, the heart rate before the subsequent repetition should be in the range of 120-130 beats / min.

Exercises are advisable to perform in series of 10 repetitions (depending on the length of the segments) in each. The number of episodes is from 2 to 4. The exercises must be well mastered and simple enough in technical and tactical terms so that the player can develop maximum speed at the distance.

The education of speed-power qualities takes place with the help of the method of dynamic efforts. Moreover, it is inextricably linked with the education of the speed of movement. The main means are jumping exercises (jumping on one, two legs; from foot to foot; jumping up after a short jerk with an imitation of a

head blow; jumping on one, two legs with the advancement and lifting of the hip up; various combinations of jerks and jumps).

No less effective method of educating speed-power capabilities is the shock method, which stimulates the muscles with shock stretching, which precedes the active effort. This method involves performing jumps to the depth from a height of 30 to 50 cm (depending on the age of young football players) followed by an instant jump up or up to the side.

The most effective methods of educating general endurance are a uniform method, variants of variable and playful. The main characteristics of the uniform method are intensity and duration. The intensity of the exercise should be at the level of 70-85% of the maximum aerobic capacity (MPC) of the football player. At the same time, the heart rate during the exercise should be in the range from 150 to 160-175 beats / min. The duration of the exercise depends on its intensity and ranges from 10 to 30-40 min. Other sports (swimming, cross-country skiing, hockey, etc.), various outdoor games, as well as special game and technical-tactical exercises (football on reduced grounds with a reduced number of players; shots on goal after leading the ball, strokes of the racks; passing the ball in motion in pairs, triples; games in the "square" - 4x2, 5x3, 5x2 on an area of different sizes).

Speed endurance is nurtured on the basis of good overall endurance and running speed. In this regard, the stage of sports specialization is most effective for its education. The main methods of educating speed endurance are repeated and interval. The main characteristics of the repeated method correspond to those used in the Education of speed capabilities. The difference is only in the duration and nature of rest pauses between repetitions. The criterion for the correct choice of the duration and nature of rest pauses can serve as a heart rate before subsequent repetition, equal to 140 ± 10 beats / min.

The characteristics of the interval method exercises should meet the following requirements:

1. The intensity of work, determined by the speed of movement, should be close to the limit (from 95% to the maximum, heart rate within 180-190 beats / min).
2. The length of the segments is selected so that the operating time lasts from 20-30 seconds to 1.5-2 minutes.
3. The duration of rest intervals between subsequent repetitions is reduced (from 5-8 minutes between the first and second repetition to 2-3 minutes between the third and fourth).
4. The nature of the pause of rest between repetitions is low-intensity work (juggling the ball, passing and stopping the ball on the spot, hitting the goal without markets and runs).
5. In each series of exercises there should not be more than 3-4 repetitions.
6. The rest time between series should be sufficient to eliminate a significant part of the lactate debt (at least 15-20 minutes, in the intervals between series you can use low-intensity exercises on football technique).
7. Number of episodes - from 2 to 3 in one lesson.

Examples of exercises performed using the interval method and aimed at educating and improving speed endurance can be the following:

- Shots on goal. A defender, running around the rack, counteracts a striker trying to score a goal after a coach's pass;
- Two strikers produce a series of markets without rest pauses. At the same time, the winger, after driving the ball at maximum speed, makes a pass to the penalty area, from where the central striker makes a shot at the goal;
- One-on-one combat of a defender and a striker. The task of the striker is to score all the balls in the goal with a feint, deceiving the defender, who must prevent a shot into the goal. Players are not allowed to cross the penalty area line. The task of the striker is to score as many and as quickly as possible balls into the goal;
- A group of players alternately send balls to different points in the penalty area on horseback. The defender's job is to try to knock them out of the box with his foot or head in the opposite direction until they touch the ground;

□ A group of players alternately send balls to different points in the penalty area on horseback. The task of the attacker is to score balls into the goal with his foot or head after one or two touches the ball to the ground;

□ Team A has two or three goals and is located on the goal line, and Team B is on the middle line. On cue, the players of team A pass balls to each other. The task of team A is to keep at least one ball as long as possible, and the players of team B must knock these balls out of the field. The team with the longer possession of the ball wins.

Strength in its pure form is to a small extent manifested in the competitive activity of football players. Therefore, when educating strength, the coach should consider it only as a basis for educating and improving speed-power qualities.

The main method of educating the strength of football players is the method of repeated efforts. Its essence lies in the fact that football players perform an exercise (for example, lifting a barbell or squatting with a barbell) with a weight of 60-80% of the maximum possible. Moreover, the number of repetitions of one series should not exceed 10-12, and the number of episodes should not exceed two or three. The last repetitions are most effective. This method allows you to selectively influence the development of the strength of various muscle groups.

Sports Improvement Phase

The stage of sports improvement is characterized by a high level of development of most physical qualities, which reach 80-100% of the corresponding level of adult football players. Based on this, we can only talk about the further improvement of the qualities of speed, agility and flexibility, as well as speed-strength qualities in the process of year-round training. When improving these qualities, the methods and means that were used at the stage of in-depth sports training are mainly used.

For the further development of overall endurance, along with uniform and variable methods, the game method is used. Games, game and technical-tactical exercises are widely used, the intensity of which reaches 75-85% of the BMD, the heart rate is in the zone of 165-175 beats / min.

In addition to this method, an interval method with dosed phases of load and rest is used to educate general endurance. In this method, the intensity of work is maintained in the submaximal power zone (intensity of about 90%, heart rate reaches 170-180 beats / min; the duration of the working phase is within 1-2 minutes (a signal to the end of rest can be a decrease in heart rate to 120-140 beats / min); the number of repetitions is determined by the ability to maintain the specified parameters during the exercise without significantly lengthening the rest intervals.

The main methods of educating speed endurance at this stage of training are repeated and interval. Compared to the stage of in-depth training in the exercises conducted according to the interval method, the volume of high-speed work increases in each series. At the same time, the duration of pauses between repetitions and series is reduced. The magnitude of the load can also vary due to the different ratio of work and rest time.

The education of strength at this stage is done mainly through the method of repeated efforts. In training sessions, to a greater extent, one should take into account the "structural correspondence" of strength exercises to the specifics of the game. At the same time, work on strengthening the muscles of the whole body should not stop.

In order to more comprehensively influence the power abilities of football players, to create conditions close to football, to increase the emotionality of classes, it is necessary to use both paired (for example, fighting for a ball) and group game exercises (for example, playing football with riders). Moreover, it is necessary to clearly dose the load in terms of time and weight.

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