

Methods of increasing physical fitness during the training of football players

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Annotation: The article explains the further development of the physical capabilities of football players by increasing the volume and intensity of loads in the annual training cycle during training.

Keywords: Increase in physical capacity, the annual training cycle, the period of preparation, the period of competitions.

The volume and intensity of football players' loads in the annual training cycle varies unevenly, not the constant amount. The curve of changing the volume of sports loads in football players is observed depending on the number of exercises and facilities, their duration, and the curve of the intensity of sports loads is observed by the amount of loads (large, medium, small). Analysis of this information allows players to draw up principled schemes for distributing loads in the annual cylinder of the players' training. At the beginning of the annual cycle (preparation period, January - March), the volume of loads increases gradually, and then accelerates (April-July), after which it decreases gradually. This case lasts until the beginning of the transition period. The intensity of the initial loads increases continuously, and this continues for almost the entire year, reducing sharply only during the closing phase of the competition. With the start of the second half of the competition period (August-September), the intensity of training reaches its peak. Next, taking into account the increasing fatigue of players, the intensity of training is gradually reduced. At the same time, it is very important to give football players time-to-time loads (reducing the intensity of exercise). Competitions and their number will be planned in accordance with the fortified plan of the competitions, taking into account the duration and difficulty of their holding. Match matches are scheduled as follows, depending on the level of difficulty:

during the preparation period – taking into account the gradual increase in the essence of competitions;

During competitions - depending on the quality of the players' exercise (training): taking into account the gradual decrease in the duration of the competitions during the transition period. All competitions are distributed by months on an annual skew. Rest, on the other hand, is planned based on the number and difficulty of competitions, the volume and intensity of training, and the level of preparation of football players. To determine changes in the physical technical and tactical preparations of football players, you need to conduct cannon tests (tests) and medical examinations. After the competition and weekends, the date of the canned tests (tests) and medical examinations are scheduled, the remaining days are distributed for classes that last differently and take place at different intensities. Depending on the intensity, classes are divided into classes with large, medium and small loads. Loads on the exercise performance should be extremely individual. The exercise speed should be 80-85% of the maximum speed, while the vein rate should be about 175-180 per minute when the exercise is completed. Intervals should be at least 45-90 seconds, mostly 3-4 minutes.

Small load exercises include exercises that can reach a vein rate of 130-150 times per minute during their performance. The performance that evening was an entity used by Jehovah's Witnesses in your country. You can include simple running around the circle, walking in different situations, carrying balls in a hurry, a variety of gymnastics exercises, kicking at the gate from where you stand, transferring balls from where you stand, teaching new technical methods, and so on. Moderate load exercises include exercises that when performing them at 70-85% of the maximum speed, the vein rate reaches 150-165 per minute. For example, running differently from different start situations, running at different speeds (20-30 m) and speed (15-20), jumping from standing to length, hopping to height, currently pulling the numbers into the chest while jumping to height, as well as transferring after carrying the ball, carrying the ball in a limited area. Conducting various aesthetics with the ball, carrying the ball quickly, conducting different aesthetics with the ball, etc.

Large-load exercises include exercises that can reach a vein rate of 170-190 times per minute. For example, a race-style "mokisimon" run, playing "chase" in a limited area, Jumping (thrown) while sitting down, kicking a ball at the target after a fierce run of 8 to 10 m with an opponent, a special assignment (maintaining a high rate, playing with reducing the number of players in the team, playing in restricted areas (2x3, 3x3, 4x4, 6x6, 8x8).

When transferring exercises to a level of intensity, the following are: (a) the character (pace, difficulty, etc.) and duration of the exercises; b) the duration of the intervals between exercises and its character (passive, active); c) the duration of previous training and post-competition training and rest; g) the personal characteristics of football players; D) tevarak - the surrounding mucous membranes; (j) How long the recovery process lasts after the exercise is completed will be followed. When planning downloads, it is important to remember that its volume is determined not by the duration of the exercise, but by the intensity. For example, a 70-minute task that kicks a ball with YUQS 165-180 times a minute is a large load, and for so long, kicking the ball with YUQS 130-150 times a minute is a small load exercise. Sports loads gradually increase the total amount of work, the intensity of training, and their duration. At the same time: (a) to engage slowly in the conduct of each training and competition; b) to engage slowly after rest, illness, injuries and other interruptions in the exercise (not exercising for a certain period of time); (c) It is important to consider gradually increasing and reducing sports loads during certain parts, stages, and periods of annual cycles. Before each training and competition, the chicken writing is held. Its content, on the other hand, is changed depending on the condition of the players and their individual characteristics and environmental conditions.

In the cylinders between the training cylinders and games, the competitions and weekends are followed, the ability to gradually switch from the average loaded exercise to the workout with a large load, and vice versa from a large loaded workout to the average and low-load. Large-load exercises do not produce a reaction that is clearly expressed as much as they are observed when competing in a competition . At the same time, it is enough to say that after an average loaded exercise, football players lose 1 kg of weight, after a large loaded exercise - about 2 kg, and after the competition- 3kg. According to the vascular pulse chastatasi, blood pressure, breathing speed, dynamometry, electrical sensitivity of the eyes, and other indicators, approximately such physiological changes can be observed. The effect of physical loads on certain functions, as well as restorative reactions, is determined by the types of exercises used, the intensity and duration of their performance, how many recurrences of exercises, and the abundance of rest between them. Loads are used for the following, depending on the specific requirements for the physical training of football players; i.e. for speed-power training; to increase overall durability; to increase speed resistance; It also uses specific exercises (technical and technological exercises), nonspecific (ballless) exercises.

After various sports loads, it is very important to know the laws of the restoration processes in the body of football players. How recovery processes occur is studied by a number of symptoms (blood pressure, electrocardiogram indicators, weight, muscle strength measurement of the hand, stroke of blood vessels, heart contraction chastata, electrical sensitivity of the eye: effects on additional loads, and so on). Recovery, compliance with hygienic requirements and exercise in more fresh air are of great importance in strengthening the health of football players. The observance of such actions by football players ensures that fluid conversion in the body improves, the baseline movement apparatus, muscle, nervous systems are strong and healthy.

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