METHODS OF DEVELOPING TECHNICAL TRAINING OF YOUNG FOOTBALL PLAYERS

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ABSTRACT

In the article, on the topic of methods of developing the technical training of young players, the development of technical training of players in the sports sections of general secondary schools and academic lyceums is raised as an urgent problem. it was developed and the issues that this problem is relevant today are shown.

Keywords: Technique, tactics, preparation, individual, role, mathematical-statistical, attack, defense.

ANNOTATSIYA

Maqolada yosh futbolchilarni texnik tayyorgarlikni rivojlantirish usullari mavzusida umumiy o‘rta ta’lim maktablari va akademik litseylari sport seksiyalarida futbolchilarni texnik tayyorgarlikni rivojlantirish dolzarb muammo sifatida ko‘tarilgan bo‘lib futbolchilarning maydondagi texnik-taktik xarakatlariga doir ma’lumotlar va texnik tayyorgarlikni rivojlantirish usulublarini ham ishlab chiqilganligi hamda hozirgi kunda bu muammo dolzarb ekanligi masalalari ko‘rsatib o‘tilgan.

Kalit so‘zlar; Texnika, taktika, tayyorgarlik, individual, amplua, matematik-statistik, hujum, himoya.

АННОТАЦИЯ

В статье на тему методов развития технической подготовки юных игроков развитие технической подготовки игроков в спортивных секциях общеобразовательных школ и академических лицеях поднимается как актуальная проблема. показана эта проблема, актуальная на сегодняшний день.

Ключевые слова; Техника, тактика, подготовка, индивидуальная, ролевая, математико-статистическая, нападение, защита.

INTRODUCTION

Relevance of the topic. As a result of the initiative and support of our government, physical education and sports have become one of the priority issues of social development of the country. The government’s decisions to further develop physical

education and sports, including football, are a clear proof of this. Improving the skills of Uzbek players is closely related to the development of football.

The level of study of the problem. According to the opinion of football experts and football coaches, the reason for our defeats is the imprecise execution of technical and tactical actions of our players. Taking into account that our young players will be the owners of our football in the future, it is an important factor to eliminate their mistakes and shortcomings right now.

The purpose of the work: To develop the technical training of young players through special exercises.

Research tasks:

1. Monitoring the technical and tactical activity of young players in pre-competition conditions.

2. Improving the technical capabilities of young football players with the help of specially designed tools.

Analysis of movement activities of young football players in competitive conditions.

Hypothesis of the study: The perfection of individual actions based on the technical capabilities of young players can be the basis for the victory of the team.

Technical and tactical actions of football players. It is known that the improvement of the team's game actions is achieved by clearly ensuring the task of each player during the fight with the opponent. The individual game of a football player should be understood as any appearance of each player's ability to compete with the opponent without the help of partners . In the game situation, it is necessary to take a fast and correct direction. It is necessary to be able to find the tactical style and combinations suitable for this situation in very quick seconds and to achieve them in time, to understand the intention of both the opponent and his teammates in time. The player's actions such as kicking the ball, stopping it, other actions and external influences are not the same, the structure of each action in football, the speed of its execution, the general situation in the game, the specific tasks performed by the player at any moment of the game. depends on many aspects.

A number of football experts V.P.Klimin (1987), A.P.Popov, Ye.A. Razumovsky (1982) studied the individual technical and tactical actions of football players in their scientific research. Football experts have recognized that the individual technical and tactical actions of the players are different depending on their ampoules on the field. For example, attackers are more likely to deceive the opponent and shoot at the goal than the players playing on the other line. The ability of midfielders to pass the ball to their teammates, to fight with the opponent for the ball, to win the ball , is superior to

other role players. Defenders often practice technical and tactical actions during the game, such as carrying the ball, fighting for the ball in the air, catching the ball on their feet.

This is how R.A.Akramov explains the player's individual game. "Such difficult situations arise on the field, a player can get out of difficult situations only through his individual technical and tactical skills without his teammates."

In particular, N.M.Bishikov determined that the 90 minutes allocated to the competition according to the rule by timing the net time of the game (the time spent on the ball) was on average 60.6 to 65 minutes.

In fact, international meetings are very frequent. In this, players protect not only the honor of their club, but also the honor of their country. Monitoring the movement of the players allows you to control the ball during the 90 and determine the quantity and number.

In the 10th-16th world football championships, only leading players were of great importance in the victory of national teams. The leading players play as a team with their teammates, organize and effectively finish team-team attacks, and are able to actively move in defense.

We can point to such players as Maradona, Badjo, Stoichikov, Hadji, Klinsman, Ramario, Beckham, Figo.

In any football matches, such players have been able to show themselves in the victory of the team through their high level of individual skills.

Modern football requires good use of effective techniques that are necessary in specific game situations, constant and active competitive moments. A study of the technical and tactical activities of the best teams and players shows that passing the ball over short distances is the main movement during the game.

Improvement of the technical skills of football players is currently being carried out in the following directions:

- to improve the technique of all types of ball transfers in an extremely short time;
- extremely accurate kicking of the ball to the target;
- play the ball well with the head;
- improvement of receiving the ball in difficult situations, when moving forward at high speed;
- to increase the ways of deceiving the opponent;
- improving the ways of all players on the field to take the ball away from the opponent.

The game tactics of the German national team at the ongoing world championships were organized taking into account the individual games of Beckenbauer, Müller**,** Mateus, Föller, Klinsmann.

Such a situation was adapted to the games of Cruyff, Van Basten, Gullit, Rijkaard, and Van Nisterloy in the Dutch national team, while in the Polish team, players such as Deina, Lyato, Sharmax, and Gorgon changed the entire team's game.

Coaches of these teams try to use the above-mentioned great players, their personal abilities and strengths, taking into account the games on the field.

The movement of players in the game with the head. In modern football, attacking from the wing forces teams to create many opportunities to score. It is important for attackers and other players to be able to show a good game with the head in order to effectively end such attacks.

Many experts believe that headers by football players are a challenge for any goalkeeper. They emphasize that the player needs to jump when entering the ball into the goal, and the goalkeeper should know the position of the goalie in advance.

In the held world championships, the European national teams of England, Ireland, Sweden, and Wales were rated as superior to all opponents in heading the ball. Football experts believe that England's national teams play best with the ball in the head. This is evidenced by the fact that they have the best headers in the world championships.

Their height also helps Northwestern European players to play well with the ball at the head.

Physiological basis of development of speed-strength qualities.

Speed-strength qualities depend on the movement technique and the level of tension of certain muscles and their addition. The main method of training is the method of maximum tensions, in which the resistance to be overcome ±should not differ more than 10% from the work in the competition. In such conditions, intermuscular coordination develops to the greatest extent, which corresponds to the development of coordinated movements at neither maximum nor minimum tension.

In the development of speed and strength, two main tasks must be solved (VVKuznesov, 1975).

1. An increase in the set of speed-power capabilities.

2. The development of the ability to master these qualities.

To solve the first task, local (local) and regional exercises should be used. It is necessary to repeat the ratio of these exercises from 1 to 8-10 times. the second task is performed by using special regional and global exercises, in which the resistance is equal to the resistance in the competition, and the speed should be maximum. The main method is oscillating, in which a quarter of the exercises should be performed in a yielding and isometric mode.

Importance of physiological mechanisms in training speed.

One of the physical qualities, quickness is expressed by the execution time of the movement, which develops when physical exercises are performed at a high speed. For example, short distances in cyclical dynamic work : running 100, 50 mswimming 200 m25, 200 mbicycle racing, speed and power throwing, long and high jump, boxing, fencing. Playing sports like sports develops the quality of quickness.

From a physiological point of view, the speed of movement mainly depends on the following factors.

1. Excitability of the motor apparatus, that is, to the latent (hidden reaction) period;

2. To the time of contraction and relaxation of muscles;

3. To the functional mobility of the neuromuscular tissue involved in a specific movement.

The excitability of tissues is measured by their rheobase and chronoxia. These indicators are important in evaluating the movement speed of an athlete . However, in determining the quality of speed, it is now common to determine the reaction time. Special equipment (for example, myoreflexometer, IPR) is used for this.

Speed development is especially important for sprinters and speed-strength athletes. For example, in sprinting, an athlete 10 mmust cover a distance of about one second. According to current evidence, a sprinter 100 mcan cover the distance in 9.8 seconds. The latent period of the athlete’s movement reaction plays an important role in the implementation of such speed, because the faster the athlete jumps out of the start, the faster he starts the movement, the faster he covers the distance. In the high-speed performance of cyclical dynamic work, the speed of alternation of the excitation and inhibition processes in the nerve centers of antagonistic muscles is also essential. For example, the sequential high-speed operation of the leg flexor and recording muscles is determined by the time of exchange of nerve processes (excitation and inhibition) in the centers that control the work of the working muscles. The faster this process takes place, the shorter the time of contraction and relaxation of the muscles, the higher the speed of movement.

Factors such as the type of neuro-muscular movement units, movement coordination, and the speed of energy generation in muscles also play a role in high-speed execution of movement.

The ratio of fast-twitch or slow-twitch motor units in the execution of a movement has a certain influence on the speed of the movement. The higher the speed of movement, the more fast-moving motor units are involved in the movement. As a result of high-speed exercise, the ratio of fast-twitch and slow-twitch motor units changes.

Regarding the importance of movement coordination for movement speed, it should be said that the functional connections between muscle fibers and muscle groups are highly improved in their coordination, which ensures a much higher movement speed. It is known that short-distance running and swimming exercises are performed in anaerobic conditions. The energy needed to perform such exercises is mainly ATF and KRF (adenosinuch phosphate and creatine phosphate) is taken into account. Therefore, the greater the amount of these substances, the higher the power of the work .

Conducting pedagogical observations. Pedagogical observations of attacking actions of young players who participated in the Championship of Uzbekistan were returned. Pedagogical observations included the study of attacking actions of young players during the game, the number of players in the attack, the shots that finish the attack, and the offensive actions with a dangerous appearance.

Adoption of test criteria

No	Control exercise	Grades					
		1.0	0.8	0.6	0.4	0.2	0
1.	Carrying the ball	6 fast	6.1 6.5	6.6 7.0	7.1 7.5	7.0 8.0	Slower than 55
2.	A long kick	75 is a lot	74-70	69-65	64-60	59-55	less than 55
3.	Kick the target	12 lovers	11-10	9-8	7-6	5-4	Less than 4
4.	Complex exercise	14.0 is fast	14.1 14.5	14.6 15.0	15.1 15.5	15.6 16.0	Slower than 16.0

Mathematical and statistical works . The results were calculated in percentages (%). In addition, the analysis of the team's offensive actions was also analyzed in percentages (%). In addition, the average arithmetic value (X) was found and the teams were compared.

Organization and conduct of research. In the pedagogical observations, the 12-13-year-old students of Khorezm youth football team were conditionally taken as " 1"experimental" and " 2"control group". 6 appointments before and after the study were returned. Pedagogical observations of offensive actions of young teams in Urganch were returned. Observations were made by recording the offensive actions of the players through a tape recorder. Pedagogical observations The games of the 2016 season were returned .

The results of attacking actions of young players.

If we take the offensive actions of young players, we observed that many actions look dangerous when looking at attacks from the wings and attacks from the center. If we look at the 13-14-year-old players playing in Khorezm youth football team 2 school,

X=6 games, on average 15 attacks are made during one game, 10 of them are made from the wing, efficiency k' is 53 %, 34% of the actions organized from the center were 5 times effective. As for the 13-14-year-olds of Khorezm youth football team 1 school, 14 attacks from the wing made 58% efficiency, 8 attacks from the center made 41% efficiency. If we draw a conclusion from this, we found out that the number of attacks organized from the wings and the indicators of the efficiency coefficient are higher than those organized from the centers .

Actions of 13-14-year-old players to organize a dangerous attack in the game

Different years	Parts of the field in the attack			
	From the wing		From the center	
	Attack the number	S K%	Attack the number	SK%
Khorezm youth football team 1	14	58	8	41
Khorezm youth football team 2	10	53	5	34

Attacks and shots on goal of the 12-13-year-old native football team in matches.

Teams	Game during attacks				To the gate directed blows					
	No need attacks	**Percent (%)**	**Attacks that look mean**	**Percent (%)**	**That's right hits (effective)**	**Percent (%)**	**Wrong strikes (ineffective)**	**Percent (%)**	**Everyone blows**	**Percent (%)**
Khorezm football team1	45	78	13	22	4	36	7	64	11	100
Khorezm football team2	50	76	15	24	5	45	6	55	11	100

We took the average (X) of the attacking efforts of the young players over 6 games. In the course of one game, in the attempts to organize an attack with the participation of two players, 12-13-year-olds of Khorezm youth football team 1 school X=24 (46.1%) and 12-13-year-olds of Khorezm youth football team 2 school 25 (38.4%) times. we can see that it organizes actions. Here we observe that the number of actions and the percentage in the game of 12-13-year-olds in the school of attacks involving two players are low.

When observing the movement activities of young players in one match, Khorezm youth football team participated in 5 out of 5 group tactical moves (40%), 2 out of 5

group tactical moves (59%), and 11 tactical combinations in counter attacks, 27.2 out of 5 efficiency noted.

Pedagogical observations obtained at the end of the study.

Based on the initial results, we tried to neutralize using exercises related to ineffective technical movements obtained during training. At the end of our study, we conducted re-pedagogical observations. If we look at the 12-13-year-old players of Khorezm youth football team 2 school in attacking efforts, X=6 games, on average, 19 attacks are made during one game, 12 of them are organized from the wing, and the efficiency rate is 66%. 34% of the actions organized from the center were 6 times . Khorezm youth football team 1 school 12-13-year-olds have an efficiency ratio of 72% from 14 attacks from the wing, and 28% from 5 attacks from the center.

Actions of 12-13-year-old players to organize a dangerous attack in the game.

Different years	Parts of the field in the attack			
	From the wing		From the center	
	Attack the number	SK%	Attack the number	SK%
Khorezm youth football team 1	14	72	5	28
Khorezm youth football team 2	12	66	6	34

10-12-year-old football team's attacks in matches and shots on goal .

Teams	Game during attacks				To the gate directed blows					
	No need attacks	Percent (%)	Attacks that look mean	Percent (%)	That's right hits (effective	Percent (%)	Wrong strikes (ineffective)	Percent (%)	Everyone blows	Percent (%)
Khorezm youth football team 1	50	72	19	28	8	53	7	47	15	100
Khorezm youth football team 2	51	73	18	27	6	46	7	54	14	100

CONCLUSION

From the physiological point of view, exercise is understood as the process of regularly engaging in muscle work, which ensures an increase in a person's working capacity. The physiological state of the body changes during regular exercise . This condition caused by exercise is called physical fitness. A physically trained organism

has a higher work capacity than an untrained organism and can do more work than an untrained organism.

The main purpose of doing sports is to strengthen the health of the participant, to expand the scope of his skills and physical qualities (strength, speed, endurance, agility, flexibility), to make it possible to master sports techniques and work methods, to improve his ideological and willpower. it consists in educating the qualities and enriching it with theoretical knowledge.

the condition that occurred during exercise are reflected in the structure of various organs and their function. For example, as a result of regular performance of vigorous activities, skeletal muscles become tense, as a result, morphological changes occur in them, which, in turn, ensures an increase in their functional ability and strength. In the training of a runner, the development of not only the movement function of the legs, but also the functions of breathing and blood circulation is of great importance. Along with the development of breathing, blood circulation, movement function, the improvement of nervous processes plays an important role in football player's training . We want to say that the correct and quick solution of sudden high-speed movements, complex movement tasks that arise suddenly during the game is related to the dynamics of nervous processes .

Under the influence of training, the innate abilities of motor activity develop to the maximum, in which the reproduction of innate abilities and the formation of new non-genetic motor activity are especially important.

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