

PEDAGOGICAL FUNDAMENTALS OF DEVELOPMENT OF PHYSICAL QUALITIES OF YOUNG FOOTBALL PLAYERS

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ANNOTATION

Physical qualities, like all other sports, form the basis of football training. In football, physical qualities are not manifested in isolation, but always in a complex. However, the optimal development of strength, speed, agility, flexibility and endurance requires a separate approach to the development of each quality, and depending on which period, stage is intended, more attention is paid to the training of this or that quality. The article seeks solutions to these issues.

Key words: *physical education, sports, football, physical activity, endurance, speed, strength, movement, exercise, coach, active, passive.*

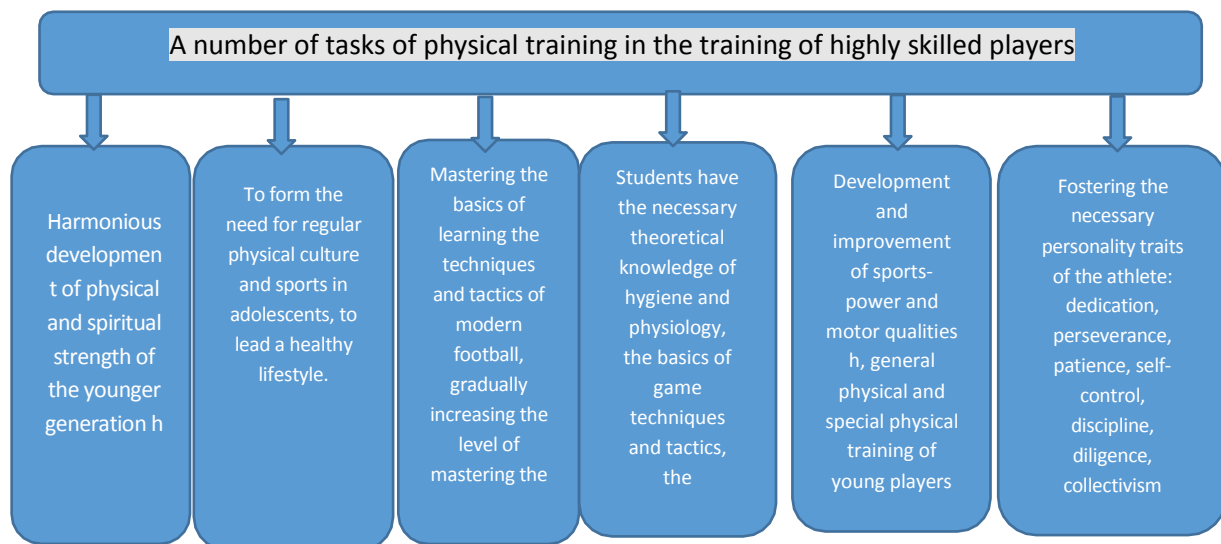
INTRODUCTION

In recent years, a number of measures have been taken to take care of the health of our people, to form a spiritually and physically harmonious generation, to involve the population, especially young people, in the sport of football, which is a game of millions and has a special place in our country. At the same time, the selection of talented young players in the country, the further development of the selection system and football infrastructure, raising the level of football schools to a new level, improving the system of training and financial incentives, competitions Issues such as raising the level of education remain one of the most pressing issues.

Decree of the President of the Republic of Uzbekistan Sh. Mirziyoyev dated December 4, 2019 No 5887 "On measures to bring football in Uzbekistan to a completely new level" to make football the most popular sport in Uzbekistan, to select and select talented young players and to establish a system of training them as professional athletes, to bring the country's football to a level where it can compete with developed countries, to train football specialists in accordance with international requirements and standards, to develop football clubs, to effectively organize the training process for national teams. major international competitions, including world and continental championships among junior, youth and women's teams, and all football-related issues.

MAIN PART

Physical qualities are the basis for the development of not only the player, but all sports. In football, physical qualities are not developed separately, but always on the basis of complex exercises. However, the optimal development of strength, speed, ability, flexibility, and endurance requires a separate approach to cultivating each quality, and more emphasis is placed on cultivating a particular quality, depending on each training period and stage. It is known that physical training is a long-term process, the purpose of which is to achieve a high level of training of players. This level of physical fitness must meet the requirements of the game. For example, if a player has to work in a 12,000-meter game for effective play and has a maximum strength of at least 2,000 meters, then all types of endurance and speed - the level of development of strength qualities in each game should be used [1]. Football needs a qualified professional and a coach who can assess the morphological and functional status of the player in order to train sports resources and guide students to achieve high sports results. Training highly skilled players requires solving a number of physical training tasks.

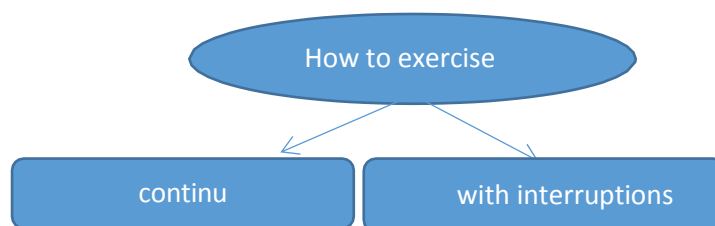


A variety of exercises are used in training to train players:

- from simple exercises - running, jumping, strength exercises, hitting a hard ball, passing the ball in pairs,
- complex exercises: exercises to solve complex game tasks, aerobics and acrobatics coordination exercises. The effects of these exercises vary depending on the functional systems, mood, and response of each player's body, as well as the magnitude and direction of the exercises. In football, the planning and control of loads is carried out using the following features. The first is the specialization of exercises, in which they are all divided into two groups:

- specific (game) and non-specific (non-game).

In turn, specific (football) exercises are performed in teams, groups and individually. The second feature is that specific exercises are aimed at developing the physical qualities of the players. There is a mixture of exercises that are aimed at improving the various physical qualities of the players at the same time. This usually happens during group and group exercises. Selected and focused exercises are mainly used to improve one's physical quality. This mainly includes nonspecific exercises. All of these physical activities are planned as part of the training session, depending on the physical characteristics of the player. Each of these exercises is focused on a specific outcome, and proper management of this activity has a positive effect on the development of physical qualities. Competition exercises (games) are conducted in accordance with the rules of football for all teams, so their performance can be accurately predicted. With a large number of games, you can predict the impact of competitive games on the development of physical qualities [2]. Training is another matter. In them, the size and direction of the load (the degree of impact on the physical quality of the players) depends on a number of factors, including the method of training. There are 2 ways to exercise in physical education practice:



DISCUSSIONS AND RESULT

The continuous method of training is a continuous method, which is characterized by the fact that the trainer determines the duration and intensity of the training during the training, and then the player performs it without interruption. The coach should provide cross-country running exercises in 30 or 50 minutes or plan to play a 6x6 match in 30 minutes and perform the tasks assigned to the players, two pre-planned parameters of the loading components of the exercise (its duration and intensity) can determine the effectiveness of the training. When given a 45-minute cross-country running exercise, it is done evenly relative to the aerobic limit speed (which is about 3 m / s for players). For well-trained players, the heart rate in such a run should not exceed 150 beats / min. The heart rate reaches this maximum, and in the remaining 43 minutes there is only aerobic activity. It is supplied by aerobic energy mechanisms and improves their performance during exercise. It is permissible that there is no uniform work and that the rate of work in such work varies ($\pm 2\%$). But the task in a single exercise is always the same: to bring the functional systems of the players' bodies to a certain level and "hold" them at that level for a certain period of time. At one level of intensity of continuous exercise, this is a recovery load, and at another level is development [3]. An example of a more common type of exercise for players is constant intensity exercise.

First, the game itself is a routine exercise of varying intensity, and this is evident in the dynamics of the heart rate. In game exercises, if it is performed once and continuously, the active stages are replaced by relatively passive ones. Therefore, during the active phase, the heart rate rises to 180-200 beats / min, and the mechanisms of anaerobic energy supply are activated. In continuous exercise, many of these cycles have a positive effect on improving the rate of deployment of energy systems in active phases and the rate of passive recovery. Such exercises are more suited to game situations and are useful for having a complex effect on the quality of players' movements.

How to exercise with a break. There are active and passive phases when using this method, but unlike the continuous method, in the passive phase of the exercise, the exercises are performed with low intensity "interruptions". In this case, the load depends on the following exercise components:

- duration of active phases;
- intensity of exercise (strength, speed);
- Number of repetitions of the exercise (series);
- the duration of the rest interval between repetition and repetition.

If it is a football exercise, then its loading exercise depends on the complexity of the game's tasks, the number of players involved, and the size of the field in which it is performed. The number of load components needs to be changed to change the size and direction of the football exercise. Many games are usually very intense, so fatigue is common. This fatigue causes the player to start making mistakes in tactical and technical activities. To prevent this, you need to stop resting. The first option of planning is that the exercise is done with constant rest time. For example, 6 episodes in 6 minutes will interrupt the rest in 2 minutes. Or do the same 6 series in 6 minutes, resting for 4 minutes in between. The second option is to work with extended breaks of rest. For example, the first pause of rest between six-minute sequences is two minutes, the second - three minutes, and so on. If the coach wants to prepare the players for more difficult conditions, he can use the third option, which is to work with short breaks.

CONCLUSION

Individual human development is characterized by an uneven growth of physical qualities during ontogeny. In addition, it has been found that at some age levels, some physical qualities not only undergo qualitative changes in the learning process, but may also decline. Therefore, the influence on the development of physical qualities during ontogeny should be sharply differentiated. The age limits at which a young athlete's body is most sensitive to the coach's pedagogical influence are called "sensitive" periods. Periods of stabilizing or reducing physical qualities are called "critical". According to scientists, the effectiveness of the management of the process of improving motor skills in sports is significantly higher, if the reflection of pedagogical influences corresponds to the characteristics of the period of ontogeny. The tools used in such preparation criteria should be multifaceted. It is important to take into account the genetically predominant parts of the body of a young athlete, which is a strong point of development of the body, so that the desired result is achieved.

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