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ЁШ ФУТБОЛЧИЛАРНИ ТАЙЁРЛАШНИНГ ЎЗИГА ХОС ХУСУСИЯТЛАРИ

ОСОБЕННОСТИ ПОДГОТОВКИ ЮНЫХ ФУТБОЛИСТОВ

FEATURES OF THE TRAINING OF YOUNG FOOTBALL PLAYERS

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Анотация

Футболчиларнинг маҳорат даражасини ошириш тўғридан-тўғри болаларни илк ёшлик чоғидан бошлаб футбол ўйинига режали ва малакали равишда оммавий ўргатишга боғлиқ. Фақат бола организми системаларининг ёшига қараб ривожланиш қонуниятларини ҳисобга олган ҳолда ўйин сирларини ўргатиш ва машғулот қилдиришнинг энг самарали методикасини қўлланиш натижасидагина юқори классдаги футболчилар тайёрлаш вазифасини тўлиқ ҳал этиш мумкин.

Калит сўзлар: болалар, ўсмирлар, ишчи-ўқув дастурлар, ўқув-машқ гуруҳлари, тайёргарлик босқичлари, мусобақалашув, тайёргарлик турлари.

Аннотация

Повышение уровня мастерства игроков напрямую зависит от планомерного и грамотного массового приобщения детей к футбольной игре с самого раннего детства. Только с учетом законов развития, зависящих от возраста систем организма ребенка, можно в полной мере решить задачу подготовки игроков высшего класса, в результате чего используются наиболее эффективные методы обучения и обучающие секреты игры.

Ключевые слова: дети, подростки, программы профессиональной подготовки, тренировочные группы, этапы подготовки, соревнования, виды подготовки.

Abstract:

Improving the skill level of players directly depends on the systematic and competent mass introduction of children to the football game from early childhood. Only taking into account the laws of development, depending on the age of the child's body systems, it is possible to fully solve the problem of training top-class players, as a result of which the most effective teaching methods and teaching secrets of the game are used.



Keywords: children, teenagers, vocational training programs, training groups, stages of preparation, competitions, types of training.

Introduction

Children's and youth sports schools, as well as the school in the football direction, as indicated in the Charter of the regions, the upbringing of talented and promising players is carried out throughout the training session.

Today, the effective organization of the activities of young players is largely entrusted with kisses. Based on this, we examined the working training programs of kisses.

The program of classes for training groups with 1 and 2 years of training at Bozm, as well as the curriculum for training groups and sports improvement groups of the Bozm, can be considered as state programs currently in force. These programs are mainly reflected in the results of research carried out in the field of children's and youth football in the 1990s, based on the methodologies.

But the current requirements of practice indicate the need to develop a number of issues that have not been resolved to this day, which, in our opinion, should help to further increase the effectiveness of the training process of young players.

Improving the content of software material in technical training, especially in the early stages of training, is one such aspect.

The main task of these programs is to provide young players in the initial training, training and sports training groups.

- Analysis of literature on the subject.

Thus, generalized tasks in the process of many years of training of young players:

1. Influence on health strengthening, proper physical development and comprehensive physical fitness.
2. Development of speed, agility, flexibility, speed-strength quality.
3. Teaching the basics of Game techniques and tactics.
4. Teaching the conditions of the game.
5. Instilling in learners a persistent craving for football training.

In the process of teaching students, conditions are created for the successful assimilation of various types of technical and tactical actions, the achievement of a high level of special physical fitness at the later stages of the multi-year preparation process.

Of interest is the results of the analysis of changes in the ratio of the technical training of young players for the years of study to other sections in it in the BOSSM training program. For example, at 8-9 years old, 40% of the total amount of hours for technical training is allocated, at 9-10 years old – 43%, at 10-11 years old – 40%, at 11-12 years old – 37%, at 12-13 years old – 35%, at 13-14 years old – 30%, at 14-15 years old – 29%.

At the moment, during two years of training at the initial preparatory stage, in the training of young players, in our opinion, a very small period is allocated for the possession of technical methods directly related to the long control of the ball: the reception of the ball, its carrying, cheating haarkats.



Thus, an analysis of the content of technical training in the program of classes shows that the specific size of the hours allocated to teach the ball to strike with the foot is serious.

In the first academic year, the traditional consistency of teaching basic technical priums will look like this::

- movement technique; blow to the ball with the foot; blow to the ball with the head; stop the ball; carry the ball; cheating movements (feints); take away the ball; throw the ball from the auth by hand.

Research Methodology

The initial training of 8-10-year-old players in the game technique according to the training program should be built on the principle of introducing them to the main groups of technical methods that allow them to successfully conduct the simplest game activities and promote the formation of a stable interest in football in children.

Table 1

Hours of basic technical training for the first and second academic year under the BOSSM program (Abidov Sh.U. 2011)

№	technical methods	8 years old		10 years old	
		Training hours		Training hours	%
1	Blow to the ball with a foot.	48,5	28,8	38,8	21,5
2	Carrying the ball.	15,7	9,3	15,7	8,7
3	Cheating efforts (feints)	11,8	7	15,4	8,5
4	Ball stop	17,8	10,6	17,1	9,5
5	Blow to the ball with the head.	18,8	10,8	19,1	10,6
6	Throwing the ball.	6,4	3,8	8,1	4,5
7	Taking away the ball.	8,1	4,8	14,3	7,9
8	Goalkeeper's playing technique.	-	-	4,6	2,6

As can be seen from this table, in the early years of training young players, much attention was paid to their technical training. They develop their physical fitness mainly in later stages. The tasks of training students of training groups are to increase the level of general and special physical training with a priority improvement in the qualities of the most important movement for players; to deeply master the modern technique of football and effectively apply it in the game; to master collective tactical actions; to determine the task of each student in the game; it is intended to increase the experience of competition.

Analysis and Results

Increasing the level of skill of players directly depends on the planned and competent mass training of children for a football game from the very early youth. Only as a result of the application of the most effective methodology for teaching and training game secrets, taking



into account the laws of development of the systems of the child's organism according to age, can the task of training high-class players be fully solved.

In the development of the body's functions, the central nervous system and, above all, its supreme branch – the cerebral cortex-play a leading role. By the time of sexual maturity, the anatomical development of the nervous system is almost complete. The maturation process of the nucleus of the action analyzer in the brain is completed by the age of 12-13 years.

The restructuring of the functions of large hemispheres is reflected in the behavior, psyche of children. In adolescence, the general psychic appearance of children changes especially quickly. The process of going to self-expression in a child begins. Adolescents develop a desire to test their strength in a certain type of activity, to achieve some result. The teenager begins to be interested in various things, but these interests will not yet be stable enough.

At the age of 8-10, significant changes in thinking and memory occur. In the process of education and training, the ability to think logically and think abstractly develops. A critical approach to the studied actions arises. Changes in the work of memory are expressed in the fact that recollection does not go from concrete employees to drawing general conclusions, as at a much younger age, but from General imaginations to the restoration of certain details of concrete employees in existence in memory. Therefore, at this age, it is advisable to conduct the study of football techniques on the basis of a holistic method.

In adolescents 13-14 years old, the inhibitory effect of the pubertat period is noticeable when studying complex movements by coordination. Coaches and educators working with children should be aware that the earlier children begin to engage in football, the faster and onson dressing the skills of movement that are suitable for the capabilities of those involved in them. Children aged 11-12 years are characterized by the fact that their organism is not functionally stable for some time and is relatively easily injured. This is explained by the fact that children of this age undergo complex internal restructuring, which is associated with the transition from childhood to youth. Externally, these reconstructions are seen in a sharp increase in height, some kind of violation of the Coordination of movements, rapid exhaustion, changes in balance in the character and manifestation of new facets.

Conclusion/Recommendations

From the point of view of sports training, adolescence is considered a young recruiter. It is at this age that the greatest increase in speed, strength, dexterity occurs. Special development of these qualities should be the main content of the educational and training process. It is necessary that the focus is on the development of agility and dexterity, and especially on the speed of the reaction. It is necessary to carry out exercises aimed at the ambulance, best of all with sufficient pauses of rest. It is necessary to increase the load, exercises with a ball, imperceptibly for those who are engaged in the application of exercises of a game character. Goal-oriented development of strength and endurance is mainly carried out in the form of strength and combined exercises, accompanied by the development of dexterity and speed.

Any manifestation of speed depends on the technique of movements and is determined by coordination abilities. Therefore, agile skills should be developed in conjunction with the formation and improvement of movement skills and skills. The development of quick abilities



requires diligent repetition of concentrated physical exercises many times. Volitional voltagages are also needed in order to embody attention, mobilize the possibilities of speed at the desired moment, or to maintain speed until the end of the execution of the calligraphic exercise.

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