
Enhancing the Physical Qualities of Young Football Players

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Abstract: This article aims to provide methodological assistance to improve the technical training of young players and how it affects the quality of special movements in ball management, as well as to develop a set of special exercises for young players. The analysis of the dynamics of volume and quality indicators of technical and tactical movements and comprehensive development of physical abilities is aimed at improving physical qualities such as speed, endurance, agility, technical movement test to cover the number and basis of technical and tactical actions performed by players.

Keywords: Young player, agility, quality, method, development, training, agility, loading, training.

INTRODUCTION

For each age group of 12-14-year-old players, the established norms of priority use of basic technical-tactical actions in the game will serve as a basis for making changes to the existing system of technical training, which is expected to improve technical skills. .

Research has shown that young players are more likely to be trained in punching during training, especially in the early stages of training.

Although the technical elements associated with direct movement with the ball are much smaller, the situation is such that the distribution of training material, in general, technical preparation

can be considered as one of the limiting factors. According to experts, this has led to the search for a new approach to the organization of technical training in the most important stages of the training. [1]

MATERIALS AND METHODS

A number of pedagogical experiments were conducted to test the chosen methodological approach. The experiments aimed to increase training in technical techniques such as ball handling and deception, which serve as the basis for improving ball possession techniques, by up to 30% of the time allotted for technical training, as well as to identify their characteristics.

The competition activities were aimed at determining the characteristics of age.

The accuracy of the hypotheses was tested experimentally through a comparative analysis between 11 players in the experimental group of players aged 12–14 years and 13 players in the control group. At the beginning of the experiment, there were no statistically significant differences in most dimensions in the test scores of the experimental and control group athletes. With the exception of the speed-strength characteristics of the 12–14-year-old players in the control group, their initial level was recorded more reliably at the beginning of the experiment than in the experimental group. The same is true for the 12- to 14-year-olds in the control group. [2]

In addition to the experimental basis for each age group, the analysis of competition activities resulted in changes in the structure of the scope of the main technical methods and the sequence of their study.

RESULTS AND DISCUSSION

In pedagogical practice, all the traditional means of developing the technical skills of young players were used. [3,4,5].

For example, in addition to redistributing the hours set in the program for 11-12 year olds, training in football techniques is not one of the traditionally accepted kick kicks.

it was an attempt to start by carrying the ball with the face, middle and outer parts of the foot.

At the beginning and end of the experiment, young players were tested to assess the correctness of the proposed changes.

There was no reliable growth in the control group, except for standing jump and 30m run. An increase of 40% in the control group, 14.3% in the control group, 25% in the control group, 14% in the control group, 65% in the juggling experiment group and 40% in the control group. differences in changes are also more significant.

In comparison to the experimental and control groups, the long jump was 4.8% and 9.0%, respectively. The latest figures show the explosive properties of the trained muscles, which were also spent more time in the control group. Juggling was found to have a higher increase in the experimental group than in the control group, with 53.3% and 11.1%, respectively. However, the percentage of shots on goal remained the same in both groups - 20%.

The adequacy of functional status and physical development for the control and experimental groups indicates that the changes we have made are optimal, i.e., acceptable.

For example, in the experimental group of 300 m, the results of running and accurate shots in all tests increased reliably. In the control group, there was a reliable increase in all tests except for the exact goal test.

An analysis of the system of competition activities of 11-12-year-old players revealed the priorities of the training process. These include technical and tactical actions such as carrying and passing the ball, passing the ball high, passing in a sharp direction and long-distance, as well as playing with the head. Tests at the beginning and end of the experiment showed a significant increase in all tests, except for standing jumps in the experimental group.

In the control group, however, there were no reliable changes in the pole vault, ie slalom tests.

Thus, the innovations used in the training group of 11-12-year-old players have helped to increase the performance of agility, agility, possession of the ball. At the same time, the increase in the programmatic performance of players at this age range is consistent with the changes observed in traditional approaches to technical training as a result of the impact of experience.

Table 1. Comparative data on test results before and after the pedagogical experiment in the experimental group of 11-12-year-old players ($x \pm m$)

№	Tests	Result		Growth %	P
		First	Final		
		12-13 years old			
1.	400 m run (s)	*66,1±0,19	65,7±0,14	0,6	<0.05
		**67,9±0,14	66,3±0,24	1,9	<0.05
2	Long jump from a standing position (sm)	*217±2,2	219±1,6	0,9	>0.05
		**202±4,4	214±2,4	5,9	>0.05
3.	Throwing the ball (m)	*16±0,3	17±0,8	6,3	>0.05
		**15±0,8	17±0,6	13,3	>0.01
4.	Long blow (m)	*50±3,4	56±2,2	12	>0.01
		**55±1,7	60±1,5	9,1	>0.05
5.	The amount of fighting	*26±3,8	31±2,9	19,2	>0.01
		**29±4,3	40±4,6	37,9	>0.001
6.	30 m, running	*4,9±0,08	4,7±0,05	4,1	>0.05
		**4,9±0,08	4,7±0,07	4,1	>0.05
7.	Slalom (s)	*6,5±0,10	6,2±0,09	4,6	>0.05
		**6,4±0,09	6,2±0,07	3,1	>0.05
8.	The exact amount of impact	*5±0,3	6±0,2	20,0	>0.01
		**5±0,3	6±0,2	20,0	>0.01

Note: * -experience group; ** - control group

In accordance with the priorities set in the group of 13-14-year-old players, based on experience, methods such as carrying and deceiving the ball, long-distance passes, lifting, passing in a sharp direction, kicking the goal with the feet and head taken.

The test results for the selected technical actions showed a reliable increase in the experimental group. In the control group, there was a significant increase in long jump and combat.

Long-range control increased by 35.5% in the control group and 68.4% in the experimental group. It should be noted that the growth in the experimental group in the exact stroke was much higher than in the control group, reaching 16.6%.

Table 2. Comparative experimental data of test results of 14-year-old players before and after repeated pedagogical experiments in the experimental group ($x \pm m$)

№	Tests	The result		Growth %	P
		First	Final		
1.	30 m run (s)	4,6±0,06	4,6±0,05	0	>0.05
2	Take a walk (s)	9,4±0,08	7,9±0,013	15,9	<0.01
3.	Precise shock, quantity	6±0,3	7±0,2	16,7	<0.001
4.	After walking and walking around blow to the gate (s)	9,7±0,06	9,2±0,07	5,2	<0.05

CONCLUSION

Thus, this effect improves the level of technical readiness of the players of the experimental teams in a short period of time, which confirms the expediency of redistributing the technical training software material as proposed. The results obtained can be recommended for application to the activities of academies to improve the technical skills of players aged 12-14 years.

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