

PEDAGOGICAL FOUNDATIONS OF ORGANIZING FOOTBALL TRAINING IN MILITARY EDUCATIONAL INSTITUTIONS

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Abstract

In this scientific article, the pedagogical foundations of the organization of football training in military educational institutions were analyzed. Football training manifests itself as an effective tool in the development of physical qualities of cadets, such as physical fitness, coordination, agility and endurance, as well as in the strengthening of psychological stability, the ability to work in a team and discipline. In the research process, methods of pedagogical observation, survey, experimental training and statistical analysis were used. The results showed a significant increase in physical and psychological indicators in cadets, while ensuring military-professional training is possible

Keywords: Military education, cadet, football training, pedagogical foundations, physical training, psychological stability.

Introduction

In the current context of globalization and military sector reforms, military educational institutions face the task of not only equipping cadets with theoretical knowledge but also providing comprehensive physical, psychological, and professional training. The distinctive characteristics of military service demand high physical endurance, quick action, ability to work in a team, and making sound decisions under stress and in extreme situations. Therefore, organizing physical education and sports training on a scientific and pedagogical basis within the military education system is a crucial issue. Among the means of physical education, football stands out due to its popularity, dynamic nature, and comprehensive impact. Football training serves to increase the physical activity

of cadets, develop their basic physical qualities - strength, speed, agility, and endurance, while also fostering important socio-professional attributes such as teamwork, discipline, responsibility, and leadership. These aspects are closely intertwined with the requirements of military service.

At the same time, when organizing football training in military educational institutions, it is necessary to approach it not as a simple sports activity, but as a purposeful pedagogical process. Proper planning of training sessions, teaching methods, workload standards, safety rules, and the correct definition of educational tasks determine the educational effectiveness of football. These pedagogical approaches, along with the physical training of cadets, positively influence their professional development. This scientific article analyzes, from a scientific and theoretical perspective, the pedagogical foundations of organizing football training in military educational institutions, its educational and upbringing potential, as well as its role in preparing cadets for military service. The research results can contribute to improving physical education training in the military education system.

The aim of the research is to provide a scientific and theoretical foundation for the pedagogical principles of organizing football training in military educational institutions and to develop practical recommendations.

Research Tasks:

- To determine the role and importance of football training in the military education system;
- Determining the pedagogical principles to be applied in organizing training sessions;
- analyzing teaching methods and approaches;
- develop monitoring and evaluation criteria;
- Providing practical recommendations aimed at increasing effectiveness.

Research Methods

This study is aimed at studying the pedagogical foundations of organizing football training in military educational institutions, in which a number of interconnected general scientific and special pedagogical research methods were used in order to ensure scientific reliability and objectivity of the results.

At the initial stage of the research, a deep analysis of domestic and foreign scientific sources on the pedagogy of physical culture and sports, the system of military education, and the methodology of organizing football training was conducted. Through this analysis, existing scientific views, theoretical approaches, and methods used in practice were studied, and the theoretical foundations of the research were formed.

The research was conducted in the conditions of military educational institutions and aimed at improving the physical and pedagogical training of cadets through football training. In the research process, a complex of interconnected scientific-theoretical and practical methods was used.

Applied research methods and their content Table 1.

№	Research method	Method content	Purpose of application
1.	Analysis of scientific and methodological literature	Study of financial and foreign sources, regulatory documents and scientific articles	Determination of the theoretical foundations of the problem
2.	Pedagogical observation	Regular monitoring of the activities of cadets in the process of football training	Assessment of training effectiveness
3.	Questionnaire and questionnaire	Studying the opinion and attitude of cadets	Determination of psychological and motivational state
4.	Pedagogical experience	Work with control and experience groups	Comparison of the effects of training
5.	Statistical analysis	Numerical analysis of the results obtained	Scientific justification of efficiency

Pedagogical experience-Organization of testing.

The teaching experience was divided into two stages: practical and practical. In practice, cadets are separated from supervisors and experienced gurus..

The composition of the participants in the experiment Table 2

№	Group	Number of cadets	Training content
1.	Control group	30 people	Current physical fitness program
2.	Experimental group	30 people	Football-oriented special pedagogical program

Applied tests and evaluation criteria Table 3

№	Test name	Unit of measurement	Quality to be assessed
1.	1000 metres run	seconds	Overall durability
2.	30 metres run	seconds	Agility
3.	Pull on the rope	dosage	Power
4.	Shuttle running	seconds	Motion coordination
5.	Running with the ball	seconds	Technical skills

Main Part

Pedagogical principles of the organization of football training. When organizing football training in military educational institutions, it is important to adhere to the following pedagogical principles:

- **Goal orientation:** training is planned in accordance with military-professional tasks;
- **Systemicity and consistency:** step-by-step complication of training;
- **Individual approach:** taking into account the level of physical fitness of cadets;
- **Activity and awareness:** ensuring the active participation of cadets in the game process.

Educational significance of football training.

Football training forms in cadets not only physical qualities, but also moral-volitional qualities. Features such as discipline, teamwork, responsibility, and mutual assistance are strengthened during the gameplay. This develops personal qualities that are important for military service.

Results and discussion

The results of the pedagogical experiment confirmed that the organization of football training on the basis of a special pedagogical program has a positive effect on the physical and psychological training of cadets. The results obtained

were comparative analyzed in the cross section of control and experimental groups.

Pre-experimental results of physical fitness indicators Table 4

№	< / Score >	Control group (n=30)	Experimental group (n=30)
1.	1000 metres run (seconds)	245,6 ± 4,2	246,1 ± 4,0
2.	30 metres run (seconds)	4,6 ± 0,2	4,7 ± 0,2
3.	Pull on the rope (dosag)	10,8 ± 1,1	10,6 ± 1,0
4.	Shuttle running (seconds)	10,9 ± 0,4	11,0 ± 0,3
5.	Running with the ball (seconds)	14,2 ± 0,5	14,3 ± 0,4

Results of physical fitness indicators at the end of the experiment Table 5

№	< / Score >	Control group (n=30)	Experimental group (n=30)
1.	1000 metres run (seconds)	238,4 ± 3,9	225,7 ± 3,5
2.	30 metres run (seconds)	4,4 ± 0,2	4,1 ± 0,1
3.	Pull on the rope (dosag)	12,1 ± 1,0	15,4 ± 1,2
4.	Shuttle running (seconds)	10,4 ± 0,3	9,6 ± 0,3
5.	Running with the ball (seconds)	13,5 ± 0,4	12,1 ± 0,3

Results and Discussion

Olib Borilgan, an experience teacher-Sinov ishlar founded a military educational institution for football. Targeted classes and a scientific base were organized by cadets in physical education, a psychologist in training sezilarly ijobi influenced the approval of the course. As a result of the observation and analysis of the experience of the comparison group, each test has a certain dynamic. When analyzing the groundwater level conducted by the experimental group at a depth of 1000 meters, the result was 8.3%, the control group was only 2.9%. If football is practiced for a long period of time, the intervals between games and lap workouts can be determined in advance. During military service, the importance of the officer's profession was emphasized, and this operation was considered important.

The results of the 30-meter hurdles are higher than those of more experienced gurus (12.8%) and higher than those of more experienced gurus (4.3%). This is a football game where you need to start fast, gain momentum and move at

maximum speed. Such maneuvers contribute to the rapid advancement of cadets through the ranks. The turnout was 45.3%, with a turnout of 45.3%. This effect is achieved due to the fact that in the heat, soccer simulators are most exposed to ultraviolet rays, and the body and muscles are exposed to ultraviolet rays. Nazarbayev is not inferior to Rasulov with 12.0% of the vote.

The results of jaw running and ball running tests, which represent Movement Coordination, were also highly improved in the experimental group (12.7% and 15.4% respectively). This is due to the systematic organization of technical-tactical actions in football training, exercises aimed at controlling the ball and coordinating the movement. Increased coordination level is an important factor in the accurate and effective execution of military actions.

The analysis of psychological and pedagogical indicators also showed the educational effectiveness of football training. In the experimental group, the indicators of ability to work in a team, discipline, stress tolerance and motivation reached 4.4–4.7 points, while in the control group, these indicators remained around 3.5–3.8 points. This situation is explained by the fact that the football game has a team character, requires mutual cooperation and responsibility.

In general, the results of the discussion show that the organization of football training in harmony with military-professional training tasks effectively develops psychological stability and social activity, in addition to the physical qualities of cadets. This scientifically justifies the fact that it is desirable to widely introduce football training into the physical training system of military educational institutions.

Conclusion

The organization of football training in military educational institutions on a pedagogical basis confirms that it is an effective tool in the complex development of physical and psychological training of cadets. The results of the experiment showed that the training carried out on the basis of a special pedagogical program provided significant growth in the experimental group in terms of all physical qualities (endurance, agility, strength and coordination) and psychological indicators (ability to work in a team, discipline, stress tolerance and motivation. Football training is instrumental in the development of critical abilities for military service in cadets, such as teamwork, quick decision-making, and movement coordination. The training also allows you to harmonize with the

system of physical education in military educational institutions, including interactive, technical-tactical and general developmental elements.

As a conclusion, it can be noted that the planning and conduct of football training on a pedagogical basis serves to optimally develop the physical and psychological training of cadets, while at the same time serving as an effective pedagogical tool in their preparation for military service. This is important in improving the process of physical education in military educational institutions and increasing the combat power of cadets. In conclusion, the organization of football training in military educational institutions on pedagogical grounds is an effective tool in the complex development of physical and military-professional training of cadets. High results can be achieved through targeted planning of training, the application of modern pedagogical methods and the improvement of the control system.

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