

SCIENTIFIC RESEARCH METHODS FOR DEVELOPING THE GENERAL TRAINING OF YOUNG FOOTBALL PLAYERS

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Abstract:

The article aims to teach the importance of general physical qualities and the methods and tools of their education, using the tools of mobile games to develop the physical qualities of young football players during the training process. A classification of action games is given for general preparation.

Keywords: Tactical knowledge, assessment, small and conventional games, skill, football.

Introduction

YOSH FUTBOLCHILARNING UMUMIY TAYYORGARLIGINI RIVOJLANTIRISH BO‘YICHA ILMIY TADQIQOT METODLARI

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“Jismoniy tarbiya, sport nazariyasi va uslubiyati” kafedrası katta o‘qituvchisi
Jismoniy tarbiya va sport bo‘yicha mutaxassislarni qayta tayyorlash va
malakasini oshirish instituti.

Annotatsiya:

Maqolada mashg‘ulot jarayonida yosh futbolchilarning jismoniy sifatlarini rivojlantirish uchun harakatli o‘yinlar vositalaridan foydalanish va umumiy jismoniy sifatlarning ahamiyati va ularni tarbiyalash metodlari, vositalarini o‘rgatishdan iborat. Umumiy tayyorgarlik uchun harakatli o‘yinlar tasnifi berilgan.

Kalit so'zlar: Taktik bilim, baholash, kichik va shartli o'yinlar, ekspertiza, futbol.

Аннотация

Цель статьи - научить значению общих физических качеств, а также методам и средствам их воспитания, используя средства подвижных игр для развития физических качеств юных футболистов в тренировочном процессе. Приведена классификация игровых действий для общей подготовки.

Ключевые слова: Тактические знания, оценка, малые и условные игры, мастерство, футбол.

It is no secret that after our country gained independence, physical education and sports have been raised to the level of state policy. In particular, the adoption of presidential decrees and resolutions, as well as decisions of the Cabinet of Ministers on the further development of physical education and sports in the following years is a confirmation of the attention paid to the sector. Since the Republic of Uzbekistan gained independence, fundamental changes have been taking place in all spheres of our society, including the education system. These changes are clearly visible in the life of our society. Resolution of the President of the Republic of Uzbekistan dated November 3, 2023, December 4, No. PQ-355 "On measures to expand the network of football educational institutions and develop football infrastructure that meets international standards".

These qualities have been preserved and, combined with the systematic upbringing of goal-orientedness, diligence, determination and perseverance, have created the basis for the footballer to achieve high results in his future sports improvement activities [4].

The following scientific research methods are used to solve the tasks set for the development of the general preparation of young football players:

To date, scientific research has been conducted by a number of specialists on the physical education of children and the above methods have been used. In particular, studying the importance of active games, P.F. Lesgafta. - 2017; L.V.Volkov, 2002; V.P.Guba, R.S.Salamov, 2003; T.S.Usmonkhodjaev, 2006; I.G.Niyazov, 2007), normalization of loads (Iseyev Sh.T., 2015.; Lisenchuk G.A., 2004), development of physical qualities (Babkin, A.E., 2003; Yu.Verkhoshansky, 2002; B.J.Yadgarov, 2007), functional abilities of the organism (N.I. Volkov, 1994), development of endurance (Shukan, V. I. 2003) were studied. Scientists of

our country (Perepekin V.A.2005; K.T.Shakirjanova, 2007) Talipdzhanov A.I., Ne'matov B.I., Nazarov S.U. Supervision of competitive and training activities of highly qualified football players. 2021: The problem of developing resilience in youth has also been considered. Many activities are being carried out on the inextricable link between spiritual, educational and physical education, which is the embodiment of our national culture, and on their role and essence in the spiritual and physical development of children, schoolchildren and students.

Many events are being held to discuss the inextricable link between spiritual, educational and physical education, which are the hallmarks of our national culture, and their role and essence in the spiritual and physical development of children, schoolchildren and students. It is appropriate to note the significant contributions of F.N. Nasriddinov, A.K. Hamrakulov, K.T. Shokirjonova, and X.B. Tulenova, who expressed their ideas, research results, and opinions at such events and scientific conferences. The conclusion is that specialists in all fields should pay attention to strengthening the connection between spiritual, educational and physical education among the population.

The purpose of the research is to study the scientific and methodological foundations of scientific research methods for the development of the general training of young football players, develop test control exercises and apply them in practice. Based on the above goal, the following tasks were planned.

In particular:

- literature analysis;
- application of pedagogical controls;
- pedagogical observations:
- timing and pulsometry during training and during the game;
- pedagogical research;
- mathematical and statistical methods

Within the framework of the topic, the technical training of students in the sport of football, physical training, the effect of physical and practical exercises and the methodology for conducting them were studied through scientific literature.

- The topics of monitoring the preparation of students in football, including the formation of their technical movement skills and qualifications in football using comprehensive normative tests, were considered. In this regard, the issue was analyzed within the framework of gymnastic all-around types.

In this work, the need to substantiate the methodology for using exercise

equipment to improve the physical and technical fitness of students through active games in football training was studied.

Special control exercises in football lessons and club training were selected based on the recommendations given in football literature, analysis of exercises, and the results of the football training program. The control exercises selected in accordance with the nature of active games and special football exercises were sorted according to the age of the subjects and divided into the following groups:

- a) general physical training exercises
- b) special physical training exercises
- c) technical training exercises
- d) game exercises with movement games

The results of the students' movement readiness before and after the experiment for all group exercises were studied.

Mathematical statistical methods were used to determine the positive or negative indicators of the results of students' physical and technical readiness during pedagogical research. The following statistical indicators were determined. (X) - arithmetic mean, () - arithmetic mean deviation.

The purpose of studying pedagogical experiments in the scientific research work is to study the scientific and methodological foundations of movement games in the development of the general preparation of young football players, to educate their physical qualities, to assess their physical fitness and to effectively teach them the methods of football game techniques through test-control exercises and movement games.

Pedagogical test-control exercises

Through pedagogical test-control exercises, it is possible to develop the general preparation of football players;

- a) 15-meter run
- b) 30-meter run
- c) 60-meter run
- g) Kicking the ball (scoring a goal in the air into an empty goal from a specified distance)
- d) Dropping the ball to a designated place at a distance of 20-40 meters
- e) Long jump from a standing position
- j) Jumping to the square

The organization and conduct of research work, pedagogical observation process

were carried out in the team of the established football club.

When organizing the research, the following issues were identified:

- development and application of the education of physical qualities in young football players in the annual training process;
- development and application of the structure of the annual training process;
- development of a procedure for performing special test control exercises and mobile game exercises;
- development of the volume of training sessions using the technique of hitting the ball performed by young football players was carried out.

2-Table Criteria for evaluating test results at the initial specialization stage

Tests and indicators	Before the training begins (10 years old)			After one year of training (age 11)			After two years of training (age 12)		
	Good, satisfactory, unsatisfactory			Good, satisfactory, unsatisfactory			Good, satisfactory, unsatisfactory		
30 m run	5.3-5.5	5.6-5.8	5.9-6.1	5.0-5.2	5.3-5.6	5.7-5.9	5.0-5.2	5.3-5.5	5.6-5.8
Concealment	31-34	30-26	25-22	36-33	32-28	27-24	40-37	36-31	30-27
General agility complex	23-24.5	25-27	27.5-29	21-23	23.5-25.5	26-28	20-21	21.5-23	23.5-25
Cheating 5 circles	10.5-12	12.1-13	14-15.7	9.8-10.7	10.8-12.4	12.5-13.5	8.6-9.6	9.7-10.8	10.9-12
Game perception	4	3	2	4	3	2	4	3	2
Intensity in the game	4	3	2	4	3	2	4	3	2

Appendix: If the results for a particular indicator exceed the "4" gradation, a "5" rating is assigned, and if they are less than the "2" gradation, a "2" rating is assigned.

2-Table Criteria for evaluating the growth of results

Tests and indicators	Before the training begins (10 years old)			After one year of training (age 11)			After two years of training (age 12)		
	Good, bloody, unsatisfying			Good, bloody, unsatisfying			Good, bloody, unsatisfying		
Long-range shooting	22-20	19-16	15-13	26-23	22-18	17-15	28-26	25-22	21-19
Carrying the ball, tricking. Kick	10.6-11.1	11.3-13.3	13.4-15.0	8.7-10.7	10.8-12.3	12.4-13.4	8.0-8.9	9.0-10.9	11.0-12
"Cheating" through circles, slalom	10.5-12.0	12.1-13.9	14.0-15.7	9.8-10.7	10.8-12.4	12.5-13.5	8.6-9.6	9.7-10.5	10.9-12.0
Quick thinking, memorization in a game situation	3.8-3.3	3.2-2.8	2.7-2.2	3.8-3.4	3.3-2.7	2.6-2.2	4.0-3.8	3.7-3.2	3.1-2.7
300 m run	67-72	73-79	80-85	64-67.5	68-71	71.5-74	57-60	61-65	66-69
Difficult reaction of choice (hands-on)	480-510	511-561	560-590	470-506	507-551	552-595	400-435	436-472	473-505

In the process of organizing and conducting scientific research on the development of technical, tactical and physical variables in young football students, the development of the general preparation of young football players, the scientific and methodological foundations of mobile games, the use of scientific research methods, literature analysis, the use of pedagogical controls, pedagogical observations: timing and pulse measurement during training and during the game, scientific data on pedagogical research, mathematical and statistical methods were collected and the implementation procedure was studied.

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