

THE IMPORTANCE OF GENERAL AND SPECIAL EXERCISES IN DEVELOPING THE PHYSICAL FITNESS OF FOOTBALL PLAYERS

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Abstract

This article examines the importance of general and special exercises in the development of football players' physical fitness from both scientific-theoretical and practical perspectives. In the course of the study, the effectiveness of special exercises in developing key physical qualities of football players—such as speed, strength, agility, and endurance—was analyzed using experimental and control groups. The obtained results demonstrated that training sessions organized on the basis of special exercises contribute to the stable and purposeful development of football players' physical qualities. The findings substantiate the necessity of scientifically integrating general and special exercises in the process of football training.

Keywords: Physical fitness of football players, general physical exercises, special physical exercises, sports training, physical qualities, experimental group, control group, sports pedagogy, training effectiveness.

Introduction

The development of football players' physical fitness is currently considered one of the priority directions in improving the sports training system. In the Republic of Uzbekistan, physical education and sports are supported at the level of state policy, and a number of important regulatory and legal documents have been adopted in this field. In particular, the Resolution of the President of the Republic of Uzbekistan dated June 3, 2017, No. PQ–3031 “On Measures to Further Develop Physical Education and Sports,” the Decree dated March 5, 2018, No. PF–5368 “On Radical Improvement of the Physical Education and Sports Sector,” as well as the Decree dated January 24, 2020, No. PF–5924 “On Measures to Promote a Healthy Lifestyle and Increase Physical Activity,” emphasize strengthening

physical fitness in the training of football players, introducing modern training technologies, and improving athletes' health. These documents scientifically and practically substantiate the necessity of harmoniously developing general and special physical fitness in football players.

The physical fitness of football players is a complex and multifaceted process that determines an athlete's functional capabilities, motor activity, and stability in competitive performance. General physical fitness serves to comprehensively develop the athlete's body, forming fundamental physical qualities such as strength, speed, endurance, agility, and flexibility. General exercises strengthen the cardiovascular, respiratory, and musculoskeletal systems and ensure adaptation to training loads. Special physical fitness, in contrast, is based on football-specific movements and aims to develop the ability to perform short-distance sprints, rapid changes of direction, and high-intensity movements with and without the ball. General fitness serves as a foundation that enhances the effectiveness of special exercises, while special exercises adapt general physical qualities to actual game performance.

Relevance of the Study

Today, football is distinguished worldwide by its popularity, competitiveness, and focus on high performance outcomes. Modern football requires players to possess a high level of physical fitness, rapid decision-making ability, strength, agility, endurance, and the capacity to continuously perform technical and tactical actions. Therefore, the scientific improvement of football players' physical fitness remains one of the most pressing issues in sports practice.

In Uzbekistan, the development of physical education and sports has been defined as a priority area of state policy. Increasing the effectiveness of the training process for football players—particularly through determining the optimal ratio of general and special physical exercises and implementing them based on a scientific approach—remains an actual task. In practice, insufficient individualization of training systems and the lack of adequate scientific justification for special exercises often lead to instability in the development of football players' physical qualities.

From this perspective, experimentally studying the effectiveness of general and special exercises in developing football players' physical fitness, identifying their

impact on physical qualities, and developing scientific and practical recommendations determine the relevance of the present study.

Research Methodology

This study was aimed at determining the importance of general and special exercises in developing football players' physical fitness and was conducted based on a scientific-pedagogical approach. In planning and organizing training sessions, systemic, consistent, and differentiated principles were applied.

The methodological foundation of the research consisted of theories of physical education and sports, sports pedagogy, sports training theory, and scientific concepts related to the development of football players' physical fitness. A pedagogical experiment method was employed, in which football players were divided into experimental and control groups. In the experimental group, training sessions were organized with a priority given to special exercises, while the control group followed a traditional training system.

Observation, pedagogical testing, analysis of the training process, and comparative methods were used during the study. Changes in football players' physical qualities—such as speed, strength, agility, and endurance—were recorded at the beginning and at the end of the experiment, and the results were analyzed using percentage indicators. The collected data were generalized, leading to scientific conclusions and practical recommendations.

The study experimentally examined the combined application of general and special exercises in improving football players' physical fitness. Experimental and control groups consisting of football players aged 18–20 were formed. While the control group followed a traditional training program, the experimental group systematically incorporated football-specific special exercises alongside general fitness exercises into the training plan. The results showed that the gradual and regulated application of special exercises ensured stable, but not excessive, positive improvements in football players' physical qualities.

Table 1 Indicators of Physical Quality Improvement under the Influence of Special Exercises in Experimental and Control Groups

No.	Name of Special Exercise	Physical Quality	Experimental Group (%)	Control Group (%)
1	20–30 m sprint with the ball	Speed	3.2%	1.4%
2	Stair jumping exercises	Strength	3.4%	1.6%
3	Dribbling between cones	Agility	3.1%	1.5%
4	Interval running (30–60 m)	Endurance	3.3%	1.7%
5	Single-leg support jumps	Strength	3.0%	1.3%
6	Sharp turning exercises with the ball	Speed	3.2%	1.4%
7	Acceleration exercises with resistance	Speed-endurance	3.4%	1.6%
8	Running with passing drills	General work capacity	3.1%	1.5%

The analysis of the research results indicates that the improvement of physical qualities in the experimental group was more stable and qualitatively effective compared to the control group. General exercises enhanced the functional readiness of the organism, while special exercises developed physical capabilities adapted to football-specific performance. Thus, the effectiveness of the training process increases only when general and special exercises are organized in a scientifically grounded and integrated manner, leading to stable improvements in sports performance.

Conclusion

The results of the conducted scientific research indicate that high effectiveness in improving football players' physical fitness can be achieved only when general and special exercises are applied in close interrelation. In the experimental group, training sessions organized on the basis of special exercises resulted in noticeable improvements in speed, strength, agility, and endurance compared to the control group. This confirms the significant role of special exercises in developing football players' functional capabilities.

Furthermore, the study revealed that selecting special exercises in accordance with players' age characteristics, fitness level, and game performance requirements positively influences the stable development of physical qualities. In conclusion, the use of scientifically grounded, systematic, and goal-oriented general and special

exercises in the process of improving football players' physical fitness is one of the key factors in enhancing sports performance.

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