



CONDUCTING THE FIRST STAGE OF TRAINING WITH FOOTBALL PLAYERS THROUGH ACTION GAMES IN THE EDUCATIONAL AND LEARNING PROCESS

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Abstract:

This article considers the problems of monitoring and analyzing the physical activity of football players during the initial stages of physical training. The volume and intensity of football players' movements during the game are determined.

Keywords: Training football players for sports at the initial stage, means of developing the physical, technical and tactical training of key football players; specialized movement games and relay races in the process of training football players.

TA'LIM VA TA'LIM JARAYONDAGI HARAKATLI O'YINLAR ORQALI FUTBOLCHILAR BILAN BIRINCHI MASHG'ULOT BOSHQACHINI O'TKAZISH

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

Annotatsiya:

Ushbu maqolada futbolchilarning jismoniy tayyorgarligini dastlabki bosqichlarini bajarish. musobaqa jarayonida futbolchilarning harakat faolligini kuzatish va tahlil qilish muammolari ko‘rib chiqiladi. Futbolchilarning o‘yin davomidagi harakatlari hajmi va shiddati ko‘rsatkichlari aniqlanadi.

Kalit so'zlar: boshlang'ich bosqichda futbolchilarni sportga tayyorlash, asosiy



futbolchilarning jismoniy, texnik va taktik tayyorgarligini rivojlantirish vositalari; futbolchilarni tayyorlash jarayonida ixtisoslashtirilgan harakatli o'yinlar va estafeta poygalari o'yinlar.

Introduction

In our country, great attention is paid to the development of physical education and sports at the level of state policy, personally by the President of the Republic of Uzbekistan Sh.M. Mirziyoyev. In our republic, during the years of independence, especially in recent years, consistent measures have been taken to popularize physical education and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities, and ensure the country's worthy participation in international sports arenas. Resolution of the President of the Republic of Uzbekistan dated November 3, 2023 No. PQ-355 "On measures to expand the network of football educational institutions and develop football infrastructure that meets international standards". The article is devoted to studying the effectiveness of using active games in education in the training process of young football players at the initial preparatory stage of their studies. The structure and content of footwork training are considered players training in the initial preparatory groups. The development of physical, technical and tactical training of players through the main means of the preparatory stage. The use of specialized movement games and special means of relay races as a priority task is justified. Schemes of placement of material for complex classes that solve approximately physical problems; technical and tactical training. The effectiveness was experimentally tested presented training sessions using target tests to determine the level of development of physical and technical training of players; training in the initial preparatory groups of the academic year is appropriate.

When asked which tactic is better, the great coach V.V. Lobanovsky said that there is only one tactic: attack - defense. The difference is only in how many players participate in a particular process. This difference determines what kind of football the team will play.

He also said: "Of course, there should be order on the field. But now it is not the initial arrangement that plays a role, but the implementation of collective tasks. Children aged 7-10 have not yet fully mastered all natural movements (walking,



running, jumping, throwing), so active games, associated with natural movements, should occupy a large place in them.

It should be remembered that at this age, the acquisition of knowledge and skills is more effective on an involuntary level (especially in games) than on a voluntary one. In addition, it is necessary to take into account the anatomical, physiological, and psychological characteristics of children of this age. They are more susceptible to the effects of the surrounding environment on the body and get tired quickly. This is due to the fact that in children of this age the development of the heart, lungs, and vascular system lags behind, and their muscles are still weak, especially the abdominal press and back muscles. In addition, the strength of the supporting apparatus is not as great, so the likelihood of its damage is high (muscle laxity, increased joint stretching increases the likelihood of deformity). Active games with running and jumping should be short in duration, and rest should be accompanied by frequent repetitions. At the same time, children of this age are very fond of games played with jumping (jumping rope, jumping from one hill to another, etc.). According to the results of research conducted by N.I. Volkov[3] on the football field, the effectiveness of the Siov effect, the uniqueness of the multifaceted, focused educational and upbringing process at the stage of initial preparation for football, the priority areas of active training are the development of physical qualities, the shadow of technology and the initial tactics of movement. Currently, 7-10-year-old football players are being trained mainly with the help of the given exercises available to children. to learn them at maximum speed, to master them in each lesson more than 2-3 technical techniques, to conduct two-sided games on the generally accepted standard-sized fields compositions. Means and methods aimed at excessive use of narrow-types are common stages that often prevent the child from developing skills in the future [1]. At this stage, during the training, along with the development of daytime physical education classes, young players improve their general physical qualities and develop special, and to use specialization and actively participate in active games and relay races in education, which have a positive effect on the educational process, as they increase the intensity of classes and significantly increase the load. At this time, familiarization is carried out with the basic techniques that allow young players to successfully conduct business mental game activities. For the formation and development of playful thinking, it is necessary to use a wide range of tools, including purposeful



motor games, which develop complex reaction speed, or orientation, increase the ability to communicate with tables. [2]. It should be noted that special attention is required during the initial stage of the study of teaching aids, when determining the content of the games and relay races, pay close attention to the selection of activities of the players and their content for thinking through them. They should be interesting, differ in complexity and ease, be competitive and responsible, are the direction of the football game. Distinguish imitation motor games, with imitative movements, overcoming obstacles, with a ball, and other objects; motor games with resistance and orientation, with auditory and visual signals, increase quick decision-making. The choice of action games is determined by the specific tasks and conditions of conducting training sessions [3]. Below we present the main assets of general and special physical, technical, applied tactical and tactical training achieved through trial studies in the educational and training process of football. When choosing actions, we will be guided by the recommendations presented in the approximate sports program for training football players for children and youth in chess sports schools, specialized reserves of children and youth schools of the Olympiad, including air [1]. The main tools for developing a general philosophy of physical training of football players are the initial stage of preparation.

General development exercises with an object (ball, rope, gymnastic stick) and without an object. Types of walking (on toes, on heels, palms on the inner, outer or front foot, from ankle to toe, jumping, squatting on the floor, stretching, long steps, moving left and right with turns left and right). Running in different directions, stroking step width, changing speed with a signal, side steps, back and forth, semi-steps, stopping at the teacher's signal, with the teacher's task, with an object in hand. 4. Jumping on two and one leg in place, moving forward, along, from a height of 20 cm, 30 cm. Jumping over obstacles in gymnastics, overcoming obstacles no higher than 30-40 cm in height. Movement games: "Overcoming the ball", "Cones, spikes, nuts", "Third wheel", "Passing balls along the posts". Through special movement games, through the rules, with elements of football, relay running, throwing, jumping, performing with elements. Engaging in other sports. Acrobatics and gymnastic exercises: grouping, group exercises on toes, on the floor on one leg on a gymnastic bench, walking on a gymnastic bench, stepping through balls, 90 degree turns, walking along the rail of a gymnastic bench, side steps with steps,



double steps to the side, combinations, exercises with different coordinates, national complex exercises. Sports games using simplified rules mini-football [4] Tactics are divided into three main categories:

tactical actions of the team when it has possession of the ball;

- tactical actions of the team when the ball is in the opponent's possession;
- standard positions.

The main means of special development are the implementation of physical training of players at the initial stage. Development of flexibility - general development exercises with a wide range of motion. Exercises with the help of a trainer (strong bends, excessive abduction of the legs and arms,), gymnastic exercises in the gym with a stick or a ball, skipping rope: bending, twisting the body in various positions of objects (up, down, behind the head, behind); stepping over and jumping over them, turning and circles. Exercises on a gymnastic wall, performing gymnastic bench. Development of speed qualities - repetitions of running at a distance of 10-15 m, running from the start and immediately at maximum speed for 10 m. up to 30 m. down the plane. Development of coordination skills - multidirectional movements of the arms and legs, somersaults forward, from a standing position to the sides. Standing on the shoulder. Exercises. Juggling exercises with two or three tennis courts, juggling with the right and left foot (middle, inner and outer) parts of the foot, thigh. Development of strength skills - unitary exercises struggle with overcoming one's own weight, hanging pull-ups, push-ups, squats on one and two legs. Climbing without jumping and jumping, from a place and running. Point shots on the field with the help of a trainer to achieve a clear goal. Stopping the ball. Individually stopping and rolling the ball with the inside of the foot, moving the ball in place, in motion with the front and back. Stopping the ball flying in the opposite direction - feeling the ball with the inside of the foot, thigh, stopping the transfer to the sides with the chest, preparing the ball for further movements by turning and covering it with the body from the opponent. It is not enough for a young player to master technical techniques, but it is necessary to constantly improve them in training, gradually moving from the simplest to more complex ones. Young players carry the ball for an average of only 3-5 minutes during the entire game, most of them spend even less time, they kick the ball up to 20-25 times, at different speeds. Therefore, if a player does not work on the accurate execution of one or another form of passing in daily training, then



in the above conditions he will lose the feeling of accurate kicking. It is also important to practice kicking the ball into the goal no less often than other exercises. When kicking the ball into the goal in training, the ball is usually kicked from the penalty area, that is, from 16-18 meters. As the player kicks several balls from different distances in a row, the coach, while emphasizing the accuracy of the kick, also takes into account how far the ball has strayed from the target between attempts. Throwing in from the sideline is also a technique that is used many times during the game. In most cases, young players make mistakes when throwing in from the sideline. Throwing in from the sideline requires knowledge and skill. According to the rules, jumping or changing the position of the feet during the throw-in is not allowed. Thus, a young player must have excellent knowledge of the game technique, be able to carry the ball, kick, outwit the opponent, and run fast. When players learn exercises in training, they should remember that mastering the attack technique depends, first of all, on personal preparation; secondly, on the coordination and harmony of the movements of the attacking group; Third, it depends on the players' ability to blend in with the game. The ability of attackers to blend in immediately during a game depends on their ability to notice what kind of defense the opposing team is putting up, and whether it is an organized defense or not. The sign of an organized defense is the speed of reaction, the fact that the defensive players are constantly positioned in all areas of the field and are positioned in places where the opponent can easily hit the ball into the goal. Since the defensive players are the ones who receive the opponent's attack, they must eliminate the danger that has arisen. The attackers must immediately notice the disorganized defense, which is manifested in the slow movement and positioning of the players in their own area, passively meeting the attackers and other tactical errors.

Several actions that are characteristic of an attack can be considered.

1. The attacker's personal path - this is a quick, rapid movement of the player. The attacker must use his running advantage to get the ball as close as possible to the opponent's goal and shoot.
2. If the attackers have "pressed" the defenders of the opposing team into the penalty area near the goal, and there is no chance of shooting towards the goal, they skillfully pass the ball to the midfielder or defenders behind them, who have a stronger shot. The goal can be scored with such a long-range (20-30 meters) shot.



3. Successfully solving combinations in the attack is an important task for all players of the team. For example, if the attacker quickly opens a path and cannot deliver the ball to the goal, but the ball has not passed to anyone, the goal can be achieved by passing the ball to a free player.

4. If the attacker does not have the opportunity to score the opponent's goal, he creates favorable conditions for the player who received the ball, even without the ball, for a shot - this also creates a dangerous situation.

Counterattacking is one of the most widely used tactics in world football. This means that, taking advantage of the opportunity that arises when the opponent's attack stops, the team's players attack at the same speed. When players study exercises in training, they should remember that mastering the attack technique depends, first of all, on personal preparation; secondly, on the coordination and harmony of the movements of the attacking group; thirdly, on the ability of the players to merge in the game. The ability of the attackers to merge immediately in the game is determined by their ability to notice what kind of defense the opponent is using, and whether it is organized or not.

The sign of an organized defense is the speed of reaction, the fact that the defensive players are positioned in all parts of the field in a new way, and in places where the opponent can easily score a goal.

Since the defenders are the ones who receive the opponent's attack, they must eliminate the threat that has arisen. A disorganized defense must be immediately noticed by the attackers, which is manifested in the slow movement and positioning of the players in their own area, passively meeting the attackers, and other tactical errors.

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