



PEDAGOGICAL CHARACTERISTICS OF DEVELOPMENT OF RAPID QUALITY OF YOUNG PLAYERS

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Annotation

This article describes the ways to improve the physical fitness of young players, ways to use physical qualities wisely and their pedagogical characteristics.

Keywords: physical qualities, physical fitness, health, physical development, technical-tactical methods.

Relevance of the Topic

Decree of the President of the Republic of Uzbekistan No. PF-5887 dated 05.12.2019 on measures to bring the development of football in Uzbekistan to a completely new level. In recent years, a number of measures are being taken to attract a wide range of people, especially young people. At the same time, the selection of talented young players in our country, the further development of the selection system and football infrastructure, raising the activities of sports schools to a new level, improving the system of training and financial incentives, raising the level of competitions. Such issues remain one of the urgent tasks [1].

To make football the most popular sport in Uzbekistan, to establish a system of selection, selection and training of talented young players as professional athletes, to make the country's football competitive with developed countries, to train football specialists in accordance with international requirements and standards, the development of football clubs, the effective organization of the training process for national teams, the holding of major international football competitions in our country, including world and continental championships among juniors, youth and women's teams. In this regard, the development of physical qualities of young players is also important [2,3,4,5,6,7,8,9].

From physical qualities, speed is more closely related to qualities such as strength and flexibility, and with endurance - less. The set of speed indicators includes - speed at the start, speed of running, speed of assessment of the situation on the field, speed of tactical thinking.





The player must have the strength to make sharp accelerations on the football field, jumping with the ball, hitting the opponent's goal from 25-30 steps, passing the ball to his partner from a distance, abrupt stopping and abrupt change of running direction. What do we mean by this term?

Strength is an athlete's ability to overcome external resistance at the expense of muscle tension. Developing the strength of the legs is especially important for the player. However, during training it is necessary to pay attention to the development of neck, shoulder girdle, body, back, abdominal muscles. In a word, the player must have great strength, which helps the athlete to make sharp accelerations, jumps from behind the ball and into the empty space of the field, abrupt stopping and abrupt change of direction of movement, allowing the ball to hit hard. At the same time, the development of strength should not detract from the flexibility, agility, clear perception of the game [10,11,12,13,14,15,16,17].

The greatest rates of strength development are observed mainly in childhood and adolescence: from 8 to 9 years, from 10 to 11 years, and from 14 to 15 years. At the same time, at the age of 8-11, it is recommended to use projectiles, jumping, acrobatics and gymnastics. For 12-14 year olds, it is possible to use dynamic exercises, wing climbing, shot put with small weights. For 15-16 year olds, the number of exercises performed with weights is significantly increased [18,19,20].

Football! He will help you to be agile and strong, resilient and brave, hardworking and generous.

To be a good player, you have to train hard and with passion. Of course you have to sign up for a sports team's kids team or a school-side team with friends, but often the kids who love football, the coaching or the instructor, the training itself is lacking.

So how do you do that? Who will guide you? No one. You are both a coach and a student. As a student, you have to be very demanding, determined.

If you carefully read these independent exercises that are recommended to you and, most importantly, do all the exercises described in it, then you are on the right track.

To play good football, you need to have at least three important skills, namely be physically developed, master the technique of the game, and be able to behave well on the field. First of all, it is necessary to pay attention to football technique. Just think, if a player can run fast and long, if he can choose the right situation on the football field - if he can't kick the ball towards the goal with a clear and strong shot, if he can't stop the ball and carry the ball, how will he benefit the team. Of course it doesn't bring much benefit anyway.

If physical and tactical superiority is combined with the ability to control the ball skillfully - what a great game it will be. Walter Lutts, one of the Swedish experts, wrote





in this regard: "Football technique has its limits, it does not solve everything, but it is impossible for you to achieve anything."

So where do we start? First of all, it is necessary to clarify what is football technique, technical skill.

Football technique is the skill of accurate possession of the ball. How to do it? When? Where? If a player can keep the ball in one place for a long time in training, it is impossible to draw conclusions about his technical skills. It is important to see how the player plays the ball during the game. Juggling for a long time is only a sign of good juggling skills. This is also a very important quality but being able to relate to the ball also requires cultivating the ability to understand the game in order to master the training and skills.

Other concepts of football technique relate to ball direction and flight speed.

In physics classes, you should definitely know the meaning of the word "center". Therefore, if the ball is kicked to the center, it will move in a direction that does not rotate forward in the direction in which the force falls.

If the toes of the kicking foot do not touch the middle of the ball, it will turn to the right or left of the plane. This happens as a result of many incorrect techniques.

But from a tactical point of view, some football masters deliberately "twist" the ball into the goal or "twist" the ball to deliver it to the partner behind the opponent. This is a very complex method that requires long and relentless exercise.

Sometimes the ball goes over the top of the goalpost. This is often due to the players placing their base legs too far (backwards) from the ball, which is hit from the bottom up.

Now that you have read our explanations, try a few exercises. In doing so, pay attention to the movement of the ball according to the laws of physics.

Place the two balls on the ground at a distance of 5 to 7 meters from each other. Gently tap one ball on the tip of the foot towards the other and observe which point of the first ball the second ball should hit in order for the first ball to enter the goal. Count how many times you hit the target when you kicked 20 times on each foot.

Kick the ball lying on the ground 10 times at the tip of the foot to the left and right of the center, not the center. Observe which direction the ball is moving and remember where you need to kick it so that the ball hits the target.

Hang a flange or draw a circle 1 meter in diameter at a distance of 5 - 7 meters from the ball on the wall. Draw a line on the ground to put your foot on the base as you run. Place the ball in front of this line (35 - 40 cm). Kick the ball under, that is, below the center of gravity of the ball, and count how many of the 20 shots hit the target.





Just as in school, learning to read and write the alphabet from the "alphabet" of football, it is necessary to learn from the "alphabet", that is, to perform only three technical techniques and their combination:

- Kicking the ball from the inside and outside of the face;
- Run and kick the ball with the middle of the foot;
- Stop the ball rolling from the opposite side with the inside of the foot.

Teenage students! You've probably heard of the "feel the ball" feature of the players. What about the ability to feel the physical properties of the ball through the muscles? This is a very important quality. We start by mastering the technical techniques of teaching the same ability to "feel the ball."

The famous Pele had a lot of focus on improving his same ability using ball play.

"Fighting," he wrote, "is the ideal exercise for training alone." Its essence is that the player gets used to feeling the ball freely. Now the ball, which accidentally shot, "shortens" its path, and the deflection of the ball in the air can not leave it on the spot. The player learns to concentrate during a fight, to focus all his attention on the ball. He will have the necessary kicking skills to deliver the ball to the desired distance in the direction he thinks.

Finally, he learns to use his hands again to maintain his balance, which is also important in football, as the legs sometimes move in such a way that the player can lose balance when carrying the ball.

But before you fight, you have to learn to lift the ball from the ground to the air. To do this, the player must set the ball in front of him at a distance of about 30 cm, put his foot on the ball, pull the foot back and roll the ball towards him. As soon as the ball moves, immediately pull the foot and press the tip of the foot to the ground in front of the moving ball. As soon as the ball rolls over your face, lift your toes up and move lightly forward with your foot.

It's important to remember that constantly hitting the ball from below shouldn't be the main goal when fighting.

It is important to use different methods of hitting, changing the force of the blow and the trajectory of the ball, focusing on other objects as well, fighting the ball while moving, sitting, standing on a gymnastic bench, and other skills.

But, first of all, you need to learn to play the ball on the feet - on the face of the foot, on the inside, outside of the foot, kicking with the knees.

The ball must be lifted by hitting the center from below. To do this, lift the tip of the foot relative to the calf each time you kick the ball, with the foot slightly bent at the ankle. During the exercise, the "kicking" foot should not touch the ground, and the ball should rise to knee height.



Then you have to take the ball between your legs and start fighting. The leg should be raised so that the knee joint is slightly bent and the thigh is in a horizontal position. The body needs to be thrown back a bit. When such movements become a habit, the ball should be played with one knee and the other with the knees and thighs not exceeding the upper jaw, and then the ball should be played in the same way with the surface of the foot. Jumping is a very useful exercise in standing or jumping on the base leg.

Guys! Start your first attempts at fighting on a leg that is easier for you, when, after a certain amount of self-confidence, replace your "slower" and "stronger" legs, and then start fighting only on your "slower" leg.

The goal of such an exercise is to learn to play on both feet. If a player performing technical receptions uses only one leg, he can only be considered a semi-capable player. It takes time for such a player to adjust the ball to his "comfortable" foot during the game, and the comfortable position in the game is read at a loss - he has to make extra efforts.

Now it's time to learn to play another ball. First you need to manually throw the ball in a vertical position at a distance of 30 cm in front of you at a height of 50 - 60 cm. The head should be thrown back. The ball should be struck with the middle of the forehead, with the help of the arms jumping like a spring on the legs while maintaining balance. If at first the ball doesn't come out clear and you have to change your position frequently to get to the ball, don't worry at all. It's okay. You will learn quickly. If you can practice for 10-15 minutes every day to fight the ball, you will soon begin to feel confident in mastering all the techniques and mastering the ball.

In short, keep fighting! All you need is a small field, a small rubber or tennis ball (if you don't have a real ball) and the desire to "hold" it in the air as much as possible without dropping it on the ground.

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