



DEVELOPMENT OF PHYSICAL QUALITIES OF YOUNG FOOTBALL PLAYERS

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Abstract

The purpose of writing a scientific article is to develop the physical qualities of young football players, to further increase their work ability, to analyze and develop recommendations for further improvement of the main skills specific to the game of football.

Keywords: Football, training, physical quality, physical training, physical ability, functional, competition.

Introduction

Football is one of the most common sports among sports, football is one of the most popular and convenient means of physical development of young students and strengthening their health.

Physical training is an important part of the training process in football. Physical training is a process of raising physical abilities that are inextricably linked with increasing the overall level of the body's functional capabilities, all-round physical development, and strengthening health. Physical training is divided into general and special training. General and special physical training tasks are inextricably linked in educational work. [2; p. 140]

The general physical fitness of football players solves the tasks of comprehensive education of physical abilities, increase of general work ability. General development exercises and exercises from other types of sports that have a general effect on the body of the participants are used as the main tools. In this, the development and strengthening of muscle tendons, the improvement of the function of internal organs and systems, the improvement of coordination of movements and the general level of movement qualities are achieved. [2; p. 140].

Literature analysis. According to R.I. Nurimov, many exercises used to improve general physical fitness have a comprehensive effect on the body, each of them is





aimed at developing one or another quality. In particular, running for a long time in high and low places is aimed at developing more endurance, and fast running at short distances is aimed at developing speed, and gymnastic exercises are aimed at increasing agility. These exercises are part of the workout, and some of them are included in the morning workout.

The purpose of special physical training is to develop and improve the physical qualities and functional capabilities unique to the football player. [2; p. 140].

Through the concept of physical fitness, it is understood that a person is capable of various types of muscle activity, and this condition is considered dependent on the level of development of physical qualities. On the other hand, physical or movement-related qualities define specific aspects of the human organism's potential for movement.

M.A. According to Godik, the physical fitness of the player is considered an important factor, and the effectiveness of collective, group and individual (individual) technical and tactical actions depends on it. No matter how technically and tactically literate a football player is, he can never achieve success without a good and comprehensive physical training. In each game episode, several players simultaneously solve a game task with a certain accuracy. To do this, they are required to perform coordinated movements in terms of speed, positioning and displacement. In this case, if the functional capabilities of at least one of them are not compatible, then it is impossible to solve the game task in this situation. [3;270 b]

Research methodology. The tasks to be solved during the physical training of football players are different, and the clarification of the relevant tasks for each of them depends on the training and age of the players, the period of training, etc.

If we summarize all of the above, then the following can be pointed out as the most important of them:

1. Unity of general and specialized physical training;
2. Uniformity of manifestation of physical qualities of the player in competitive matches and training exercises;
3. Orientation to maximum manifestation of physical quality in competitive games and specific training;
4. Continuity of the physical training process;
5. Changes in training loads in a variable state;
6. Individualization of methods and tools of the physical training process in a thoughtful state;
7. Cyclic characteristics of the physical training process and the use of a number of cycles of type-specific training.





Analysis and results. The main goal of training highly qualified players is to reach the level of world model players, to train players with high sports skills, to provide Olympic and national teams with qualified players, to form a competitive team in international competitions, and to train athletes.

The training of reserves is carried out step by step according to the youth and youth students. This training is carried out in close connection with schools or educational institutions

Mass sports training is carried out in schools, educational institutions, the armed forces of the country, in clubs organized in residences and paid groups.

If the player is not trained to demonstrate his physical capabilities at the limit level during training, then he will not be able to demonstrate these capabilities at the required level during the game. Thus, the maximum manifestation of physical qualities determines the quality of general sports training and special physical training. [1; p. 158].

As a result of the training, the mental activity of the participants in the competitions is improved, the qualities such as speed reaction, imagination, creative thinking, speed and initiative are developed. The football game can serve as a good tool for the development of physical qualities in the process of general and special physical training. [1; p. 158].

Summary

The above-mentioned results of the experiment showed that the general physical fitness of the player solves the tasks of comprehensive education of physical abilities and increase of general work ability. General development exercises and exercises from other types of sports that have a general effect on the body of the participants are used as the main tools. Many exercises used to improve general physical fitness have a comprehensive effect on the body, each of them is aimed at developing one or another quality.

The purpose of special physical training is to develop and improve the physical qualities and functional capabilities unique to the football player.

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