



FEATURES OF TRAINING YOUNG PLAYERS

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Abstract

Sports classes play a great role in the education system of all educational institutions and in bringing up the younger generation in the spirit of physical, energetic, strong-willed, agile and patriotic spirit. This article discusses the formation of physical culture for children through "Football", as well as the organization of football training. interchangeable. Also, depending on the age characteristics of the game of football, the technical and tactical framework is extensively studied.

Keywords: Tactical, agility, agility, goalkeeper, reserve player, technique, team character, game activity.

Introduction

The collective character of the football game places high demands on the players' interactions. Therefore, training in football is predominantly in the form of group training. In group training, the tasks of performing cross-actions, technical methods in simplified and complex conditions, with minimal and maximum approximation to game conditions were solved. In group training, competition tasks are effectively solved, brought up in a team spirit. In individual training, the player's skills and individual characteristics are improved. Individual training makes it easier to control a player's preparation. The purpose of individual training is to accelerate the pace of improvement of players' training. Tasks of individual training:

- an expert in improving movement qualities and skills.
- take into account individual characteristics;
- correction of deficiencies in physical, technical, tactical training
- restoration of lost qualities between mandatory breaks in training;
- improvement of technical methods and personal qualities;
- Improving technical elements that are difficult to implement.

The Functions of Education and Training. In football, organized training is aimed at solving the problems facing the physical education system. The main content of the training should be the comprehensive development of a person's spiritual and physical abilities necessary for creative work and defense of the Motherland. However, in the practice of football, it is sometimes forgotten that in pursuit of high results, the aspect



of education and training that seems to be geared towards health, i.e. the educational character, is acquired. This one-sided approach to training often leads to unpleasant consequences. The main factor in mastering the football skill is the incredibly healthy, physically developed and high moral and volitional qualities of a footballer. In the process of education and training of players

It is necessary to solve the following tasks:

- a) Athletes' body (respiratory, cardiovascular, and other systems) functionality;
- b) Maintaining and increasing the working skills of the athlete;
- c) To increase knowledge in the field of sports and hygiene and self-control to form the qualifications to do so;
- d) Cultivating the qualities of diligence, discipline, awareness, activity.

Consistent solution of these tasks in the process of training allows you to use the enormous potential of the human body to achieve high sports results. The continuous growth of the skill level of competing teams created the need to increase the requirements for the training of players in every way from year to year. The full fulfillment of the high requirements for the training of players is ensured by the consistent amalgam of the pedagogical principles of the training and, first of all, by adherence to the laws of scientific management of its processes. The importance of technical and tactical training in the selection of players. One of the reasons why the selection of young football players has declined in the preparation of young, promising football players is the fact that children are selected to play football economically by the heads of special classes and training groups, as well as the shallowness of knowledge in the selection methodology. Not everyone achieves a high sporting result. If we get acquainted with the biography of high results players in Uzbekistan and abroad (Pele, Maradona, G. Krasnitsky, A. Abduraimov, M.An, V. Ffyodrov, M. Kasimov) we know that at a young age they differed from their peers by their abilities. The selection of players is an important and integral part of the educational process, as it helps to solve the main task of sports training - to achieve high sports results. In football, selection not only ensures that the results are at a much higher level, but also that the participants are in the same composition, which has a positive impact on the outcomes of the training. Not giving enough credit to his choice or not perfecting his styles usually causes irreparable damage.

An example of this is the fact that many children drop out of child and adolescent sports schools (this happens at different stages of their education). It is only when participants have mastered the basic technical and tactical styles and have reached a certain level of training, their abilities can be assessed.





The organization of training sessions plays an important role in planning the movements and training of young football players. We learned that most of the participants had to pay great attention to their physical qualities in training

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