

EFFECTIVE USE OF OUTDOOR GAMES IN THE TRAINING OF YOUNG FOOTBALL PLAYERS



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Annotation: Training is the main form of training and improvement of football players. Football is a team game, so training is mostly a team game. Preparing players according to their age and teaching them technical and tactical skills and endurance, high and low loads. We will prepare the players for the competition and raise their physical fitness to a high level.

Keywords: Football, field, tactics, technique, preparation for competitions, coach.

The implementation of the planned program for the development of public education in the independent Republic of Uzbekistan, the implementation of the state program "Soglom avlod Uchun" require the search for effective ways to improve the system of physical education, which will eventually have a positive impact on the health and physical development of the younger generation.

The education and training of children involved in the football section constitute a single pedagogical process aimed at strengthening the health of those involved, developing their physical qualities and mastering the technical and tactical techniques of the game.

In the conditions of a sports school, this process can be conditionally divided into three stages: At the first stage (8-10 years) young athletes are taught the ability to correctly perform basic techniques and tactical actions, provide versatile physical training, and provide basic theoretical information. At the second stage (11-15 years old) The task is to expand the range of studied techniques and tactical actions, the formation of skills to perform the studied techniques in complicated conditions, the further development of physical qualities, taking into account the specifics of football. The volume of theoretical knowledge is also significantly expanding, and psychological stability is being improved. At the third stage (16-17 years old) Physical training is being improved: the main focus is on the development of those physical qualities that are necessary for mastering complex techniques, group and team tactical actions.

Technical and tactical training aims to work out the speed and accuracy of performing techniques in the face of opposition from rivals. It is also during this period that the concretization of the game functions of the students is carried out, and in-depth theoretical knowledge is provided. Thus, in the process of long-term training of young football players, both training and training may have their own specific tasks, which, however, does not mean that these two concepts are opposed to each other. On the contrary, learning and training are organically linked. The same close connection exists between the types of training - physical, technical, tactical and psychological.

Thus, there is an inextricable relationship between physical training and training in technical techniques, between mastering technical techniques and training in tactical actions, between tactical and psychological training, etc. For example, the development of physical qualities and the development of technology are two closely interrelated links in a single process of learning motor actions. The boundary between these links can be drawn only conditionally: physical qualities develop even when learning technical techniques, and by developing physical qualities, you can achieve a more perfect mastery of technical techniques. Such a dependence between the types of training suggests that success in working with students involved in the school's mini-football section is unthinkable if at least one of the types is at a low level.

That is why, in the process of long-term training of young football players, work on each type of training should be carried out simultaneously and systematically. However, at certain stages of training and training, one or several types will prevail over the other. Taking this into account, teachers who teach classes with young football players should maintain a rational ratio between types of training, changing the range of funds and their relative weight as the readiness of schoolchildren increases. The main means of teaching and training schoolchildren in the mini-football section are physical exercises, conditionally divided into basic and auxiliary. The main ones include exercises in technique and tactics and the actual game of mini-football itself.

Auxiliary exercises are divided into two groups - general preparatory and special preparatory. The first, which mainly include general developmental exercises and hygienic factors, are intended to create the necessary prerequisites for students to master the basic techniques of the game, achieve versatile physical fitness and wellness. The latter are designed to achieve the necessary physical qualities and master special motor skills. The latter, in turn, are divided into such closely related types as preparatory and summing exercises. Preparatory exercises (various exercises with and without objects, outdoor games, relay races) solve the problem of developing students' special physical abilities. Summing exercises are separate elements of complex coordinated movements or the entire motor action performed in light conditions, as

well as its imitation. For example, performing a technique without a ball is a summing exercise, the meaning of which is to master the structure of this technique.

Conclusion

The conclusion is this: young athletes should be trained outdoors, in a large stadium, and prepare equipment and loads according to their age. Young players should be given a load according to their age, and their age should not be the same as that of older players. Various interesting exercises and games should be performed during training. They try what they have learned during training, in games and competitions. In conclusion, I think it's good to train young players according to their age and take them out to competitions more often.

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