

Methods For Developing The Faithful Quality Of Youth Football Players

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Annotation. This article emphasizes the importance of training young football players in their physical qualities.

Keywords: Physical characteristics, physical training, technique, tactic, training.

One of the most important aspects of the sport is the training of a young player. Physical attributes are associated with the morpho-functional, morpho-physiological, and biological characteristics of the player's body. Physical qualities have a positive effect on the physical, technical and tactical training of the occupants, on the improvement of the whole body and on the emotional state of the body, players perform every move with greater confidence, learn new moves faster and achieve higher performance.

The development of a young player's basic physical qualities is closely linked to the development of movement skills. Exercises that contribute to this process are incorporated into a consistent and consistent sequence of sports activities. Today, the use of specialized tools and training facilities to train the physical characteristics of players is distinguished by its relevance.

Methods and methods of developing young players' quality theory The current literature review shows that many research studies, research and practice, different methods and techniques are being developed for all types of sports to improve the quality of agility.

Modern football has improved the way players play and improve their players' game skills. The emergence of new and effective ways in football requires a high level of player effort. Each player does their best to win their team during a game. We know that the main actions of the players on the pitch are: walking, running, walking with the ball, running with the ball, jumping, hitting the ball with the ball, passing the ball, stopping the ball, throwing the ball away from the line, doing the penalty.

The analysis of youth competitions and research shows that one of the main qualities that cannot be achieved during the competition is poor physical fitness and quick training of our players.

By joining the research, players who have reached the age of 17 will achieve the highest qualification athlete's speed. Later, his qualities change dramatically. One of the reasons for such a process is the termination of the neural coordination connections and the formation of the nerve tissue apparatus. On the other hand, the influence of methodological factors. This is due to the lack of focus on the quality of training during the training and the methods and techniques used to improve the effectiveness of the training.

Scientists say that young players perform more methods at a given time than skilled players. As can be seen in Table 1, the difference between the indicators is quite large. But in today's football, there can be no such difference.

Table 1

Performance indicators of players of different ages

№	The name of the action	The number of actions in the game		Distances in the game	
		Masters of Sports	Young	Masters of Sports	Young
1	Fast runs	245	378	3500	5020
2	Runs that end with a quick stop	145	405	2050	4455
3	Running changing direction	120	230	2440	4296
4	possession	109	190	1440	2165
5	Shots with foot	321	475	5888	7728
6	Shots with head	39	85	471	885
7	Direct and indirect free kicks	24	29	436	597
8	corner kicks	6	12	194	332

9	Goal kicks	15	28	339	749
10	Ball stops	144	264		
12	Fouls	103	70		
13	Throw-ins	21	18		

According to V.D Kudryavtsev's study, the physical characteristics of players of the age group of 11-14 are similar in terms of speed, strength and technical and tactical growth. However, there is a rapid growth in quality at the age of 12-14.

The literature review and training shows that most football school departments do not pay enough attention to the rapid preparation of adolescents and youth. There is a need to improve the quality of agility, mainly through the training and training of young players.

The dynamics of improving the quality of speed in young players are as follows:

- Estimation of starting point of 15-30 meters depending on the results.
- a certain increase in the result of the 60-meter run at the end of the preparation process.
- be able to maintain a high speed of 60 meters during long races during long stages.
- trying to get even higher than vertical jumps to the end of the tournament.

Young players should use the following exercises to improve their speed during training: running the ball with their feet while running, exercising with the ball while running, various methods of manipulating the ball, passing the ball, and kicking the ball. It takes an average of 5-7 seconds to complete one exercise. The

running distance is 35 meters. The scientist points out that the ability to allocate distance and time for these exercises depends on the frequency of the exercises. These exercises lead to the development of players' abilities and increased physical fitness.

Developing agility in young players is a necessary process. The players are lagging behind other sportsmen with a certain amount of speed and strength and speed. It is appropriate to instill this agility from the age of 11-12.

The development of football on the level of modern requirements requires a high level of physical training of the players, one of which is the development of the quality of agility. It is considered to be the most important time in the education of youth. Changing the quality, volume, tools and techniques of the training period shows positive results of the training process. An analysis of our experience shows that a comprehensive assessment of the players' abilities and abilities should be taken into account when analyzing the future of the player and concluding that training should be conducted to meet the current needs of youth and adolescents.

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