



IMPROVING THE TECHNICAL AND TACTICAL TRAINING OF YOUNG FOOTBALL PLAYERS THROUGH MOVEMENT GAMES

Mirzakarimova N. I.

Senior Teacher of the Institute for Retraining and Advanced Training of Specialists in Physical Culture and Sports

Annotation: The article is dedicated to studying the effectiveness of using active games in the educational and training process of young footballers during initial training. The structure and content of training camps for footballers involved in initial training groups are considered.

Key words: Line exercises, physical qualities, active games, means of preparing footballers for sports at the initial stage, developing the physical, technical, and tactical training of key footballers;

YOSH FUTBOLCHILARNING HARAKATLI O‘YINLAR ORQALI TEXNIK-TAKTIK TAYYORGARLIGINI OSHIRISH

Mirzakarimova N. I.

Jismoniy tarbiya va sport bo‘yicha mutaxassislarni qayta tayyorlash va malakasini oshirish instituti katta o‘qituvchisi

Annotassiya: Maqola yosh futbolchilarning boshlang‘ich tayyorgarlik o‘quv va mashg‘ulot jarayonida harakatli o‘yinlardan foydalanish samaradorligini o‘rganishga bag‘ishlangan. Dastlabki tayyorgarlik guruhlariga jalb etilgan futbolchilar uchun o‘quv-mashg‘ulot yig‘inlarining tuzilishi va mazmuni ko‘rib chiqiladi.

Kalit so‘zlar: Saf mashqlari, jismoniy sifatlar, harakatli o‘yinlar boshlang‘ich bosqichda futbolchilarni sportga tayyorlash, asosiy futbolchilarning jismoniy, texnik va taktik tayyorgarligini rivojlantirish vositalari;

Аннотация: Сель стати - научит значению общих физических качеств, а также методам и средствам их воспитания, используя средства подвижных игр для развития физических качеств юных футболистов в тренировочном протсесе. Приведена классификация игровых действий для общей подготовки.

Ключевые слова: Строевые упражнения, физические качества, игры-действия являются средствами подготовки игроков к занятиям спортом на начальном этапе, развития физической, технической и тактической подготовки основных игроков.

The skills and abilities of young footballers are formed in the process of sports training. This is achieved through repeated repetition of exercises, which, in turn, affects the functioning of all organs and systems.



Sports training is the consistent use of all factors (means, methods, conditions) together, ensuring the preparedness of footballers to achieve athletic success.

The entire process of sports training can be conditionally divided into educational and training parts.

At the initial stage of football players' training, a comprehensive focus on the educational and training process is effective. The priority areas of training are the development of physical qualities, the mastery of techniques and initial tactics of movement.

At the same time, it consists of developing means, methods, active games, and related control exercises for their physical, technical, and tactical training in football lessons and sports clubs with young students.

The training of 7-10-year-old footballers is primarily carried out using existing exercises for children of this age. It is necessary not to perform a large number of exercises, not to require them to be performed at maximum speed, and to master more than 2-3 technical tactics per lesson. Two-way games on technique require areas of generally accepted standard sizes, high specialized equipment. The use of various methods often hinders the development of skills in subsequent stages. At this stage, the primary means of developing the overall physical fitness of footballers are the initial stage of training.

1. Line exercises: exercises for the development of walking exercises and the prevention of flat feet in the main position, independently and according to the teacher's signal, moving and standing on the line and rotating at the place of repositioning and movement. General development consists of organizing training using linear exercises, cultivating a sense of rhythm and pace, and linear exercises are divided into four groups: Linear methods. Stretching and re-stringing, methods of moving from place to place, opening and convergence, completing exercises with students with equipment (ball, rope, gymnastic stick) and without equipment.

2. Types of walking (on the toes, on the heel, on the inner and outer sides of the foot, rotating from heel to foot, jumping, half-stretching, falling, long steps, turning the torso to the left and right).

3. Running in different directions, slow, step width, speed change,

Run with side steps, back to front, stop at the teacher's sign, complete the teacher's task.

4. Two-and one-leg jumps on the spot, forward, long jump, 20 cm from a height, 30 cm from a height of no more than 30-40 cm on a gymnastic bench.

5. Active games: "Walking on the ball," "Fastwalkers," "Listen to the signal," "Passing the ball on the columns." Running, shooting, jumping without active games with special emphasis on elements, performing elements with equipment without equipment.

6. There are four types of complex training. In this case, the following tasks are solved simultaneously in each lesson:

a) physical, technical and tactical training;

b) physical and technical training;

c) physical and tactical training;

g) technical and tactical training. - sprint relay;

- quadruple running relay;

- ball-carrying relay;

- aiming the ball;

- it is important to organize and conduct special exercises in the form of active games, aimed at improving the special training of young footballers, such as passing the ball through the goal.

7. Sporting games according to simplified rules - mini-football.

The main means of special development are at the initial stage of football players' physical training.



1. Development of flexibility - exercises with a wide range of actions for general development. Exercises with a partner (passive bends, leg steals, up to the arm's edge, half-division, split), exercises with a gymnastic stick: bending, body rotation - different positions of the participants (up, down, behind the head, back); steps and jumps, turns and turns. Exercises on a gymnastic wall, exercises performed on a gymnastic bench.

2. The development of speed qualities - repeated running for 10-15 meters, running at maximum speed from start with a weight of 10-30 meters on a slope and downhill.

3. Development of coordination abilities - multi-directional movement of the arms and rolling of the saddle forward, from the position of standing to the sides.

Throwing a tennis ball into a target without moving the balls.

4. Development of strength abilities - exercises with arms flexion and extension, hanging pull-ups, one-and two-leg squats. Climbing rope, ladder. Pulling a rope. Exercise with stuffing balls.

5. Endurance development - uniform and variable 500 m running, standardized running on uneven and flat land.

Starting with general and specific development in the initial stage

physical abilities, but the mastery of technical skills and tactical actions begins now. Let's take a look at the key development tools: technical and tactical training

the primary means of technical development for young footballers at this stage of sports training are the initial training of footballers.

Throwing the ball with the hand for a distance and striking the ball (without moving, without moving) with the foot with the right, left, on the paths 2 meters wide. Shots on the goal. Movement: simple, with a side step, touching the ball with your foot, stopping the ball only with the right or only with the left foot, feint movements, catching the ball, hitting the ball with the head. Games in the form of relay races using elements and methods of playing football, movement, and possession of the ball according to simplified rules. Active games with football elements.

2. Movement technique. Running: normal, backward forward, and side steps, straight and arcuate, changing direction and speed. Jumping: up, up, forward, up, back, up, left, right, moving from one place with both legs, moving one and two legs from the start of running. For goalkeepers

- Side jump with rolling.

Rotations: step, jump, turn on

supporting foot, sideways and backward, movement in place and within. Stopping and jumping while running.

3. Kicking the ball. Shots on the ball and rolling (one-way, away from the player, right or left) with the inside, inside, and middle of the foot. A jump kick is part of a ball rise with the inside and middle of the foot. Raise strikes with the outer part. Shots after stopping, shaking, and finishing moves; low and high throwing, short and medium distance. Strikes for accuracy: hitting the ball with the head when passing to the target on the field, the goal, the legs, the partner, the moving partner. The indicative program of the weekly microcycle for the initial groups is preparation (9-10 years old), 9 hours per week

Ludkov Viktor Alekseevich training schedule based on the schedule compiled by the Russian scientist.[1]

Weekdays	Training Quantities	Focus on the main direction	Rate (min)	Load
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monday	1	<ol style="list-style-type: none"> 1. Theory. 2. Development of speed flexibility (estafeta races, open games, "shuttle" running). 3. Teaching the techniques of hitting, stopping, and dribbling. <p>A 5x5 mini-football game.</p>	10-90	Average
Wednesday	1	<ol style="list-style-type: none"> 1. Theory. 2. Development of flexibility and coordination skills (acrobatics elements, relay races, open games, ball games). 3. Training in dribbling, dribbling, and deceptive techniques. 4. Mini-football 	10-90	Average
friday	1	<ol style="list-style-type: none"> 1. Theory. 2. Development of flexibility and coordination skills (estafeta poygalari, o'yinlar to'p) 3. Training in individual and group tactical actions: sports games. 4. A 5x mini-football game 	10-90	Average
saturday	1	<ol style="list-style-type: none"> 1. Theory. 2. Development of flexibility and speed skills (estafeta poygasi, mokki yugurish, open games). 3. Individual and group tactical training activities: sports games. 4. Play mini-football. 	15-90	Average

To assess the effectiveness of the educational process conducted, we conducted tests to determine the level of physical and technical fitness of the 3rd and 1st year students of the "Football Academy" at the beginning (September) and at the end (April) of the academic year.

When selecting control tests, we adhered to the recommendations we proposed in the model sports training program for children's and youth sports schools and the Olympic reserve of specialized children's and youth sports schools. Speed ability was assessed based on the results of the 10m race (starting speed) and 30m (distance speed) from a high start; jump from a single place, determined by the height of speed and strength abilities; We determined the level of technical preparedness based on the results of the control exercise "Kicking the Goal for Accuracy."

[2] The test results are presented in Table 2

Results of physical and technical fitness testing of footballers

No	Control exercises	Test results		Difference %
		Initial information M±m	Summary information M ± m	



1	run 10 m (s)	2.16±0.04	2.05±0.01	+5.09
2	Run 30 m	5.38±0.06	4.95±0.04	+8.55
3	Vertical jump (cm)	33.2±0.22	37.4±0.27	+12.65
4	Goal kick for accuracy (number of rebounds)	4.7±0.35	5.9±0.44	+25.53
5	Juggling a ball (thigh)	6.6±0.45	7.8±0.44	+18,18

A comparative analysis of the test results conducted at the beginning and end of the academic year and the determination of the level of physical and technical preparedness of summer football players in the initial training groups of the 10th-3rd year showed positive dynamics in all conducted tests (control exercises). At the end of the year, the results of the "10m run" and "30m run" tests for determining the start and distance speed improved by 5.09 compared to the results obtained at the beginning of the year.

% and 8.55% respectively; The results of the "Vertical Jumping" test increased by 12.65%; when determining technical skills, the increase in test scores on "Activity of Shots Against the Gate" and "Juggling with the Ball" was 25.53% and 18.18%, respectively. This circumstance can confirm the effectiveness of the program in the experimentally conducted training and educational process of the football team of the children's and youth sports school for open games and specialized relay competitions. Therefore, it is difficult to assess the importance of outdoor games in preparing young footballers for sports. Basically, we are talking about applying the most effective game method for a specific age group. By its nature, the game encourages participants to use their knowledge, skills, and abilities more deeply and fully in coordinated actions with teammates, develops attention, quick thinking, a sense of collectivism, responsibility, and mutual assistance. and many other socially significant and useful qualities. Selected in this regard

During training, outdoor games should help to acquire or strengthen the necessary knowledge, skills, and abilities in football.

Systematically play specialized games selected by the coach

in games, young footballers acquire technical skills faster and more effectively, learn to analyze the current situation; develop physical abilities. To enhance the effectiveness of the educational and upbringing process, it is necessary to choose such games, in which all players participate simultaneously, and the content of the game can be easily and quickly changed, which can be more complex or simplified at your discretion. Thus, it has been established that active games occupy a special place in the process of preparing young footballers for sports at the initial stage of training and development, as well as in the training of young footballers at the initial stage of training, inadequately utilizing the necessary physical and technical qualities for future athletes, as well as exercises in the form of rotational acceleration, which develop the qualities of jump and speed, as well as the stability of body balance.

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