

METHODS OF INCREASING TECHNICAL TRAINING OF YOUNG PLAYERS

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ANNOTATION:

The article analyzes the technical and tactical methods and actions taught to young players, discusses the process of their training and the components of the training load.

KEYWORDS: Players, psychological, pedagogical, kopnikma, skills, punches, attacking techniques, technical methods, feint, training, diligence, business acumen, coach, training.

INTRODUCTION:

When we think about the process of psychological and pedagogical training of athletes, especially players, we must first consider the formation of the player's personality. First of all, the victory in the competition can be understood, as the victory of the athlete. These include his spirituality, intellectual potential, various interests, and motivation to play football, moral and emotional-volitional character traits.

Skills and qualifications in players are formed in the process of sports training. This is achieved by repeating the exercises repeatedly, with repetition, in turn, affecting the functioning of all organs and systems. Sports training is the consistent use of all factors (tools, methods, conditions) to ensure the player's readiness to achieve sports success. The whole process of sports training can be conditionally divided into the process of education and training.

Over the course of more than a hundred years of game development, there have been some changes in football technique. The main directions of this development are the use of such methods as hitting the temples and back of the head, stopping the ball with the legs has significantly decreased. The effectiveness of the use of new advanced techniques, kicking the ball, stopping the ball in the hips and chest, deception has increased.

Technical methods in modern football Improving the speed and accuracy of game biomechanically acceptable action system.

The difficulty in mastering the technique of football, apparently, is explained by the need to play the ball with the feet and head, as well as the need to fight hard with the opponent. Experts estimate that the player will meet the ball 50 to 100 times during the game. However, having a night for a shorter period of time (average 2-3 minutes) requires a large amount of variety, efficiency, speed, and great skill to perform technical techniques in the game situation.

The technique of possession of the field player includes the following groups of methods: kicks (6 methods), head kicks (2 methods), stopping the ball on the foot (6 methods), and stopping with the body (2 methods).), foot tricks (4 methods), head tricks (3 methods). Which method is performed during the game and how much depends on the functions of the players in the game. The quality of technical performance should be high on all players. The main technical action in football is the technique of hitting the ball and passing the ball.

The ball is hit with the foot and head in different ways. Kicking the ball is done with the inside of the sole of the foot, with the tip of the foot, with the heel. Kicking the ball with the middle of the foot is the most

powerful way for players to hit the ball into the goal and over long distances. The technique for doing this is as follows: running towards the target and the ball is in one line. Leg and vibration movements are performed with the front of the foot, the back of the concentration. Reliance begins with compensation.

The ball and the knee joint the connecting conditional line allows to execute a large split stroke in a strictly vertical position during kicking very precisely and strongly. Football technique consists of a group of methods of cheating⁶ performed directly in a one-on-one fight with an opponent. The tricks are used to overcome the opponent's resistance and create favorable conditions for the game to continue. The use of tricks allows you successfully solve many tactical problems, both in attack and defense.

In football, the following main methods of deception are used deception in the street, deception by kicking, deception by kicking the ball. There are a variety of different ways to perform these tricks and their types. When analyzing the technique of deception, two general points are distinguished. One is the preparation stage and the other is the implementation stage. In the first stage, deceptive actions determine the reaction of the opponent to resistance. In the second stage, the player's original intention is realized after the opponent's reaction in response to the deceptive action.

In young children who are just starting to play football, the use of weight-related exercises does not give beneficial results. On the contrary, it is close to the truth that such exercises make children tired. According to many experts, in the early stages of training it is more effective to use exercises that develop physical qualities, including endurance, on a monthly basis. Because such exercises distract children from the state of fatigue accelerate their emotional and mental feelings, increase the effectiveness of exercise.

By training, it is important to understand that learners acquire the initial stage of a particular system of knowledge, skills and abilities. The main content of the training is to master the technical elements of the game, simple individual and group actions in tactics, the formation of movement skills. The training is the next stage of preparation aimed at strengthening and improving the acquired knowledge, skills and competencies. The main content of the training is to improve the technical methods of individual, group and team actions in tactics, the development of physical, moral and volitional qualities. Sports training is the systematic training of athletes based on this management method. It should be considered as a single multi-year pedagogical process organized specifically for education and training. They cannot be sharply separated from each other, because we train while teaching, and at the same time, we train by teaching. Separating education and training as a concept allows us more clearly identify the specific tasks of the training work. The weight of training and training varies at different stages of player training.

The process of education and training should have an educational character. Therefore, great demands are placed on training. Classes should be organized in such a way that they train the trainees in the way of perfection and develop in them the necessary skills and abilities.

The successful solution of educational and training tasks depends primarily on the personality of the coach, as he is the central figure in the training process. The coach must constantly improve his specialized knowledge, raise his ideological level, be aware of new achievements in science and practice, and be able to introduce them into the training and training process of the player.

- a) The following tasks should be addressed in the training and training process of players:
- b) improvement of motor skills and willpower;
- c) expanding the functional capacity of the athlete's body (respiratory, cardiovascular and other systems);
- d) maintaining and enhancing the athlete's ability to work;
- e) cultivate the qualities of diligence, discipline, awareness, activism.

Consistent solution of these tasks during training allows you to make full use of the enormous potential of the human body to achieve high sports results. The continuous increase in the skill level of competing teams

makes it necessary to increase the requirements for the training of players in every possible way from year to year. The positive impact of this type of training on the growing demands of players is ensured through the consistent implementation of the pedagogical principles of training and, above all, strict adherence to the laws of scientific management of its processes. In the process of education and training, the educator not only informs the players about the necessary special knowledge and develops the necessary skills, but also helps them to develop positive personality traits. The coach solves specific educational tasks in each session. In this case, it is important to start the lesson accurately and in a timely manner, the personal example of the coach, love for the work, high culture, behavior, exactingness, politeness of the teacher.

Under the supervision of a teacher and a doctor, the gradual increase of sports loads with thought and consideration ensures that the skill of the player does not deviate. High sports results cannot be achieved without a conscious attitude to training. Participants need to understand what the goal and task are from the exercises they are performing. The principle of demonstration plays an important role in the formation of motor skills, their development, increasing interest in training. Only a well-chosen instructional tool can more clearly reflect the situations in which the coach wants to draw attention.

Demonstration in teaching and learning is achieved in a variety of ways. The coach may show little to no methods or delegate the task to an experienced player. High-level football teams can watch the game together with the players, use photos, drawings, diagrams, drawings, movies, movies in the lessons. Before learning a new technical method or tactical action, it is necessary to restore the old ideas about this new method or action, to connect the old with the new, the known with the unknown. In particular, before training attackers to use a tactical combination of moving the ball from side to side, it is necessary to perform a number of exercises that teach the right to open.

In addition to didactic principles, the principles of management of the training process, the principles of new objectivity, accuracy, convenience, motivation, scientificity, efficiency, regularity of control are used in the training and training of players. Knowledge of the whole complex of training tasks, the ability to predict in which direction the system of sports training will develop, which of the training tasks is crucial, is a prerequisite for managing the training process.

In order to properly organize the above-mentioned processes, the coach must first be a mature educator and be dedicated to his profession. That is why the main task of football professionals today is to become not only masters of their profession, but also strong educators and psychologists.

In short, the technical training of young players requires non-standard and some high-intensity intensive decisions from the coach, and special attention should be paid to the actions of the players on the field.

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