

PEDAGOGICAL CHARACTERISTICS OF EDUCATION OF PHYSICAL SKILLS OF YOUNG FOOTBALL PLAYERS

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Abstract. In this article training young players' physical abilities, the level of strength, quickness, etc., depends only on the development of the tissues, cells, etc. of the body's bones, muscles, and other organs, and information on their proper development is provided.

Keywords. sports games, physical qualities, agility, agility exercises, martial arts, stoics.

Each organism has a different level of strength, speed, endurance, agility, flexibility of body joints and flexibility of muscles. You have read in previous chapters that it is accepted to call them motion qualities of the human body.

Current physical education systems are assessed for their effectiveness depending on the level of ability to educate the movement qualities of the human body.

Depending on the degree to which these qualities can be demonstrated, an individual is described as strong (agile, fast, etc.) and his level of physical fitness (fitness). The mentioned qualities have their indicators, they can be measured. They are physical *fitness* are called *indicators* , and depending on the results of the indicators, the individual's readiness for creative work and defense of the homeland is determined [1,2,3,4,5].

For example, an individual 100 kg may be able to sit up only 3 times with a heavy barbell shouldered, while another may be able to sit up with the same weight more than 5 times. Since he performed the exercise more than twice, the quality of the strength of the latter is estimated to be improved. The level of strength, speed , etc. depends not only on the development of the tissues, cells, etc. of the body's bones, muscles, and other organs, but also on the development of the individual's spiritual and spiritual qualities. That's why the training of movement qualities is closely related to the work of training spiritual and spiritual qualities and serves as a tool for this direction of training.

Movement qualities striving to educate and develop the eternal dream of mankind . Labor weapons , military equipment and the importance of knowing how to use tools nature , nature gifted to man __ and him education in the process development possible has been with the movement qualities of the body , qualities depends [6,7,8,9,10,11] .

to educate a physically fit, morally pure, aesthetic taste, faith, loyalty, thoroughly mastered the modern basics of technical science, morally mature in all aspects, and they fulfill the goals and tasks of the country's physical education system.

The concept of the state program "For a healthy generation" adopted in the first years of our independence has not lost its importance even today.

In conclusion, it should be said that the importance of physical education, especially the development of physical qualities, and its importance are clearly visible in the educational process. Because their development requires mutual integration. But a specific type of sport requires a relatively stronger formation of some movement qualities. Other qualities are also relatively developed, but they can play the role of auxiliary, auxiliary quality of action.

For example, playing basketball from sports games is considered mainly as a means of developing agility and endurance, while agility - speed, speed - endurance are developed as auxiliary, complementary qualities of movement. In fact, the basketball type of sport is basically the main means of training the quality of endurance movement [12,13,14,15,16,17] .

Strength is the leading physical quality in weightlifters. " Siltab to lift " (rivok) is plural exercise to do while quickness develops . In practice, through these exercises, we have witnessed the development of endurance and flexibility as a supporting physical quality.

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Any quality of action is focused on solving a task called a specific action task. For example, jumping as high as possible, catching the ball, tricking the opponent, lifting the bar, etc. [18,19,20,21,22,23,24,25,26].

The complexity of the movement task creates requirements for the coordination of simultaneous and sequential movements, and develops the coordination of movements. Let's get acquainted with the process of naturalization of movement or physical qualities.

Agility is the player's ability to quickly pick up new moves and adapt to game situations. In other words, agility is an alloy of quickness, power, and coordination capabilities.

Guys, remember that one of the mandatory requirements for agility training is the element of novelty. Therefore, play more action and sports games, which are distinguished by the constant freshness of the conditions.

A good tool for developing general agility is performing acrobatic elements such as running, jumping, complex movements (crawling, crawling, pushing) and other mixed exercises.

But you should use the following soccer drills at all stages of your agility training:

- fighting in unusual initial situations or hitting the ball with a different part of the body every time;
- while moving forward, fight the ball with the feet, throw over it, turn and 180° rafight the ball with the head and kick the ball into the goal;
- accurate ball kicking (straight and cut);
- hitting a flying ball in difficult conditions with feet and head;
- suddenly changing the direction and passing the ball around the stands;
- to go around the stands and kick the ball into the goal without preparation;
- playing volleyball with the head in 3 x 3 on the badminton court;
- various game exercises (3 x 3, 4 x 2, 3 x 1, etc.)

A comprehensive assessment of general agility allows you to perform exercises that are close to the movements of the player during the game.

Station 1 . Passing under planks and jumping over them.

Station 2. Passing flanges (obruh).

Station 3. Raise your hips after jumping from the planks.

Station 4. Walking on the narrow side of the gymnastic bench, 360⁰ raturing when going to the center.

Station 5. Jump over parallel planks in any way.

Station 6. Jumping over horizontal planks while leaning on two legs.

7th station . Running through the racks.

When performing the task, the following mistakes are noticeable: wrongly passing obstacles, knocking down planks and rings, falling from gymnastic benches, not being able to jump over the umbilical cord. 0.5 second is added for error to each result expressed in seconds.

After completing the set of exercises, you can evaluate yourself by taking into account your mistakes. Table 1

Young	"Excellent"	"Good"	"Satisfactory"
8	36.0-39.5 s	39.6-42.5 s	42.6-46.5 s
9	33.5-35.5 s	35.6-38.5 s	38.6-40.0 s
10	30.5-32.5 s	32.6-35.6 s	36.7-38.5 s
11	28.5-30.0 s	30.1-32.6 s	32.7-35.7 s

12	26-27.5 s	27.6-29.5 s	29.5-31.0 s
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Table 2 will help you determine your specific agility level.
EVALUATION OF SPECIFIC AGILITY Table 2

Assignments	Young					
	10	11	12	13	14	15
Fighting the ball in the head, (times)	15	18	25	30	38	60
Take turns fighting the ball with left and right feet	7-8	9-10	11-12	13-14	15-16	17-18
left 1 mfoot 10 m, 5 times right foot.	9-10	11-12	17-18	19-20	22-25	26-30

You have learned about the physical attributes - strength, speed and agility of a football player. They are closely related to each other and the following general rules are based on their education: these qualities should be developed when the body is not tired, that is, after writing exercises [27,28,29,30,31,32,33,34,35,36].

Each exercise is performed with maximum effort. There should be full recovery after each workout.

It is also interesting that these physical qualities are correlated with technical training. Therefore, if the players do not have the appropriate strength, speed and agility, they would not be able to perform the technical principles of the game.

To overcome external influence or resistance, our own body manifests a quality known as *strength*.

The performance of movement activity through the occurrence of muscle tension against external influence - the strength of the person is related to the quality called his strength ability.

When the athlete tries to move the sports ball (throwing, etc.) while his body is at rest, or vice versa, when an external force is applied to his body or wrist, the static situation of his body changes, but the athlete remains in the same position as before the impact. tries to maintain its position. This shows that he overcomes external resistance.

A boxer's opponent's punch, a wrestler's body bending some parts of his body by the opponent's force, it takes a certain amount of effort to perform the technique without changing his body position. The athlete overcomes the resistance and weight of his opponent with the help of muscle power.

In the way of scientific understanding, the power potential of an individual should have its own precise definition and should be distinguished from other qualities of action:

1) *force as a mechanical characteristic of motion* is defined as "the effect of force "F" of mass "m" on the body...";

2) *strength in the form of a physical quality in the human body* (for example, "it increases with age, growth; the strength of an athlete is higher than that of non-athletes..." etc.). In other words, *it is defined as the ability to overcome or resist external resistance due to muscle tension.*

Muscle tension a person ng strength manifestation to be take will come The psychophysical mechanism of this quality is based on the result of the influence of the organism and is interconnected with the management (regulation) of muscle tension, their working order (mode). Taking mental nourishment and performing movement in a certain system is related to the central and peripheral nervous system, in particular, to the signals coming from the nerve centers to the muscles and the level of muscle

service. This quality is manifested at the required level through the full participation of mental, muscular, motor, vegetative, hormonal functions and other physiological systems of the body.

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