

**A scientific-methodical approach to improving the individual skills of young football players  
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**Abstract.** This article covers information on how to train hard and passionately to become a skilled soccer player .

**Key words:** speed, muscle tension, skilled players, physical development, tactical advantage.

Acceleration of competition activities, increase in the volume of movements and technical-tactical actions often leads to the fact that they are not accompanied by an increase in their efficiency. This is due to the lack of stability of movement skills, especially those performed in the fast-power mode.

Speed is more closely related to qualities such as strength and flexibility, and less so to endurance. The set of speed indicators includes speed at the start, speed of running, speed of assessing the situation on the field, speed of tactical thinking.

On the football field, a player must have the strength to perform sharp accelerations, jumps with the ball, kicks from 25-30 steps towards the opponent's goal, long passes to a partner, sharp stops and sharp changes in running direction. What do we mean by this term?

Strength is the ability of an athlete to overcome external resistance due to muscle tension. It is especially important for a football player to develop leg strength. However, during training, it is necessary to pay attention to the development of neck, shoulder girdle, body, back, and abdominal muscles. in a word, the player must have great strength, which helps the athlete to make sharp accelerations from behind the ball and into the space of the field, jumps from behind the ball, make a sudden stop and change the direction of movement, and make a strong impact on the ball. At the same time, the development of strength should not harm flexibility, quickness, accurate perception of the game [1,2,3,4,5,6].

The greatest rates of strength development are observed mainly in early childhood and adolescence : 8 to 9 years, 10 to 11 years, and 14 to 15 years. It is recommended to use projectile jumping, acrobatic and gymnastic exercises even at the age of 8-11. For 12-14-year-olds, you can use dynamic exercises with small weights, hanging on a rope, and nuclear throwing. For 15-16- year-olds , the number of exercises performed with weights is greatly increased.

Football! It helps you to be agile and strong, resilient and courageous, hardworking and generous.

In order to become a skilled player, you need to train with effort and passion. Of course, you should sign up with your friends for the children's team of the sports community or the team at the school, but most of the time you children who love football, the training conducted by a coach or instructor is lacking [7,8,9,10,11,12,13,14,15].

So how to do it? Who guides you? No one. You are both a teacher and a student. As a student, you need to be very demanding and persistent.

If you carefully read these recommended independent exercises and, most importantly, do all the exercises described in them, then you are on the right track.

In order to play good football, you need to have at least three important skills, that is, to be physically fit, to master the technique of the game, and to be able to behave well on the field. First of all, you should pay attention to football technique. Think about how a player can run fast and long, can choose the right situation on the football field, if he can't kick the ball accurately and powerfully towards the goal, can't stop the ball and can't carry the ball, what will he do to the team. Of course, in any case, it cannot bring much profit [16,17,18,19,20,21,22,23,24] .

If the physical and tactical superiority is combined with skillful control of the ball - what a great game it will be. One of the Swedish experts, Walter Lutts, wrote in this regard: "Football technique has its limits, it does not solve everything, but it is not impossible for you to achieve anything."

So where do we start? First of all, it is necessary to clarify what football technique and technical skill are.

Football technique means the ability to accurately capture the ball. How to do it? When? Where? If a player can keep the ball in one place for a long time in training, then such a score cannot be used to make a conclusion about his technical skills. It remains to be seen how this player plays the ball during the match. Juggling for a long time only indicates good juggling skills. This is also a very important quality, but it is necessary to develop the ability to understand the game in order to learn and master the skills of dealing with the ball [25,26,27,28,29,30,31].

Other concepts of soccer technique relate to ball direction and flight speed.

In physics lessons, you will definitely learn the meaning of the word "center". Therefore, if the ball is kicked in the center, it will move forward in the direction of the force, instead of spinning straight.

If the kicking feet do not touch the middle of the ball, it will deviate from the plane to the right or left. This is often caused by incorrect technique.

But some football masters, from a tactical point of view, deliberately "twist" the ball into the goal or "twist" the ball to deliver it to a partner standing behind the opponent. This is a very complicated method that requires a long period of time and constant practice.

Sometimes the ball goes over the crossbar. This is often caused by players placing their base feet too far (back) from the ball, in which the ball is hit from low to high [32,33,34,35,36].

Now that you have read our explanations, try some exercises. Pay attention to the movement of the ball according to the laws of physics.

Place two balls on the ground 5 feet apart. Slowly tip one ball towards the other and observe where the second ball needs to hit the first ball in order for the first ball to be kicked into the goal. Count how many times you hit the target when you kick 20 times on each leg.

Kick the ball 10 times to the left and right of the center, not to the center of the ball lying on the ground. Watch which way the ball moves and remember where to kick the ball to hit the target.

Hang a fence or draw a circle with a diameter of 1 meter on the wall at a distance of 5 - from the ball. Draw a line on the ground to place your supporting foot as you run. Place the ball (35 - 40 cm) in front of this line. Kick under the ball, that is, below the ball's center of gravity, and count how many of the 20 shots you hit the target.

Just like reading and writing from the alphabet at school, learning the football "alphabet" from the "alphabet", that is, only three technical principles and their combination should be learned:

- pushing the ball from the inner and outer parts of the face of the foot;
- running up and kicking the ball with the middle of the foot;
- stop the ball rolling from the opposite side with the inside of the foot.

Teenage readers! You may have heard about the characteristic of football players, "feeling the ball".

What about the ability to sense the physical properties of the ball through the muscles? This is a very important feature. We also start with mastering the technical principles of teaching this ability to "feel the ball".

The famous Pele paid much attention to improving the same ability using the ball.

"Fighting," he wrote, "is an ideal exercise in solitary training." Its essence is that the player gets used to the feel of the ball by playing it freely. Now, by "shortening" the ball or its path, the ball's deflection in the air cannot leave it in the spot. A football player learns to concentrate his mind and concentrate on the ball during a fight.

He will have the necessary hitting skills to deliver the ball the desired distance in the intended direction.

Finally, he learns to use his arms again to keep his balance, which is also important in soccer, because the legs sometimes move in such a way that the player can lose his balance when carrying the ball.

But before fighting, you need to learn how to lift the ball from the ground into the air. To do this, the player should set the ball approximately 30 cm distance in front of him, put his foot on the ball, pull the leg back and roll the ball towards him. As soon as the ball starts to move, immediately pull the leg and

place the tip of the foot on the ground in front of the moving ball. As soon as the ball rolls onto the surface of the foot, lift the toes up and make a slight forward movement with the foot.

It's important to remember that hitting the ball from underneath shouldn't always be the main goal in grappling.

It is important to use different methods of striking, changing the force and trajectory of the ball, focusing on other objects, using the ball in motion, sitting, standing on the gym bench, and other skills.

But, first of all, it is necessary to learn to play the ball on the feet - on the face of the foot, on the inner and outer sides of the foot, to play with the knee.

The ball should be picked up by hitting it from the bottom to the center. For this purpose, while slightly bending the leg from the shin, it is necessary to raise the tip of the foot in relation to the shin every time when kicking the ball. During the exercise, the "kicking" leg should not touch the ground, and the ball should rise to knee height.

After that, you should take the ball between your legs and start fighting. The leg should be raised in such a way that the knee joint is slightly bent, and the hip should be in a horizontal position. The body should be slightly thrown back. When such movements become a habit, it is necessary to hit the ball with the knee and thigh of one leg, sometimes with the other leg, without exceeding the upper shoulder, and then play the ball with the surface of the foot in the same way. Jumping to the ball while standing or standing on the support leg is a very useful exercise.

Children! Begin grappling with the leg that is easier for you, and when you have gained some confidence, alternate between your "weaker" and "stronger" legs, and then start grappling with your "weaker" leg only.

The purpose of this exercise is to learn to play with both feet. If a player performing technical tricks uses only one leg, he can be considered as a half-capable player. It takes time for such a player to adjust the ball to his "comfortable" leg during the game, and he has to make additional efforts to lose the favorable situation in the game.

Now it's time to learn to play another ball. First, you need to throw the ball in a vertical position 30 cm at a distance of 50 - 60 cm height in front of you. The head should be thrown back. It is necessary to hit the ball with the middle of the forehead, while keeping the balance with the hands, spring-like jumping on the legs. Don't worry if at first the ball doesn't come up clearly and you have to change your position frequently to reach the ball. There is nothing. You will learn quickly. If you can practice fighting with the ball for 10-15 minutes every day, you will soon master all the technical techniques and feel confident in carrying the ball expertly.

Fight! All you need for this is a small area, a small rubber or tennis ball (if not a real ball) and the desire to "hold" it in the air without dropping it to the ground as much as possible.

Now, guys, it's time to start improving your technical skills. You have now learned that technique is very important to playing soccer. We would like to draw attention once again to the fact that the main goal is not to practice some technical principles.

It is necessary to learn to kick the ball, stop it and not play it "for the sake of pure art", but to act together with partners against the opponent in different game situations.

Difficulties in mastering football techniques are explained by this, the need to play the ball with the feet and head, and on top of that, the need to fight hard with the opponent.

Experts have calculated that during the game, the player will meet the ball from 50 to 100 times (65 - 200).

But with possession of the ball for such a short time (on average 2 - 2.5 minutes), you can think for yourself about the size, variety, complexity, effectiveness, speed, and abstraction of the performance of technical principles in the game situation.

The field player's technique of possession of the ball includes the techniques of the following groups: foot kicks (6 methods), foot kicks (5 methods), other kicks (2 methods), stopping the ball with the feet (6 methods), stopping with the body (2 methods) and another pass (1 method) foot tricks (5 - 6

methods), body tricks (2 - 4 methods), other tricks (2 - 3 methods), pulling the ball with legs and shoulders (2 methods ) putting the ball into play.

It is necessary to start with learning to play the ball from the simplest skills. These are carrying the ball, kicking the ball and stopping the ball at the feet. Of course, it is not possible to acquire technical skills only by theoretically learning the techniques of ball possession.

So, let's start with a more technical technique - carrying the ball.

Carrying the ball is the skill of controlling the ball in motion.

This technique involves running, kicking the ball in a variety of ways while balancing against the opponent's resistance. Good players have the added skills of seeing the field and controlling the ball at the same time.

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