

THE ROLE OF PHYSICAL EXERCISES IN THE DEVELOPMENT OF THE PHYSICAL QUALITIES OF FOOTBALL PLAYERS

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Abstract. In this article, the manifestation of physical qualities in football players, from the physiological point of view, the ability to transmit excitation impulses in nerve fibers, the speed of muscle contraction, and the most important information related to the speed of time communication between the necessary centers in the cortex of the cerebral hemispheres.

Key words: muscle, tension, excitability, strength, ballistic movements, physical training.

On the next page, the mechanism of a person's ability to overcome external resistance or to resist due to muscle contractions is described, the procedures for the manifestation of muscle strength, absolute and relative strength, types of strength and descriptions of their manifestation are brought to your attention [1,2,3].

In fact, muscle tension (ability to exert force) depends on the following physiological processes:

- 1) tension related to the frequency of the impulses coming from the center to the muscles (the greater the frequency, the greater the muscle tension and the tension increases);
- 2) with the number of units of action added to the tension;
- 3) the quality and level of tension is shown by the excitability of the muscle and the source and quantity of the power in it.

Muscular strength is developed in three modes: –

- a) *muscle tension* manifests itself *without changing its length* (in static, isometric mode). Gawdani or showing strength to hold some of its parts in different situations (poses);
- b) due to the reduction of muscle length, endurance - manifestation of (*myometric*) *tension with endurance*. The tension remains the same - it does not change, this regime occurs due to the phases of muscle contraction in cyclic and ballistic movements;
- c) during the stretching of the muscle, due to its lengthening (yielding, *free arrival - plyometric*) force occurs. This force is manifested by muscle contraction during sitting, throwing, squatting.

Speed is one of the physical qualities of the human body.

Speed is understood as the speed characteristic of the movements of an individual or some parts of his body, mainly a complex of functional characteristics that represent the movement reaction time.

Speed is a quality of movement of the human body that can be performed in a complex way, and it is not manifested separately, so it is more correct to think that it is a manifestation of the qualities of speed.

There are the following forms of manifestation of speed qualities:

1. Single movement speed (overcoming small external resistance).
2. Frequency of actions.
3. Movement reaction speed (hidden latency period).
4. Movement tempo.

Those who have insufficiently developed quickness of movement face difficulties in mastering new movements (whether it is life-necessary, labor or professional activity) and obtaining their hadith. The manifestation of this quality from a physiological point of view is related to the ability to transmit excitation impulses in nerve fibers, the speed of muscle contraction, and most importantly, the speed of time communication between the necessary centers in the cortex of the cerebral hemispheres. For example, 100 m the result of running depends on the reaction time from the start, the speed of execution of individual actions (depression, speed of hip recovery), etc. [4,5,6,7,8,9,10].

In practice, the speed of integrated movements (running, swimming) depends on the speed of the full movement act. However, the speed of complex coordinated movements depends not only on the level of quickness, but also on other factors, for example, the length of the step in running, which, in turn, depends on the length of the leg and the power of landing. Therefore, *the overall movement speed* is only a partial representation of the speed of the individual.

Endurance refers to the ability to perform an activity or an act of movement in a prescribed form, intensively for a long time without reducing its effectiveness .

This movement quality is distinguished as "general" and "specific" endurance. Authors of some literature* recommend replacing the term endurance with the term "endurance" [31,32,33,34,35,36].

Endurance is primarily developed with low-intensity, long-duration, more cyclical exercises .

The scientific and methodological data recorded in the collected literature on the topic were analyzed in a comparative way and the current situation of the issue was evaluated. In particular, the fact that the effectiveness of teaching sports skills at the initial training stage depends on physical qualities was substantiated with the help of scientific research [11,12,13,14,15,16]. In the process of training young athletes, it was recognized that physical qualities are developed mainly under the influence of standard, stereotypical exercises, and it was emphasized that such an approach does not always give the expected result. In the chapter of literature analysis, it was emphasized that the formation of physical qualities with the help of special movement games is highly effective.

In order to achieve the set goal, I distributed questionnaires on the following questions among 25 sports coaches working with young wrestlers working in some rural schools of the Fergana region of Uzbekistan, and through this, I learned their opinions about the development of quick-strength quality at the initial training stage . The results of the questionnaire are reflected in the appendix [17,18,19,20,21,22,23,24].

It can be seen from the application that most of the coaches, ie 13 people (52%) do not conduct competitions when attracting children to the sports club. The number of coaches who select children for the circle is only 6 people (24%). Another percentage of coaches are partially conducting the competition. 9 (36%) coaches talked about children's family life and interests. 5 of the coaches (20%) answered "no". 11 people (44%) answered that the coach is "partly" or "I don't know".

Do you interview the children's parents? 3 people (12%) answered "yes", 8 people (72%) answered "no", and 4 people (16%) answered "partly".

Does the first training start with practical training? 17 people (68%) answered "yes", 5 people (20%) answered "no", and 3 people (12%) answered "partly".

Do you develop your own training plans? 8 people (32%) answered "yes", 7 people (28%) answered "no", and 10 people (40%) answered "I don't know".

Initial training is mainly technical – tactical Is preparation a priority? 19 people (76%) answered yes to our question, 3 people (12%) gave the answer " yes ", 3 people (12%) answered "yes " .

Is strength training the right way to develop speed ? 11 people (44%) answered yes to our question, 9 people (36%) answered " yes ", 5 people (20%) answered " my name " .

Is speed training important for strength development ? 9 people (36%) answered yes to our question, 7 people (28%) gave the answer "yes " , 9 people (36%) gave the answer " my name " .

agility exercises with weights during the initial training ? to our question 13 people (52%) answered yes, 7 people (28%) answered "y arrow " , 5 people (20%) answered "I don't know".

Initial training is quick in one click – strength Is it okay to use barbell squats to improve quality ? 12 people (48%) answered yes to our question, 11 people (44%) gave the answer "yes " , 2 people (8%) answered "I don't know".

Quick – strength Is it necessary to use standards in quality assessment ? 16 people (64%) answered yes to our question, 7 people (28%) gave the answer "yes " , and 2 people (8%) gave the answer "I don't know".

Quick – strength Can endurance training be given at the beginning of the workout ? 7 people (28%) answered " h a" to our question, 11 people (44%) gave the answer " yes ". 7 people (28%) gave the answer " I know".

strength also develop when developing speed or vice versa? 9 people (36%) answered " h a" to our question, 11 people (44%) gave the answer " yes ", 5 people (20%) answered "I don't know."

Fast - strong Is there an advantage of active and national games in development ? to our question 11 people (44%) answered yes, 8 people (32%) gave the answer "yes" , 6 people (24%) answered "I don't know".

Initial training is quick and easy Are national games useful for effective development ? to our question 11 people (44%) answered yes, 9 people (36%) gave the answer " yes ", and 5 people (20%) gave the answer "I don't know".

Do you personally use national games to develop quick-strength? 9 people (36%) answered yes to our question, 9 people (36%) answered " yes ", 7 people (28%) answered "I don't know".

of the questionnaire mentioned above , the following conclusions can be made :

1. Most of the coaches who participated in our research do not have clear knowledge and ideas about the organization of children 's sports.

2. Some trainers are quick – strength It was found that there are no clear opinions and judgments about the right selection of exercises aimed at developing their qualities , how to adjust them according to children's ability, and how to use the technology in terms of volume and intensity .

3. It is observed that many coaches make mistakes in determining which type of training is the priority during the initial training .

The vital capacity of the lungs was determined in a simple air spirometer. Subjects were first asked to take a deep breath while standing and then to blow maximally into the spirometer. This test was repeated twice, and the best result was taken into account [25,26,27,28,29,30].

The result of the respiratory rate measured for 15 seconds was multiplied by 4. The test was conducted in all subjects before and at the end of the pedagogic study, and before and after the quick-strength tests.

Heart rate was also measured for 15 seconds and the result obtained was multiplied by 4. This test was administered in the same manner as the previous test.

A 30-meter run was performed from a standing position.

The rest of the tests were carried out according to the established methodology.

Pedagogical research was conducted on the example of 9-10-year-old wrestlers, who were selected for the wrestling club and had just started to practice.

The study was conducted in two groups - control (10 people) and experimental (10 people) groups for 7 months.

In improving the sports skills of football players, involving them in regular training based on a plan and regular exercise is the main factor for them to acquire sports skills gradually. As a result, the player's work capacity increases, the recovery process is accelerated, and it becomes possible to perform some physically intensive tasks. From year to year, the athlete's functional capabilities expand, and his technical and tactical skills improve.

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