



EFFECTIVE ORGANIZATION OF GAMES WITH YOUNG PLAYERS

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Annotation: The whole process of sports training can be conditionally divided into training and physical exercises, the effective organization of which will help future athletes to strengthen their physical fitness. The article deals with the effective organization of training sessions with young players.

Key words: sport, football, education, training, techniques, technical elements, physical exercises.

By education, it is necessary to understand that those involved occupy the initial stage of a particular system of knowledge, skills and skills. The main content of education is the acquisition of technical elements of the game, simple individual and group actions in tactics, the formation of movement skills.

Training is the next stage of training aimed at strengthening and improving the acquired knowledge, skills and abilities. The main content of the training consists in improving technical methods, individual, group and Team actions in tactics, developing physical, moral and volitional qualities. Sports training is the training of athletes in a systematic way based on the management style.

The successful resolution of educational and training tasks depends primarily on the personality of the coach, since he is the central figure in the training process. The coach must regularly improve his special knowledge, increase his ideological and political level, be aware of new achievements in science and practice, be able to introduce them into the educational and training process of the player.

The activities organized in football are aimed at solving the tasks facing the physical education system. The main content of the training should consist in a comprehensive development of a person's spiritual and physical abilities, which are necessary for a balanced maturation, his creative work and the protection of the motherland.

However, in football practice, the side of education and training directed towards wellness, that is, the profession of an educational character, is sometimes knocked out by the pursuit of high results. Such a one-sided approach to training usually leads to unpleasant consequences.

The high moral and volitional qualities of an extremely healthy, physically well-developed player serve as a key factor in the acquisition of football skills.

In the process of training and training of players, the following tasks should be solved:

- a) expanding the functional capacity of the body of athletes (respiratory, cardiovascular and other systems;
- b) maintaining and increasing the performance capacity of the athlete;

d) broadening knowledge in the field of sports and generating hygiene and self-control skills;

e) to educate the qualities of hard work, discipline, awareness, activity.

The consistent solution of these tasks in the training process makes it possible to more fully use the enormous capabilities of the human body to achieve high sports results.

The continuous increase in the level of skill of competing teams creates the need to comprehensively increase the requirements for the training of players from year to year. The full fulfillment of the high requirements for the training of players is ensured by the consistent implementation of the pedagogical principles of training and, first of all, the non-deviation from the laws of scientific management of its processes.

Physical exercise, hygienic factors and the natural force of nature are the tools of football education and training.

The formation and improvement of skills and abilities is mainly associated with the continuous performance of physical exercises. The exercises are varied and are chosen according to the tasks that arise from the educational and training process.

Exercise helps to improve coordination of movement, increase strength, agility, endurance and agility. In this, the activity of the cardiovascular, respiratory and other systems of the body is improved, as a result of which the athlete's ability to work increases, the recovery process after loading is accelerated. Each exercise affects one or another quality and qualifications to a greater or lesser extent. That is why exercise is chosen based on the greater exposure.

All exercises used in the training of players can be conditionally divided into three groups:

- 1) competition exercises,
- 2) special preparatory exercises,
- 3) general preparatory exercises.

Competition exercises consist of a holistic movement activity or a set of them. This set of actions, on the other hand, consists of the sum of actions performed in football on the basis of the subject of the game and the rules of the complete football competition. These actions are expressed by the complex manifestation of the main physical characteristics, situations and forms of movement in a constantly and unexpectedly changing environment, and they are characterized by Portability and variability depending on the conditions of various action activities United into a "plot".

Special training exercises include elements of competition movements, their variants, as well as features (Game movements and combinations) that are very similar to this in terms of form and character of work-movement.

Special training exercises are determined strictly in football, depending on the nature of the game. At the moment, these exercises will not be the same in the game. They are chosen to be aimed at developing the qualities and skills necessary for the player and to be able to ensure impact in a differential way.

In turn, special preparatory exercises are divided into auxiliary and developmental exercises. Auxiliary exercises mainly promote the occupation of the form and technique of movement. In the process of effective organization of training sessions with young players, it is advisable to follow all of the above, only then the training sessions will show their effectiveness.

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