



PHYSIOLOGICAL AND PSYCHOLOGICAL CAPABILITIES OF YOUNG PLAYERS

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Annotation: Football is one of the most popular sports in the world and is recognized as a global phenomenon that unites millions of people. This article examines the historical development, physiological and psychological aspects of football, as well as its social and economic significance from a scientific point of view.

The physiological and psychological capabilities of young players play an important role in their achievement of a professional level. The peculiarities of physical and mental development in youth form the potential of players. This article analyzes the physiological and psychological aspects of young players on the basis of scientific research.

Keywords: athlete, young player, theory, preparation, physical condition, technical training, psyche, competition, training.

Football requires high physical fitness from players. Studies show that a professional player runs an average distance of 10-12 km during a 90-minute game, with a heart rate reaching 85-90% of the maximum (Bangsbo, 2014). Football combines aerobic and anaerobic energy systems that require players to have endurance, speed, and strong muscle coordination.

Main physiological indicators:

Endurance: players are in constant motion throughout the game, requiring efficient cardiovascular system operation.

Speed and agility: short track sprints (average 15-20 m) and non-stop track modifications test the player's muscle reaction.

Muscle strength: the muscles of the lower extremities play an important role in kicking the ball, jumping and fighting the opponent.

Psychological Aspects

Football makes great demands not only physically, but also psychologically. Research shows that high-level players should have stress resistance, decision-making speed, and teamwork skills.

Psychological factors:

Concentration: players must be able to concentrate during the game and not be distracted by external factors (fan noise, referee decisions).

Motivation: internal and external motivation (striving for success, collective goals) increases the participation of players.

Team dynamics: successful teams rely on trust and cooperation between players.

The physiological development of young players depends on their age, gender and degree of biological maturity. Athletes between the ages of 10-18 go through important stages of growth and development, which affect their physical abilities.

Sports training of players is a long-term specially organized pedagogical process, which is associated with the use of all the necessary tools, methods, set of conditions and is aimed at achieving high sports skills. The goals and objectives of sports training are solved in the process of education, training and training. The goal of training players is to train highly qualified athletes who meet the modern requirements of world football and are able to achieve high sporting results. On the basis of the purpose of preparation, the following main tasks are solved in the process of education and upbringing: - the upbringing of high moral and volitional qualities. - strengthening health, comprehensive physical development. - achieve a high level of basic physical qualities and perfectly master the techniques and tactics of the game. - acquire skills to achieve a high level of individual and team training and carry them out in the competition. - achieve high overall and special working abilities and maintain them in the long term. - methods of training, planning, supervision, restoration, arbitration, Organization of competitions, etc. in-depth theoretical knowledge and acquisition of practical skills. The principle of exhibitionism is carried out mainly in the natural form of the action being studied. The aerobic endurance of young players develops significantly during adolescence. Studies show that 12-16-year-olds travel an average distance of 6-8 km per game, which requires the effectiveness of their cardiovascular system. Anaerobic abilities, which are short-term high-intensity activities (e.g. sprints), develop further in later stages of adolescence (ages 15-18).

The muscle strength of young players develops in adolescence with an increase in testosterone levels. Movements such as kicking the ball, jumping and fighting the opponent depend on the development of the muscles of the lower extremities. Agility and coordination develop at the highest level between the ages of 10-14, so it is important to train technical skills at this age.

Different rates of biological maturation create physical differences between young players. Early matured juveniles (ages 12-14) typically have a physical advantage, but late matures may have more success in the long run because they are better technically and tactically trained.

The psychological training of young players is a decisive factor in their success. Adolescence is a complex stage of mental development, and specific psychological characteristics affect the effectiveness of the game of players.

In conclusion, in the preparation of young players for senior sports, it is permissible to focus on their physical condition, psyche, ability, as well as technical and tactical training, their actions during the training period. Football is of particular importance not only as a sport, but also as a social, psychological and economic phenomenon. Its physiological requirements require players to have a high level of physical fitness, while its psychological aspects require mental stability. Globally, Football brings people together to serve economic and social development.

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