

Organizing Training of Young Football Players Initial Stage

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Abstract: 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.

Keywords: Sport, football, education, training, technical methods, technical equipment, physical exercises.

Training young players has its own characteristics. These should be taken into account in the correct organization of training activities of children and teenagers in the sports team. It is practically impossible to master the various techniques of the football game in a short period of time. It is possible to solve the task of training players with a high technical level only as a result of proper perspective planning of training and training of players from 9-10 to 17-18 years of age.

The main goal of training young players is to gradually develop children into skilled athletes at the age when it is most convenient for them to achieve sports skills. However, the task of children's and youth football does not end with the training of professional players and sports masters. They, that is, the task of youth football is very broad, and it is the solution to the problem of harmonious physical and mental development of children and adolescents, strengthening their health and increasing the resistance of their bodies to various adverse effects of the external environment. also envisages that it will be done. This process can be effective if the process of teaching children and their improvement is carried out systematically, based on a perspective and scientifically based plan, developed taking into account the age characteristics of the growing organism, developed taking into account perspectives and scientific bases. Training is the main form of training and improvement of football players. Football is a team game, so training sessions are mostly team-based. The training requirements are as follows:

- The task set during the training must be completed;
- Training should educate discipline and diligence;
- The training should be planned in such a way that the players consciously master the movement skills and qualities; should be a unit of the single educational process;
- The structure of the training consists of three parts.
- Tasks of training units:
 1. Preparatory part - preparing the body for the main work;
 2. The main part should be aimed at teaching and improving technical methods, tactical actions, developing physical qualities, improving mental preparation and moral and willful qualities;
 3. The final part should bring the body to its pre-workout condition. The classes are divided into mixed and lecture classes according to their purpose, function and methodology.

Mixed training takes the first place in the volume of training of the annual cycle. These exercises fulfill the tasks of implementing the development of all types of training. Combination of training types in mixed training: - physical, technical, tactical; - physical, technical; - technical-tactical; Lecture training. Lecture classes cover less time in the total volume of annual cycle classes. But they should have their place at different stages of training: the content of physical training consists of exercises aimed at developing general and special physical qualities. Most of the physical training sessions are held during the training period.

Discussion and results: The successful solution of educational and training tasks depends first of all on the personality of the trainer, because he is the central person in the training process. A coach should regularly improve his special knowledge, raise his ideological and political level, be aware of new achievements in science and practice, and be able to introduce them to the football player's education and training process. Training organized in football is aimed at solving the tasks facing the physical education system. The main content of the training should be to develop a person's moral and physical abilities necessary for creative work and protection of the Motherland. However, in football practice, sometimes chasing after high results, it is forgotten that education and training have an educational character. Such a one-sided approach to training usually leads to unpleasant consequences. The extremely healthy, physically well-developed high moral-will qualities of a football player serve as the main factor in acquiring football skills.

In the process of education and training of football players, it is necessary to solve the following tasks:

- ✓ expanding the functional capabilities of the athlete's body (respiratory, cardiovascular and other systems);
- ✓ maintaining and increasing the athlete's work ability;
- ✓ expanding knowledge about the field of sports and forming skills of hygiene and self-control;
- ✓ consists in educating the qualities of hard work, discipline, awareness, and activity.

Consistently solving these tasks in the course of training allows you to fully use the enormous potential of the human body to achieve high sports results. The continuous growth of the skill level of the competing teams makes it necessary to increase the requirements for the training of players every year. The full fulfillment of the high requirements for the training of football players is ensured by the consistent implementation of the pedagogical principles of the training and, first of all, by following the laws of scientific management of its processes without deviating. Physical exercises, hygienic factors and the natural power of nature are the means of education and training of a football player. The formation and improvement of qualifications and skills is mainly related to the systematic performance of physical exercises. Exercises are diverse and are selected depending on the tasks arising from the educational and training process. Physical exercises help to improve movement coordination, increase strength, speed, endurance and agility. In this, the activity of the cardiovascular, respiratory and other systems of the body improves, as a result, the athlete's work capacity increases, and the recovery process after loading is accelerated. Each exercise affects one or another quality and skill to a greater or lesser extent. Therefore, physical exercises are chosen based on their greater effect.

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

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

Competition exercises consist of integrated movement activities or their combination. This set of actions consists of a set of actions performed on the basis of the subject of the game and the rules of the entire 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 distinguished by the mobility and changeability of various movement activities combined into a "plot" depending on the conditions. Special training exercises include elements of competition movements, their variants, as well as features of movement that are very similar in form and character (game movements and combinations). Special training exercises in football are determined strictly according to the characteristics of the game. At the moment, these exercises will not be the same in the game. They are aimed at developing the qualities and skills necessary for a player and are selected to provide a differential impact.

Conclusion: The comprehensive development of modern football players in preparing them for big football consists in bringing them up mentally and physically.

Books

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