

## **EMPLOYED YOUTH IN PRIMARY PREPARATION STAGE OF FOOTBALL PLAYERS GENERAL PHYSICAL FITNESS**

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Football according to organize done training country physical education system in front standing tasks solution to do looked at . of training main content person proportionate maturity finding , his creative work to do and homeland protection for necessary has been spiritual and physical ability each bilaterally from development consists of to be need \_ Our country and abroad of scientists scientific and methodical literature learning from that proof gives that of children physical qualities development according to series scientific research take went \_ Including , TSUsmankhodjaev , VKBalsevich , VA Bogdanova and of others their work to bring can \_ Children's physical in preparation young characteristics analysis A. A. Gujalovsky , VILYAH , AGSukharev , VPGuba , OVGoncharova and of others works through was studied . Footballers preparation system science and method justification on the surface Akramov RA, Nurimov RI, Davletmuratov SR, and another scientists own scientific their research take went \_ Primary preparation stage engaged 11-12 years old players physical readiness ( speed , strength , quick - strength , endurance ) efficient in development applied tool and methods of practitioners young features in consideration received in case training sessions process organizing current at the time football theory and methodology of the field the most current from problems to one became \_

Physical preparation training of the process important department is considered Physical preparation of the organism functional possibilities common level increase , each bilaterally physical develop , health strengthening with organic depends has been physical abilities bring up is a process . Physical preparation common and

special preparation is divided. Training at work common and special physical preparation duties organic depends.

Football – real athletic is a game. SHE IS speed, agility, endurance, strength and sacrosanct such as of properties development help gives \_ Game during football player very high did not load work does and this thing, own in turn, of a person functional possibilities level increases mental-volitional adjectives educates. ( Nurimov RI Tashkent 2014. 16 pages)

Football players common physical preparation physical abilities each bilaterally educate, common the work ability increase duties solution does \_ Universal developer exercises and practitioners to the organism common effect pointer of sports another of types received exercises in this maintools as is used. In this muscle of joints development and strengthening, internal a member and systems of the function to improve, actions coordination policy and movement qualities common level increase is achieved. (RA Akramov Tashkent 2006. 183 page)

Speed when you say very short at the time person's certain action done increase ability in the eye caught \_ Speed four in appearance manifestation will be : reaction time \_ alone movement time \_ of action maximum frequency ; of action start speed \_ Complicated movement during person speed of speed complex manifestation to be with together another to factors too ( step to the size of shaking to the power and etc. ) depends on . In football speed while on the field fast movement just doing it consists of it won't happen, that's it with together \_ thinking speed , ball with work speed is also Football point of view in terms of fast has been player opponent too time is also open to the place out get in terms of wins ( Nurimov RI, 2015, p. 156).

11 old of players 60 to m to the distance to run according to results study year At the beginning of  $12.3 \pm 1.3$  per second equal to has been (See Table 1 see ). Study year at the end while this indicator average  $12.2 \pm 1.1$  per secondequal to This age of players physical preparation of the results yearly growth difference 0,1 \_ per cm equality was determined (9.18%). Indicators between statistics differences reliability there is not ( $r > 0,05$  ). Young of players the most main preparation of types one this strength quality development process is considered 11 old of players strength quality development situation determination according to conducted testing result on the turnstile attraction in the conditions average  $3 \pm 0.44$  times year At the beginning of has been if \_ year to the end come this results 1 ta difference with  $4 \pm 0.40$  hesitation \_ observed and 3.33% to increased.

11 old of players from the place standing up to the length jump control in the exercise year At the beginning of average  $120 \pm 6.24$  per cm and study year at the end  $130 \pm 5.56$  cm result physical preparation was determined .

Football players endurance when you say of the game from the beginning until the end game activities never without relaxing continue seven get ability is understood . Endurance again to exhaustion against get up getability , says too will be Sports in practice four category exhaustion meeting can \_ these are : mental , sensor,emotional and physical exhaustion . That's four category exhaustion it is also characteristic of a player . Naturally , these are inside physical of exhaustion weight more \_ In football players endurance bring up methodology right approach for athletes game activity nature and game during their undertake falling download account get necessary ( Nurimov RI, 2015, p. 165).

Football players game activity only jump \_ to run and from walking consists of that it is not too account getneed \_ Football players movement quite a bit complicated . One by one hard struggle under the circumstances , most big at speed and long time during not natural ( sliding , jumping , etc to the leg relied on without ) to be to the player the same at the time complicated tactical task point did in case the ball efficient take over to get moneynot do need \_ Football players the ball How good take if they walk , on the field How thinking the work catch movement if they do football watch as that's all interesting will be That's why for of players physical preparation their game activity movement account received without so organize to be done it should be their technical and tactical skills improvement for basis let it be (RI Nurimov Tashkent 2014. 150 pages)

This is it age 1500 players m. to the distance to run control test the results study year At the beginning of average  $10.14 \pm 1.1$  V% 10.57 per second, study year at the end  $10.08 \pm 0.59$  per second that it has changed determined V% 10.5 ( see Table 2 ). 1500 m. to the distance to run control in exercises indicator between statistics difference reliability no ( $r > 0,05$  ). Running come to the length jump control exercises 12 years old in players year  $150 \pm 7.45$  cm at the beginning . has been if , year at the end of  $164 \pm 6.32$  cm. increased by 9.33% to see can \_ Tennis from players the ball to throw control exercises acceptance  $17 \pm 1.5$  when done  $18.5 \pm 1.2$  from m to m increased V% is 10.64. Football players competition to the activity look throws we are of practitioners common endurance of quality development condition game fate set gives \_ 1500 m. to the distance to run in terms of 10.00 minutes , running come to the length 160 cm in jumping , tennis ball in throwing and 20 m. account has been if \_ players this conditions study year at the end 1500 m. to the distance to run in terms of 10.08 minute , running come to the length in the jump 164 cm , tennis the ball in throwing while 18.5 m. results with did it . Indicators between statistics difference reliability there is not \_

## **CONCLUSIONS**

1. Transferred scientific and methodical books analysis to the results according to 11-12 years old of children study - training in the process of players movement actions to teach and physical abilities in development applied tool and methods of practitioners young from the features come came out in case work exit necessity surface came \_

2. Primary preparation stage engaged in 11-12 old of players common physical readiness determination according to conducted research 1500 m as a result 10.00 per run minute , running come to the length 160 cm in jumping , tennis ball in throwing and 20 m. account has been if so , the players this control standards study year at the end of 1500 m. to the distance to run in the conditions an average of 10.08 minutes , running come to the length in the jump average 164 cm , tennis ball in throwing while average 18.5m results with did it . Indicators between statistics difference reliability there is that it is not was determined .

3. Physical preparation each different has been to the players training in organizing of practitioners young features in consideration received in case training tools apply systemimprovement necessity there is Children and teens sports theory and methodology according to of scientists thought comments relying on if we this age that is, 11-12 years old of players common physical preparation to the process mobile the games apply system current reach to the goal according to.

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