

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

Mominov Feruzjan Ilkhomovich

*Bukhara state pedagogy Institute , Physical culture faculty , " Physical education
and sports" department teacher*

Jalilov Hasanjon Suratovich

Bukhara state pedagogy Institute , Physical culture Faculty , 1st year student

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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 spiritual and physical, necessary for the acquisition, his creative work and defense of the homeland ability comprehensively consists of development must be. The study of the scientific and methodological literature of our country and foreign scientists shows that a number of scientific researches have been conducted on the development of children's physical qualities. Including TSUsmankhodjaev, VKBalsevich, VA Bogdanova and of others their work to bring possible Children's physical in preparation young characteristics analysis A. A. Gujalovsky, VILYAH, AG Sukharev, VPGuba, OVGoncharova and of others through their work was studied. Footballers preparation system science and method justification on the surface Akramov RA, Nurimov RI, Davletmuratov SR, and other scientists conducted their scientific research. Initial preparation physical fitness (speed, strength, quick- strength, endurance) efficient in development applied tool and methods of practitioners young taking into account the characteristics of the organization of the training process of football at the present time theory and

methodology of the field the most current to one of the problems turned.

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 training is divided into general and special training. General and in training work special physical preparatory tasks are integral depends.

Football – real athletic is a game. SHE IS speed, agility, endurance, strength and sacrosanct such as helps develop traits. During the game, the player did not overload the work performs, and this thing, in turn, increases the level of functional capabilities of a person mental-volitional adjectives educates. (Nurimov RI Tashkent 2014. 16 pages)

Comprehensive education of the general physical fitness of football players, common the work ability increase duties solution does. Universal developer exercises and Exercises taken from other types of sports, which have a general effect on the body of the participants, are the main ones used as tools. In this, the development and strengthening of muscle tendons, internal organs 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 refers to a person's ability to perform a certain action in a very short time caught. Speed four in appearance manifestation will be: reaction time; alone movement time; of action maximum frequency; speed of movement initiation. The speed of the person during the complex movement is the speed complex manifestation to be with together another to factors too (step to the size of shaking to the power and etc) depends. Speed in football is not only about moving quickly on the field, but also speed of thought, speed of handling the ball as well. A player who is fast in football terms too time and open space out wins in terms of getting (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 ± 1.3 per second equal to has been (See Table 1 see). Study year at the end while this indicator average 12.2 ± 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%). There is no reliability of statistical differences between indicators ($r > 0.05$). Young the most basic training of players 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 ± 0.44 times year At the beginning of has been if year by the end this results 1 ta difference with 4 ± 0.40 ta hesitation was 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 ± 6.24 per cm and study year at the end 130 ± 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 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. These four types of fatigue are also characteristic of a football player. Naturally, in these physical of exhaustion weight more. In football players endurance bring up methodology right To approach athletes, the nature of the game activity and what they are responsible for during the game 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 The movement of players is quite complicated. In tough one-on-one combat, the biggest being unnatural (sliding, jumping, standing on one leg) at speed and for long periods of time preventing the player from effectively capturing the ball while solving a complex tactical task at the same time

should not. The better the players carry the ball, the more thoughtful they are on the field movement if they do football watch as that's all interesting will be That's why for of players physical preparation should be organized in such a way, taking into account the movement of their game activities be the basis for improving their technical and tactical skills. (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 ± 1.1 V% 10.57 per second, study year at the end 10.08 ± 0.59 per second that it has changed determined V% 10.5 (see Table 2). 1500 m. performance in distance running control exercise between reliability of statistical difference no ($r > 0.05$).

Running and long jump control exercises in 12-year-old players at the beginning of the year 150 ± 7.45 cm. if it was, it can be seen that it increased by 9.33% to 164 ± 6.32 cm at the end of the year. Tennis from players the ball throwing control take exercises 17 ± 1.5 when done 18.5 ± 1.2 from m to m increased V% is 10.64.

Football players competition to the activity look throws we are of practitioners common the state of development of the quality of endurance determines the fate of the game. 1500 m. distance running 10.00 minutes in conditions, 160 cm in long jump, and 20 m in throwing a tennis ball. 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. Between indicators statistical difference reliability not available.

CONCLUSIONS

1. According to the results of the analysis of scientific and methodical literature, the study of 11-12-year-old children training in the process of players movement actions to teach and physical abilities the tools and methods used in development are based on the age characteristics of the participants came out the need to develop in case surface came

2. Primary preparation stage engaged in 11-12 old of players common physical

10.00 in the 1500 m run as a result of the studies conducted to determine the readiness minute, 160 cm in running and long jump, and 20 m in throwing a tennis ball. was an account if the players meet these control standards at the end of the school year, 1500 m. in distance running conditions averaged 10.08 minutes, averaged 164 cm in the sprint and long jump, and averaged 164 cm in the tennis ball throw performed with an average of 18.5 m results. There is a statistical difference between indicators reliability that it is not was determined.

3. Physical preparation each different has been to the players training in organizing the system of using training tools, taking into account the age characteristics of the participants improvement necessity there is. Children and teens sports theory and methodology according to of scientists based on opinions, the total number of players of this age, i.e. 11-12 years old physical preparation to the process action games apply system introduced reach to the goal according to.

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