

DEVELOPING THE SPEED QUALITIES OF YOUNG FOOTBALL PLAYERS

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Abstract: *This article examines the factors contributing to the development of the speed qualities of young modern football players.*

Keywords: *physical qualities, physical fitness, technical and tactical training.*

Fostering the physical qualities of a young football player is considered one of the important aspects of athletic training. Physical qualities are related to the Morpho-functional, morphophysiological and biological characteristics of a football player's body. Physical qualities have a positive effect on the improvement of physical, technical and tactical training, and the psycho-emotional state of those involved. Players perform each movement more confidently, learn new movements faster and achieve higher performance.

The development of football based on the current level of requirements requires high physical fitness of football players, and most importantly, the education of high-speed qualities.

It is aimed at developing the quality of speed by increasing the rational capabilities of young players. The level of development and scientific and methodological analysis of modern football.

ways to develop the speed qualities of young football players.

drawing up an annual training plan and developing athletic skills during classes.

In modern football, the methods of the game are being improved, the game actions of the players are being improved. The emergence of new and effective methods in football requires that the actions of the players be at a high level. Each player makes many moves during the game for his team to win.

Here is what we know about the basic movements of players on the field: walking, running, walking with the ball, running with the ball, jumping, hitting the

ball, cheating with the ball, passing the ball, stopping the ball, throwing the ball from the sideline, executing a penalty ball, hitting the ball from a corner, feints, underhand throw, delivery Aim the ball at the exact target, fight for the ball with the opponent and several other actions. It can be seen from this that football professionals in their research work studied the aforementioned player movements and developed the methods and techniques necessary for them.

Decree of the President of the Republic of Uzbekistan dated March 5, 2018 No. PD-5368 “On measures to radically improve the public administration system in the field of physical culture and sports”, Resolution of the President of the Republic of Uzbekistan dated March 16, 2018 No. PR-3610 “On measures for the development of football”, Decree No. PD-5887 dated December 4, 2019 “On measures to bring the development of football in Uzbekistan to a completely new level”, Decree No. PD-5924 dated January 24, 2020 “On measures to further improve and popularize physical culture and sports in Uzbekistan” and other regulatory legal acts related to this area, to a certain extent, serve the implementation of tasks defined.

In special children's and youth football schools, training processes are conducted according to a specially developed and approved program. In order to study the volume and composition of the training processes of young football players in the annual training period, we analyzed the training processes of players aged 11-12 and 13-14 in 2 different age groups

According to the results of the analysis in the learning process conducted over a period of 10 months, the following was also revealed. A large amount of training in the training work is aimed at fostering general endurance. The total duration of training was 179 hours (45.3%). It should be noted that a large amount of educational and training work is aimed at fostering general endurance, from a methodological point of view, this work is not entirely correct. Football players aged 11-12 should pay great attention to training, physical education, agility, flexibility, speed and strength qualities during training. On the other hand, the education of general endurance includes periods from 12-13 to 15-16 years. He spent 23.7 hours (64%) on speed and

endurance training in the process.

The amount of speed work obtained as a result of the research shows that the total number of fast runs performed by the players during the competition period is almost the same. The amount of speed work obtained as a result of research shows that the total number of fast runs performed by players during the competition period is almost the same. Apparently, the total distance of the games is 4,840 meters, and fast runs with the ball are 1,860 meters, which is 38.4% of the speed without the ball of 2,890 meters (61.6%). This argument proves how necessary it will be to apply exercises specifically designed to increase speed and strength qualities in the training process.

Instead of a conclusion, it should be noted that an analysis of the annual training rotation showed that the amount of training and competition for players aged 12-13 is 522 hours. This indicates that the CYSS (Children's and youth sports school) program is mostly given a little less time. This case is explained and determined by several data points.

Most of the training volume consists of special ball exercises (from 75% to 93% each month). The means of conducting such training are always speed and rapidity-improving the quality of strength in young athletes is creative, and if this exercise involves a ball, it reduces the effectiveness of the methods used, especially if it is a method of "hitting". The orientation of players aged 12-13 years to basic training, in which the main focus of education is on their general and special endurance (52.2% of the time).

It is appropriate if young players use the following exercises to increase their speed during training: carrying the ball with their foot while running, performing exercises with the ball while running, various ball carrying, cheating, passing the ball, and goal-kicking techniques. An average of 5-7 seconds is given to complete one exercise. The range of the run will be 35 meters. if young players use the following exercises to measure speed during training: carrying the ball with their foot while running, performing exercises with the ball while running, various ball carrying, deception, passing the ball, and goal-kicking techniques. An average of 5-7 seconds is given to complete

one exercise. The range will be 35 meters. The ability to distribute the distance and time of these exercises depends on repeated exercise. These exercises lead to an increase in the abilities of the players and an increase in their functional qualities.

Fostering the intelligence of young football players is a highly desirable process. Players lag behind the peers of an athlete engaged in another sport in terms of a certain quality of speed and strength. It is appropriate to teach players speed at the age of 11-12. The development of football based on the current level of requirements requires high physical fitness of the players. The main one is speed. Changes in the quality, volume, means and methods of efficiency during the period of education indicate that educational and training processes at a certain level give positive results.

An analysis of our experiments shows that a comprehensively clear assessment of the abilities and abilities of players, analyzing the effectiveness of a future player, we can conclude that young people and adolescents need to be taught methods that meet modern requirements so that adequate attention is paid to speed training.

Speed - strength and flexibility are much more closely related to qualities, while endurance is less so. The complex of speed indicators includes - speed at the start, speed of running, speed of assessment of the situation on the field, speed of tactical thinking. The honors are much more closely related to speed - strength and flexibility, and to endurance - less. The complex of speed indicators includes - speed at the start, speed of running, speed of assessment of the situation on the field, speed of tactical thinking. On the football field, a player needs to gain strength to perform sudden accelerations, jump with the ball, kick from 25-30 steps towards the opponent's goal, pass the ball to a partner from afar, stop abruptly and abruptly change the direction of running. What do we mean by this term? Strength is an athlete's ability to overcome external resistance due to muscle tension. It is especially important for a football player to develop leg strength. But during training, it is necessary to pay attention to the development of the muscles of the shoulder girdle, trunk,

back, and abdomen. In short, the player must have great strength, help the athlete to jump after the ball and accelerate sharply into the free space of the field, stop abruptly and change direction abruptly, allowing the ball to hit hard, while developing strength should not harm flexibility, speed, accurate perception of the game.

The highest rates of strength development are observed mainly in infancy and adolescence: from 8 to 9 years old, from 10 to 11 years old, and from 14 to 15 years old. At the same time, at the age of 8-11 years, it is also recommended to use bungee jumping, acrobatics and gymnastic exercises. For 12-14 years old, dynamic exercises with small weights, wing hangings, and shot put can be used. For 15-16 years old, the number of exercises performed with weights increases significantly. Speed and power capabilities occupy an important place in the complex of qualities necessary for a player. In boys aged 11-12, we can recommend the widespread use of exercises aimed at developing the efficiency of the affiliated energy supply mechanism. It should also be said that if at the stage of initial sports training the means and methods of educating speed and strength qualities are not used, then the speed-strength and speed-strength qualities of those involved develop unsatisfactorily. From the age of 8-9, running speed begins to grow rapidly, and by the age of 10-11, largely determined by an increase in the frequency of movements, the frequency of running steps reaches maximum values.

By the age of 10-11, children's ability to perform quick actions increases significantly. A rapid increase in speed-strength qualities is observed in children aged 10 to 13. In football, speed-strength movements are performed quite often. These are mainly jumps, tackles, thinking ahead of the opponent. Quick and quick-strength movements include accelerations and runs over short distances, followed by a shot at the goal or some other technical movement. Great difficulties arise in the training process of adolescents. The period of adolescence from 12 to 16 years is characterized by the rapid development of physical abilities and is considered very favorable for practicing various types of sports. At the same time, neuroendocrine changes in the adolescent organism

allow us to consider sports as an additional stimulus that can improve or worsen the natural course of biological processes. In the movements of adolescents, there are jerks and jerks, there are disturbances in the rhythm of movements. However, by the end of the period of physical puberty, coordination of movements begins to become regular. This is the result of the improvement of the functions of the central and peripheral apparatus of movements. The adolescent is distinguished by high excitability, which is manifested in high motor activity and disorder of movement.

Summing up, we can say that the above-mentioned speed indicates that the basic physical abilities of an individual manifest themselves as a complex motor ability, which depends on both the level of development and its psychological characteristics.

Speed is based on the mutual actions of all levels of the body: cells, tissues, organ systems, underlying the manifestation of physiological reserves and other physical capabilities of the body. This leads to the following fundamentally important conclusion: a specially targeted development of speed is important for improving the overall physical development of the body.

One of the main dominant features in modern football is considered to be speed, which, in turn, manifests itself in the speed of game actions. The success of these actions is ensured by various forms of speed, and mastery in football cannot be achieved without successfully mastering all forms of speed.

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