

THE BASICS OF DEVELOPING TECHNIQUES AND TACTICS OF MOVING WITH THE BALL IN A FOOTBALL GAME

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Annotation: In this article, the basics of the technique and tactics of ball throwing in a football game are important for practitioners and should be widely applied in practice, as well as the social and biological aspects of the process of training athletes the principles of interaction between the rate of swelling are discussed.

Keywords: football, ball, technique, tactics, attack, player, physical training, attack, ball input.

Nowadays, modern football in New Uzbekistan appeared at the beginning of the last century and quickly it has become one of the popular sports games. Places of its development are Fergana, Tashkent, Andijan, Kokand and Samarkand was.

For the first time, football was played in Fergana. It was here that the first football team was formed at the end of 1911.

The number of football teams formed in Fergana in August 1912 to merge into the "team of players gave way.

After some time, they began to play football in different regions of the Tashkent region and in Shari.

Most organizations deal with football, for example, in schools, colleges, institutes, manufacturing organizations, and the army.

In doing so, each team invests all their knowledge and capabilities to achieve the best result. At the core of the game lies the struggle of the two teams, United for the sole purpose of victory for all of the players. During a football game, each player has the opportunity to show his personal qualities and, at the same time, physical qualities, but at the same time, the game requires the subordination of the personal and collective aspirations of each player to the general goal.

Those involved in a football game must be perfectly versed in technical and tactical methods, be able to apply these methods in complex game situations, and act in agreement with all members of the team.

The result of certain searches allowed us to learn about the size and nature of the actions of the handlers with and without a ball.

In football, each player runs a distance of 12-15 km during a game that lasts 90 minutes. From this, a distance of 1500-2000 m is rapidly moving on the field. In this case, the athlete must have a particularly well-developed physical qualities such as endurance speed.

- the ball is the most in the middle row players (170 seconds), the central defenders are the least (130 seconds) they carry.

- teams that play well perform up to 900 technical techniques on average during a 90-minute game, of which about 60% will be focused on attack movements.

– in modern football, defenders perform their main tasks in the amount of up to 14-15 minutes in their zone and up to 6 minutes in the middle part of the field.

– most of the shots hit the goal are increased from the side, and in the course of this game, 65% of all shots taken will be inimitable.

Modern football is distinguished by its high level of Active Mobility, as well as a wide variety of technical and tactical actions.

Modern football game tactics are represented by:

- rapid Organization of the attack in each part of the field
- strengthen the line of defense with defenders, mid-range players, attack line players if necessary;
- increase the role of talented players in the good completion of the game process;
- taking the game passing at high amplitude along with stops;
- increasing the role of central defenders in each case of the game, that is, at the beginning of the game, during it and completing the attack;
- increasing the role of wing midfielders and key defenders in attacking from the wing;

– to be more precise than the standard cases, the penalty balls, the inclusion of the ball from the corner in the game and the efficient use of other standard situations.

Today's modern football playing technique is represented by:

- in a state of movement, being able to subjugate the ball in the process of running;
- to give the player the ball as accurately as possible in different situations.
- being able to move and own a ball with a high level of technique in each area of the field, to be able to apply deceptive movements;
- high level of speed, strength qualities and speed resistance;
- the culmination of intensity and determination, which is important in the fight with the opposing team;
- ensuring that team play intensity increases regularly;

By the last time, the speed of movement of players in games has changed significantly in a positive way, the intensity of gaming activity has increased to a much higher level, and these have served to significantly increase the load on the body of athletes.

During each football game, work of different capacities may occur. Therefore, the exercises that are given in the training process should be aimed at increasing the productivity of aerobic and anaerobic qualities in players to a higher level.

The technical skills of the players are influenced by the size and variety of technical methods that he possesses, as well as the ability to effectively apply them in the conditions of the game. The technique of a football game consists of the sum of many different methods and techniques. Therefore, training with less time and effort

to solve its function, it is of great importance to determine the consistency of structuring the material being studied and teaching the technique.

New movement skills in players appear based on old skills that were previously mastered. Therefore, it is advisable to use the natural interconnection and structural aggregation of various technical and tactical methods.

In the process of familiarization with technical methods and their study, the perfect method of teaching is mainly used. It is characterized by the fact that for each stage of many years of training, a certain range of methods and techniques is selected.

These are in parallel in the system of classes: initially (until the basics of the technique are mastered), each method is studied separately, and then in combination with other methods mastered. At the same time, in one lesson, it is impossible to teach more than two or three new methods at the same time.

At each stage of many years of training, the setting of certain tasks on the technical training of players is determined by many factors: the age characteristics of the development of children and adolescents, the dynamics of the education of physical qualities, the features of the system of formation of movement skills, the purpose for which the stages are aimed.

At the first preparatory stage, the task is to introduce players who are just learning a football game to the main groups of their technical methods. The successful solution of this task contributes to the formation of a strong interest in football in the engaged.

At the stage of primary sports specialization, those involved acquire the basics of football game techniques. Future players will learn much more deeply the technical methods they met at the previous stage, and will begin to study the rest of the methods and their variety. Goalkeepers use the basic techniques of ball capture: in addition to catching the ball, hitting and they also master throwing.

In the basic exercise phase, players will strengthen technique and tactics and continue to improve it. This creates solid skills in various technical methods in the conditions of the game, the skills of application in a complex and in accordance with the goal are compiled.

During the stages presented above, the handlers reach maturity by the following methods:

- kicking a ball moving in different trajectories and directions in different ways straight and with a sharp change in direction;
- stop the ball with the foot and increase to the partner;
- carrying the ball in different ways;
- perform various cheating actions;
- kick or stop the ball in the process of attacking and thrown under the foot;
- taking away the ball by patting the opponent with the shoulder;
- to enter the game from the place where the ball is standing, in motion, while falling and from the side line.

Goalkeepers improve the capture, beating and passing of the ball to the other side, both without falling and falling.

At the stage of a well-founded exercise, players specialize in a break-up according to their tasks in the game: striker, defender, etc. Therefore, it is necessary to carry out the improvement process separately in relation to the tasks of the players in the game.

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