

SPECIFIC CHARACTERISTICS OF THE TRAINING OF YOUNG FOOTBALL PLAYERS

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Abstract: improving the training of young players and clearly demonstrating their unique characteristics, training using various methods will show effective harmony in young players.

Annotatsiya: Yosh o'yinchilarning tayyorgarligini takomillashtirish va ularning o'ziga xos xususiyatlarini ko'rgazmali tarzda namoyish etish orqali turli usullardan foydalangan holda mashg'ulotlar yosh futbolchilarda samarali uyg'unlikni ko'rsatadi.

Аннотация: Совершенствуя подготовку юных игроков и наглядно демонстрируя их уникальные особенности, тренировки с использованием различных методик будут показывать эффективную гармонию юных игроков.

Keywords: theoretical training, physical training, technical training, tactical training, psychological training, competition and game training, individual, group and team training.

Tayanch so'zlar: nazariy tayyorgarlik, jismoniy tayyorgarlik, texnik tayyorgarlik, taktik tayyorgarlik, psixologik tayyorgarlik, raqobat va o'yin mashg'ulotlari, individual, guruh va jamoaviy tayyorgarlik.

Ключевые слова: теоретическая подготовка, физическая подготовка, техническая подготовка, тактическая подготовка, психологическая подготовка, соревновательная и игровая подготовка, индивидуальная, групповая и командная подготовка.

After gaining independence in our country, more and more attention is being paid to physical education and sports. Our athletes have achieved good results in Asian and world competitions and are raising the flag of Uzbekistan high. The services of our President in the achievements achieved in the field of sports in recent years are great. Regular development of physical education and sports is always in the eyes of the President and the state.

Planning is one of the most important elements of managing the training process in order to improve technical and tactical training of young football players. High-level

results in modern football determine the need to regularly search for a form of training young players. Modern football makes high demands on the personality and preparation of young players. It is necessary to find more developed, perfect organizational forms, methods and means of preparation. This, in turn, requires the coach to have a high level of knowledge and skills, to approach sports training on a scientific basis.

We emphasize that taking into account the periodicity of sports training however, according to the state standard of sports training for football, 10 years old is not considered a sufficient age for admission to the training stage (sport specialization stage). This stage is done after the initial preparation stage.

As stated in the state standard, the sports training program during the training phase should ensure:

- increasing the level of general and special physical, technical, tactical and psychological training;
- gaining experience and achieving stability in official football sports competitions;
- formation of sports motivation;
- strengthening the health of athletes.

When an athlete achieves the highest results in sports activities, he demonstrates his physical, psychological, spiritual and moral qualities to the maximum extent. For this, the athlete must use all his strength. The process of sports training is built taking into account age, the level of development of physical qualities, sports requirements.

Sports training of football players is a long-term specially organized pedagogical process related to the use of all the necessary tools, methods, conditions and aimed at achieving high sports skills. The goals and tasks of sports training are solved in the process of education, upbringing and training.

The goal of training football players is to educate highly qualified athletes who meet the modern requirements of world football and are able to achieve high sports results. Based on the purpose of preparation, the following main tasks are solved in the process of education and training:

- education of high moral and voluntary qualities.
- strengthening of health, all-round physical development.
- achieving high basic physical qualities and game technique and perfect mastery of tactics.
- acquiring skills to achieve a high level of individual and team training and to implement them in the competition.
- achieving high general and special work skills and maintaining them for a long time.

- acquisition of in-depth theoretical knowledge and practical skills in teaching methods, planning, control, restoration, refereeing, organization of competitions, etc.

The principle of demonstrability is mainly implemented in the natural form of the studied action. However, it is not always possible to show it again and again in the necessary parameters, with an emphasis on important details. Demonstration

the best methodological approach is the combination of natural demonstrations with the analysis of photos and cinematograms, film and video materials. The principle of individualization of teaching and learning by dividing the movement into parts requires that the material being studied, the means and methods of its development, and the forms of training organization are in accordance with the age characteristics of the participants, their capabilities and the level of training.

The size and direction of the training load should correspond to specific tasks, the level of development of special qualities and the objective conditions of training. It should be remembered that excessive loads reduce interest in training, have a bad effect on physical fitness and, ultimately, on sports results. However, the principle of individualization of teaching and learning by dividing the movement into parts does not exclude the need to perform exercises that require maximum physical and will power and cause significant fatigue. The principle of gradual increase of requirements ensures the formation and solving of complex tasks step by step, increasing the volume and intensity of relevant loads. Appropriate expansion of existing training tools, implementation of more complex new tasks will help to develop and improve the necessary techniques and tactical actions.

The process of sports training, especially with young athletes, should be designed taking into account age and the level of development of physical qualities. One of the main tasks of this stage is to increase the level of technical and tactical training. The age period of 10-12 years means the second childhood. This is a preparatory period, there will be no sudden changes in development. Taking into account the characteristics of the development of physical qualities, it should be noted that their development occurs unevenly and heterochronously. Different qualities develop at different times. At the age of 10-12, accuracy, quickness and sensitivity, as well as special dexterity in teaching techniques, speed of operative thinking, switching and distribution of attention develop rapidly. Slow growth rates are seen in strength, endurance and kinesthetic sensitivities. In planning the preparation process of young football players, division into theoretical, general physical, special physical, technical, tactical and integral training is used. Sports training of football players is a long-term specially organized pedagogical process related to the use of a set of all necessary tools, methods, conditions and aimed at achieving high sports skills.

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