

REQUIREMENTS FOR THE TRAINING OF YOUNG FOOTBALL PLAYERS

Nomozov Suyun

Teacher

Termez State Pedagogical Institute

ABSTRACT

Training should be carried out according to the plan and should not be interrupted for a long time. Only then can it be an excellent factor for improving the skills of players.

Key words: *Training process, players, emotional state, competitions, sports loads, sports activities, exercises.*

АННОТАЦИЯ

Тренировки должны проводиться по плану и не должны прерываться на длительное время. Только тогда это может стать отличным фактором повышения квалификации игроков.

Ключевые слова: *Тренировочный процесс, игроки, эмоциональное состояние, соревнования, спортивные нагрузки, спортивная деятельность, упражнения.*

INTRODUCTION

In order to create a positive emotional state in the players during training, it is necessary to explain to them the purpose and results of training and competitions. It is also necessary to use different training methods, forms and tools, to change the conditions, to include competition elements in the training.

It is necessary to create favorable conditions for training and competitions. At the same time, it should not be forgotten that the player may face very different conditions in the competition. Therefore, he should be able to adapt to these conditions, and this can be achieved with special training.

In order to increase the ability and skill of the players during the training, it is necessary to establish strict pedagogical and medical supervision during the entire training. The following are the main conditions for organizing the training according to the purpose:

1. Gradualism in determining the norm of sports loads.
2. Proper encouragement of competition, training and recreation.
3. Optimal rhythm of sports activities.
4. Systematicity and consistency in the distribution of exercises, training and competitions.

Sports loads are gradually increased by increasing the total volume of work, the intensity of training and their duration.

This includes:

A) to start work slowly during each training and competition;

B) gradual return to work after rest, illness, injury and other interruptions in training (absence of training for a certain period of time);

V) it is necessary to envisage gradual increase and decrease of sports loads in some parts, stages, periods of annual cycles.

Each practice and competition is preceded by a scrimmage. Its content is changed depending on the situation of the players and their individual characteristics and environmental conditions.

DISCUSSION AND RESULTS

A special training regimen will be created for players whose training was interrupted and this interruption had a negative impact on their ability to work, and this will continue until they reach the level of preparation of the whole group. In this case, it is important not to speed up training, but to gradually introduce training to competitions.

Training cycles and cycles between games follow a gradual transition from competition and rest days to training, from moderate-load training to high-load training and vice versa. .

A cycle in which the loads are changed between two days of rest and then resumed in roughly the same order as the rest is called a training cycle. Competition is also a training tool.

A cycle in which loads are changed between two competitions, and repeated approximately in the order after each competition, is called an inter-game cycle.

The effect of physical loads on certain functions, as well as on recovery reactions, is determined by the types of exercises used, the speed and duration of their performance, how many repetitions of exercises and the number of pauses between them.

Loads are divided into large, medium and small loads according to their size. Both special exercises (technical and tactical exercises) and non-special exercises (performed without the ball) are used in this.

It is very important to know the laws of recovery processes in the body of players after various sports loads. A number of signs (blood pressure, electrocardiogram readings, weight, measurement of arm muscle strength, tone of blood vessels, heart rate, electrical sensitivity of the eye: additional downloads) the effect to be shown, etc.) is studied.

Training and competition cause fatigue in the body of players; If the body is not given enough rest for complete recovery, especially for the recovery of nerve cells, this exhaustion can turn into exhaustion. Rest is an integral part of training, and during this rest, the player's body is organized in such a way that it maintains the increased capacity for work after each training session and competition.

The following forms of recreation are observed in the activity of a football player:

1. Pauses (micropauses) between exercises in training.
2. Daily rest (during the day, during breaks in games, during training, during sleep).
3. Weekly rest (at the end, at the beginning of each cycle).
4. Annual leave.

The first prerequisite for a purpose-built training is to observe the optimal duration of rest intervals between exercises, training sessions and competitions. They should not be too long (but not too short). At the same time as helping the recovery processes in the body to pass successfully, rest should not lose the traces of previous work, that is, the results of training.

The duration and content of the rest is determined by the intensity of the previous exercises, trainings or competitions and the level of training of the player. With an increase in the level of training, the recovery processes in the body go faster, therefore, less time is needed for recovery, and the rest intervals can be shorter.

The coach and the doctor study how the recovery process takes place after various training sessions, competitions, training and game cycles, and determine the optimal rest intervals for the players. This allows to prevent body exhaustion in the conditions of high sports loads and frequent competitions, and to better use exercises, trainings and competitions to increase the players' ability to work in the field of sports and to improve their skills.

The content of rest should be strictly individualized. Special attention is paid to the organization of weekly and annual rest, because often such rest takes a passive form, which greatly reduces the ability of players to work.

In addition, special recovery measures (bath, massage, eating foods with a lot of vitamins) are carried out for the successful recovery of the players' bodies. It is also necessary to pay attention to the players' sleeping and eating regime, personal hygiene, etc.

REFERENCES

1. O.A. Qurbonov FUTBOL (Olimpiya zahiralari sport kollejlari uchun darslik) TOSHKENT – 2012

2. Sh. SULTONOV, B. SALAYDINOV, S. BAXODIROV, D. HAKIMOV. KICHIK FUTBOL o`quv - uslubiy qo`llanma Qarshi - 2016 yil
3. Ashiraliyevich, D. I. (2022). Judo as a Means of Developing Physical Qualities and Coordinating Abilities of Students. *International Journal of Discoveries and Innovations in Applied Sciences*, 2(2), 33-35.
4. Urolovich, B. C. (2021). Features of the Methods used in Physical Education. *Journal of Ethics and Diversity in International Communication*, 1(6), 88-91.
5. Ulobaevich, B. G. A. (2022). Natural Health Instructions in Organizing the Daily Life of School Students Efficiency of Use Reasonable Use in Physical Education. *Miasto Przyszłości*, 177-179.
6. Abdukahharovich, S. H. (2022). THE SIGNIFICANCE OF WRESTLING SPORTS FOR SOCIETY AND THE HISTORY OF ITS FORMATION. *Spectrum Journal of Innovation, Reforms and Development*, 10, 312-316.
7. Urolovich, B. C., & Ugli, A. S. P. (2022). Methods of Organizing and Conducting Physical Education and Sports Events in the Daily Schedule of General Secondary School Students. *Central Asian Journal of Literature, Philosophy and Culture*, 3(11), 242-245.
8. Ulaboyevich, B. G. . (2023). Increasing the Efficiency of the Methodology of Conducting Physical Education Lessons for Students of Grades 5-9 in Hot Climate Conditions. *Web of Semantic: Universal Journal on Innovative Education*, 2(4), 137–140.
9. O`GLI, E. E. M. (2020). Specific Features Of Teaching Students For Extracurricular Ball Sports. *International Journal of Innovations in Engineering Research and Technology*, 7(10), 139-141
10. Boboqulov, C. (2023). PSYCHOLOGICAL, PEDAGOGICAL AND PHYSICAL ASPECTS OF PERSONALITY DEVELOPMENT OF PRIMARY CLASS STUDENTS. *Theoretical aspects in the formation of pedagogical sciences*, 2(5), 147-149
11. Ulaboevich, B. G. A. (2022). Improving the Effectiveness of the Method of Conducting Physical Education Classes for Students of Grades 5-9 in Hot Climates. *ASEAN Journal of Physical Education and Sport Science*, 1(1), 33-42.
12. Urolovich, B. C., & Panji o`g`li, A. S. (2022). JISMONIY MADANIYAT DARSLARINI TASHKIL ETISHDA INNOVATSIYON PEDAGOGIK TEXNOLOGIYALARDAN SAMARALI FOYDALANISH YO`LLARI. *World scientific research journal*, 4(2), 126-131.
13. Mulladjanov Umid Akhmedovich. (2023). Important Features of Physical Education and Sports for Human Health. *Academic Journal of Digital Economics and*

Stability, 33, 11–14.

14. Urolovich, B. C. (2023). ANALYSIS OF THE PRIORITY METHOD OF DETERMINING THE DEVELOPING AND HEALTH-GIVING EFFECT OF PHYSICAL EXERCISES IN SPORTS TRAINING. *Horizon: Journal of Humanity and Artificial Intelligence*, 2(5), 651-653.
15. Tashmamat, A. . (2023). Methods of Using Non-Traditional Means in the Training of Wrestlers. *Web of Semantic: Universal Journal on Innovative Education*, 2(4), 133–136.
16. Bobokulov Chori Urolovich. (2023). THE MEANING AND IMPORTANCE OF DEVELOPING MENTAL ABILITIES OF CHILDREN OF JUNIOR SCHOOL AGE. *Modern Scientific Research International Scientific Journal*, 1(6), 125–132.
17. Tashmamat, A. . (2023). Technology for Determining the Effectiveness of Action Games in Improving the Technical Skills of Young Wrestlers. *Best Journal of Innovation in Science, Research and Development*, 2(9), 311–315.
18. Mustafayev Sherali Jorayevich. (2023). Technology for Strengthening the Health of Women and Girls through National Activity Games. *Academic Journal of Digital Economics and Stability*, 33, 6–10.
19. Berdiyev Ghairat Ulaboyevich. (2023). Physiological Basis of Conducting Physical Education Lessons in Special Conditions of the Outdoor Environment. *Academic Journal of Digital Economics and Stability*, 33, 1–5.
20. Jamshid, B. . (2023). Competence Requirements for Physical Education Teachers in Universal Educational Institutions. *Best Journal of Innovation in Science, Research and Development*, 2(9), 323–327.