www.wordlyknowledge.uz Volume: 2, Issue: 1, 2023

IN TAILORING YOUNG PLAYERS THE URN OF SPEED QUALITY

Mamatov Shokir Norkulovich

Annotation: This article examines the use of special preparatory exercises for the development of speed-strength qualities and technical-tactical training in sports training of young football players.

Key words: preschool education, physical development, physical fitness, physical qualities.

Introduction

Activity in the field of theory and methodology of physical education and sports training in the research work of the growing number of leading scientists in the physical fitness system of athletes fast-strength training is viewed along with his physical abilities. We think, improving the speed-strength qualities of sports girls in an integrated way during technical-tactical training is a promising direction is.

In the theory and practice of football in the world qualification of athletes, planning training, psychological, physical, technical-tactical and tool used in functional training and on the introduction of methods into practice there have been many R & D studies. Sport the rapid growth of the results of the time in this area training to meet the requirements of requires searching for the optimal system.

An effective system of selection and training of talented and potential players in our republic creation, national teams and professional it is important for football clubs to form a quality sports reserve. Players in the research work on preparation experts rely on such a point of view that, fast-highly qualified in increasing strength training from the basics of preparing football girls is one. In recent years in Uzbekistan women's sports, including women's football great importance is paid to the development. Training with women issues related to the specific characteristics of their it emerged from the Times of his first participation in various sports competitions. Our homeland and foreign training by scientists, coaches, educators further improving the process and Sports Sports girls its activities are aimed at increasing the effectiveness of despite the fact that many proposals have been made, he or to the women's training itself in this sport almost no attention is paid to its characteristic features.

Experience Tashkent City, CHYLONSOR District No. 1 Bosm and M.In the 2nd Bosms of Ulugbek district (80 Led in players aged 11-12. Increasing the level of physical fitness of young players and technical-tactica when developing movements, yu.K.Lukin, I.M.Blashak, A.V.Dublinski, T.T.Imanaliev, R.A.Akromov and Sh.T.In their research, scientists such as Iseev argue that this issue those who did research on the surface. But, theory and practice of the present tense rapid development of young players in accordance with international requirements exceeding the requirements for training the course calls for the use of modern methodologies to promote the physical fitness of 1 12-year-old players in [4,5].

As we know, special children's and junior football training and training processes in schools are special based on the developed and approved program training processes are carried out. Training and training of young players during the annual training period training and training of players aged 11-12 in order to study the size and composition of their processes the processes were analyzed."Shock method" in the process of pedagogical experiment an indicator that gives clarity to its exercises is absolute and accuracy in the Relative Strength Indicator is strength.

It is important to note that most football boarding coaches are in their training programs developed for young players they approach very responsibly. In this the ball the amount of time

www.wordlyknowledge.uz Volume: 2, Issue: 1, 2023

the exercises are performed with and time quantities of exercises performed without a ball Correctly distributed to the 1-year training process.

The microcycles recommended in the perfect training of young players every completion are the basis for an annual plan that is suitable for all periods serves. But types of such preparations the percentage of tool and time comparison varies for, except. General for special preparation groups the time in the period of physical fitness is equal to 25% if technical training is 25%, tactical training while 20% is true.

This is exactly how the tools are distributed, in general, the sports uniform of players to scientific information about the recovery period and fits the imagination of coaches. According to the results of the study, the size of the performance of fast movements shows that the total performed by players during the playing period the number of fast runs is allocated almost the same.

The movements that 11-12-year-old players perform during two weeks of training current speed distance size, training when analyzing their work, the following result determined. During two weeks of training the most common distance of technical and tactical actions and training exercises is sportivnoy training speed running in Volume 5 and 10 meters when done, it falls on these days.By players during training sessions total speed running done is 5 m 45.5% in the 10-meter distance fast running is 32.8%.

It can be noted that during the game players ' quick runs at 5 m intervals Distance of 10 meters, which was 60% covered -24.7% of the distance, 15 metres it turned out that in the passage – 10%. All data obtained shows that, practice time moves when the race passes the speed varies in size.

This is what we have at the end of our pedagogical research it turned out that after the retest, the players were 15 m and 30 m.ga stand-up run the growth of speed quality indicators in control and research groups on less did not rise (the growth result did not exceed 2.64%). The only study is in the players in the group Running from 15 M start and subsequent speed increased the indicator for a while ($t=2,504$, $R<0.05$)

The results of a pedagogical study in the upbringing of speed-strength qualities showed, jump exercise in both groups (control and research group) players, especially in the research group significantly according to the results of execution there was a significant change.

As a result of pedagogical experience, this is the thing became clear that at the beginning of the experiment, the speed and agility-power attributes control and research group hardly developed in his players.

References:

1. Law of the Republic of Uzbekistan "on physical education and sports"(new taxriri), September 5, 2015.

2. President of the Republic of Uzbekistan for 2017-2021 designed " on further development of the Republic of Uzbekistan Decree "on action strategy". T.: February 7, 2017,PF-4947.

3. President of the Republic of Uzbekistan dated December 4, 2019 "Taking the development of football in Uzbekistan to a completely new level decree"on exit measures" PF-5887.

4. Godik M.A. Fizicheskaya podgotovka futbolistov V podgotovitelnom period. - J.: "Science to sport", 2007. - №3. - S. 18-23.

www.wordlyknowledge.uz Volume: 2, Issue: 1, 2023

5. Nurimov R.I. Football theory and methodology. T.: ITA-PRESS, 2018. – 289 b.

6. Yusupov N.M. Improving the style of development of fast-strength training of highly qualified football girls. - Avtor. diss... ped.fan.bo ' y. fal. dok. (PhD). 2019. 24 b