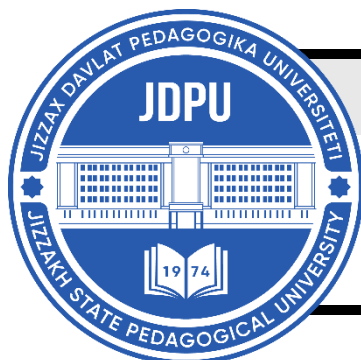


**MENTAL ENLIGHTENMENT SCIENTIFIC –
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JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**INFLUENCE ON THE PHYSICAL FITNESS OF THOSE WHO ARE
ENGAGED IN THE 6-7-YEAR-OLD PRE-SCHOOL MOUSSE USING FOOTBALL
TECHNICAL ELEMENTS***S. I. Alimjonov**Lecturer**USUFCS**Uzbekistan**E-mail: alimjonov79@mail.ru***ABOUT ARTICLE**

Key words: football, physical training, basic movements, physical qualities, special motor abilities, methodology.

Abstract: This article discusses and analyzes the influence of football on the physical fitness of 6-7-year-old preschoolers using technical elements.

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INTRODUCTION

The development of modern football requires the improvement of the training process, starting from the sports and recreational stage, taking into account the age characteristics of preschool children. According to experts, the quality development of sportsmanship in many sports is determined by the gradual formation of motor abilities in accordance with their age characteristics [1, 2].

Preschool age, as an important period of age development of children, is characterized by intensive growth and development of the basic functions of the child's body. In this connection, according to the authors, forcing at this age of narrow specialization in the form of sports against the background of lack of formation functional systems, taking into age characteristics, leads to an initial increase in sports results, and subsequently to injuries and early retirement from sports [1, 6, 7]. Therefore, in the training process with children of preschool age at the sports and health-improving stage of sports training, conditions should be created for a full-fledged basis of motor, physical and functional fitness for subsequent in-depth sports specialization in the chosen sport.

Analysis of scientific and methodological literature on the content of physical training of preschool children on sports and health stage in football revealed the lack of a holistic view of the

methodology of physical training for this category of athletes. Experts consider the training process of preschool children from the position of mastering the technical elements of football, paying attention to the improvement of basic movements and the development of speed, agility, strength, endurance, using a variety of sports exercises and ball games [3, 4, 8]. The creation of conditions at the sports and health stage for the timely formation of basic movements in football and the development of a complex of basic physical qualities in accordance with the age characteristics of the development of children aged 6–7 is relevant for optimizing the training process and requires specialists to pay close attention to the process of improving physical training at this age.

The problem of the study is the lack of knowledge about the peculiarities of the methodology of physical training of children aged 6–7 years old, involved in football, in accordance with the age-related characteristics of the development of motor and physical abilities of young football players.

The purpose of the study is the development and theoretical substantiation of the methodology of physical training of children aged 6–7 years old, involved in football at the sports and recreational stage.

To achieve the goal of the study, the following tasks were solved:

1. To identify the features of the physical training of young football players.
2. To determine the level of motor, physical and special-motor readiness of children aged 6–7 who go in for football at the sports and recreational stage.
3. To develop a methodology for the physical training of children aged 6–7 who go in for football at the sports and recreation stage.

To solve the set tasks, we used the following research methods: theoretical analysis and generalization of data from scientific and methodological literature, pedagogical testing, pedagogical experiment, methods of mathematical statistics.

ORGANIZATION AND RESEARCH METHODS

The research work was carried out on the basis of the school. The study involved 12 students sports and health football teams.

At the preliminary stage, at the beginning of the 2021/2022 academic year, pedagogical testing of the motor and physical, special motor preparedness of children aged 6–7 was carried out according to the method of A.I. Kravchuk (1998) [5]. Physical, motor, special-motor readiness was evaluated in comparison with age standards for the performance of control exercises. The pedagogical experiment was ascertaining in nature and was used to determine the level of development of motor, physical and special-motor readiness of children aged 6–7 who play football. As a result of the data obtained, the means and methods of physical training of children aged 6–7 were selected, involved in the sports and fitness group in football.

RESEARCH RESULTS

The analysis of pedagogical testing of motor, physical and special motor preparedness of children aged 6–7 involved in football revealed at the beginning of the school year the absence of an age level of development in four indicators of motor fitness (arm movements, jumping, climbing, throwing); in two indicators of physical fitness (speed, static strength); in two indicators of special motor readiness (differentiation of spatial parameters, orienting abilities) (Table 1).

A high level of development in accordance with the calendar age in this category of trainees was noted in two main movements (foot movements, running); in two physical qualities (endurance, dynamic strength); in three special-motor abilities (differentiation of spatial parameters, differentiation of power stresses, coordination abilities) (see Table 1).

Table 1

The number of children aged 6–7 who completed the control standards of motor, physical and special motor fitness at the level of age standards

Number of 6–7-year-old children reaching age-specific standards of motor, physical, and special motor fitness

Preparedness	Motor abilities Motor capacity	Quantity children Number of children
Motor	Hand movements	5
	Leg movements	11
	Walking	9
	Run	12
	Equilibrium	8
	jumping	5
	Lasagna	2
	Throwing	3
Physical	Agility	10
	Endurance	12
	Rapidity	5
	dynamic force	12
	speed force	10
	Flexibility	7
	static force	4
Special motor	Differentiation of spatial parameters	5
	Power voltage differentiation	12
	Approximate ability	6
	Coordinating ability	10

Comparison of initial readiness indicators with age standards on-allows state the unresolved problems associated with the formation of basic movements and the development of basic physical qualities.

The study revealed a significant heterogeneity in three indicators of motor fitness (arm movements, climbing, throwing), the range of the coefficient of variation was from 77 to 200%, which characterizes the different level of development of the main movements in the group (Table 2).

Average uniformity was noted in running and jumping (V - 18–20%). Thus, in children aged 6–7 years old, involved in football, the main movements are not formed and the group is heterogeneous according to these indicators. ATconnectionswhat should be the focus in the training process on the use of means and methods aimed at the formation of vital motor skills that determine the success of mastering technical elements in the futurefootball.

Summarizing the results of the physical fitness of young football players aged 6–7, we can conclude that most of the physical qualities develop taking into account age characteristics and the group is homogeneous according to four indicators (cm. tab. 2). The range of the coefficient of variation showed complete uniformity (V - 9%) for only one indicator - dexterity; average uniformity (V - 17–22%) in three indicators (endurance, speed strength, speed). In dynamic strength and flexibility, a large heterogeneity was noted (V - 32–48%); in static force - significant inhomogeneity (V - 64%).

As a result of the study of special-motor readiness, a low level of development of differentiation of spatial parameters and heterogeneity of the group in their development were noted. The analysis revealed significant heterogeneity (V - 54–73%) in two indicators (differentiation of spatial parameters and differentiation of force stresses); large heterogeneity (V - 33%) in coordination abilities. The group of students aged 6–7 years has an average homogeneity in terms of orientation abilities, the coefficient of variation was 13%.

The correlation analysis of the studied abilities of children aged 6–7 revealed 18 interspecies relationships out of 171 possible relationships. The results of intra-group relationships show the presence of 6 relationships (out of 28) within the indicators motor under-

table 2

Middle group indicators motor, physical and special-motor readiness of children aged 6–7 years old involved in football

Mean group indicators of motor, physical, and special motor fitness of 6–7-year-old football players

Preparedness	Motor capacity	XWed ± p	V, %
Motor	Hand movements, score	1.3±1.0	77
	Leg movements, score	2.5±0.7	28
	Walking, score	2.1±0.8	38
	Running, score	2.5±0.5	20
	Equilibrium, With	24.4 ± 8.8	36

	jumping,cm	143.7 ± 25.9	18
	Climbing, score	0.5 ± 1.0	200
	Throwing, score	0.9±1.2	133
Physical	AgilityWith	5.3±0.5	9
	Endurance, number of times	18.7 ± 3.7	18
	Speed, number of times	6.2 ± 1.4	22
	Dynamic force, number of times	27.8 ± 8.9	32
	speed force,cm	116.5±20.0	17
	Flexibility,cm	5.8±2.8	48
	static force,With	10.5±6.7	64
Special motor	Differentiation of spatial parameters,cm	6.6 ± 3.6	54
	Differentiation of power voltages,kg	1.9 ± 1.4	73
	orientation ability,With	21.7 ± 2.9	13
	Coordination abilities, deg	253.3 ± 83.1	33

Preparedness and two links (out of 21) within physical fitness indicators (cm. picture). The results obtained allow us to state that there is a discrepancy between the indicators of motor and physical fitness, which requires a revision of the methodology of physical training with an emphasis on the development of individual physical qualities and the improvement of basic movements.

The basis for determining the content of physical training and their use in the training process are:

- Accounting average group indicators of motor, physical and special motor readiness of young football players at the beginning of the school year;
- age-related features of the development of basic movements and physical qualities of preschoolers.

In accordance with the results obtained, physical exercises were selected to organize the physical training of children aged 6–7 years at the sports and recreational stage, which are divided into three main modules.

"Module 1" includes exercises aimed at the complex formation of basic movements (movements of arms and legs, running, jumping, walking, climbing, throwing, balance) with the associated development of leading special-motor abilities in the process of performing game tasks.

"Module 2" includes sets of exercises for the development of relatively lagging and relatively leading physical qualities, outdoor games, game tasks. The means for the development of relatively lagging physical qualities include exercises for the development of static strength and speed, outdoor games with elements of basic movements (with elements of running, jumping, throwing and catching, crawling and climbing), as well as relay races and game tasks.

"Module 3" includes game tasks with elements of football in standard and non-standard conditions, aimed at developing and improving special physical qualities in football (coordination

abilities, orientation abilities, differentiationspatial pair-meters, power load differentiation). Game tasks under standard conditions include tasks with dribbling the ball “Pass the ball into the square”, hitting the goal of “Soldiers”, etc. Game tasks in non-standard conditions include tasks with obstacles, with different balls, with a decrease in the area of their execution (“Tracking chips with a size 2 ball”, “Diagonal football”, etc.).

The sequence and alternation of modules in the structure of each training session is determined taking into account the results of testing the trainees and the age characteristics of the development of basic movements and physical qualities of children aged 6–7 and involves the following combination: "Module 1 - Module 3"; "Module 2 - Module 3". At the same time, it is necessary to observe the gradual development of the basic physical qualities and special motor abilities at the beginning after the formation of vital motor skills. Mastering the technical elements of football is the final stage in the learning process at the sports and recreation stage.

In the first month (October), conditions are created for the formation and expansion of basic movements in combination with the development of special motor abilities. At the training sessions for young football players, attention is drawn to hand movements, jumping, climbing, throwing.

In the second month (November), conditions are created for the conjugated development of physical qualities and motor abilities, ahead of the development of physical qualities and the improvement of special motor abilities. During the first two weeks of the second month, it is necessary to develop those physical qualities that had a low level at the beginning of the school year (speed, static strength, orienting abilities). The means are special complexes of physical exercises and game exercises. In the second part of the month, you should use sets of exercises aimed at developing other physical qualities. At the same time, it is recommended to plan such tasks that would contribute to the integrated development of agility, dynamic and speed strength.

In the third month (December) it is planned to use the exercises "Module 3", aimed at improving special physical qualities in football, and planning of special-motor training, which stimulates the development of sustainable functional-motor abilities.

Effective management of the process of physical training of children 6–7 years old involved in football is possible subject to the mandatory consideration of individual and age characteristics of the development of motor, physical, special motor abilities of children, as well as using a concentrated approach in organizing the pedagogical effects of the training process. The method of physical training of children aged 6–7 at the sports and health stage in football is a combination, alternation and sequence of exercises, outdoor games and game tasks, depending on the level of development of basic movements, physical qualities and special motor abilities. The method of physical training of children aged 6–7 years at the sports and recreational stage includes means combined into three modules:

- exercises for the formation of basic movements;
- exercises for the development of relatively lagging and relatively leading physical qualities, outdoor games, game tasks;
- game tasks with elements of football in standard and non-standard conditions.

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