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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**DEVELOPING THE METHOD OF USING SPECIAL TESTS IN
SELECTING TALENTED CHILDREN FOR FOOTBALL****Ravshan Abdijabborovich Zikirov***Lecturer**University of Economics and Pedagogy**Uzbekistan***ABOUT ARTICLE**

Key words: football, informative tests, gifted children, training process, education, training, individual capabilities, physical and moral education, professional skills, personal qualities.

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Abstract: In this article, in addition to information on improving the method of selecting talented children for football through the use of special informative tests, the development of new test standards aimed at the objective assessment of physical development, physical fitness and movement abilities of young athletes, pedagogical, medical-biological and based on the need to improve the methodology of selecting talented young football players for the initial training stage based on comprehensive research using sociological methods, the ways of conducting research based on scientific and practical experiences on the main stages of organizing an effective selection system are shown.

INTRODUCTION

Today, advanced specialists of the world are conducting scientific and research work on the selection and orientation of athletes based on qualification criteria and directions in the football sport. In the football sport, most of the researchers are conducting scientific research to determine the indicators of correlation between the athlete's genetics and physical performance and, based on the position of the game, the current state of the player. Despite the sufficient development of the content of the selection of participants for sports, there are still many unsolved problems regarding the selection and orientation of children for the sport of football. There is a need to develop new test standards aimed at the objective assessment of physical development, physical fitness and movement abilities of young athletes, to improve the methodology of selecting talented young players for the initial training stage based on comprehensive research using pedagogical, medical-biological and

sociological methods. The fact that comprehensive, scientific and methodological work on the selection of talented children for football has not been fully studied, in addition, in the process of selecting children for football, the assessment of physical development and physical fitness indicators, the failure to re-analyze the indicators of constant monitoring of these indicators is demanding the identification and implementation of reliable, informative tests that determine specific abilities.

The head of the state has identified the tasks of further improving the system of their main professional activities and creating effective mechanisms for the implementation of scientific achievements in the training of highly qualified specialists in the educational system of our Republic as priorities.

LITERATURE ANALYSIS

Today, football is becoming one of the effective and versatile means of physical education and personal development. Playing football has an effective effect on many important systems of the body and improves them to a high degree. For these reasons, football has an important place in the physical education system of many countries. Football is included in the programs of physical education of children's sports schools, secondary schools, and higher educational institutions. Physical culture teams regularly play football in sports sections and military units. Football is used as a means of active recreation and leisure in many public sports events in indoor and outdoor sports fields, which brings pleasure to people with a sedentary lifestyle [5; p. 200, 3; p. 21-26; 6; 28-35-p, 4; 18-23 p].

Problems of selection of young players, stages of general selection, organizational-methodical aspects of selection for football, preliminary selection and selection problems are covered. Based on the analysis of domestic and foreign literature, it was found that many experts pay attention to the search for new forms and methods of determining and controlling their physical development and physical fitness when selecting children to play football. The organization and conduct of pedagogical control during the selection of children for playing football should be aimed at determining the abilities of children during the selection process, as well as achieving a high level of physical and special training. The main task is to determine to what extent the indicators of general and special training of young players match. In this case, it is necessary to test the informativeness and reliability of the set of tests selected for the selection of children to play football. The level of physical fitness of children and adolescents is determined by testing their main physical qualities, control tests and pedagogical observations. In order to determine the potential of children and adolescents with a high degree of probability, it is appropriate to determine not only their initial level of preparation, but also their growth rate. It is necessary to reveal the ability to determine the ability to solve movement tasks, demonstrate movement creativity and manage it. In most cases, one-time control tests are prepared to perform a given set of tests to provide information on promising opportunities. The potential result

of an athlete depends more on the rate of growth of these qualities during special training than on the level of initial development of physical qualities [2; p. 61].

Playing the sport of football has an effective effect on many functions of the body and the personal qualities of the players, including:

- important physical exercises based on the game: jumping, kicking, acceleration, sudden stop, falling, jumping and similar skills are formed;

- many physical qualities of players develop: jumping, strength, speed, agility, endurance qualities;

- players' intellectual abilities develop, sense organs, and most mental states improve. It is a good testing ground for the formation of positive signs in this regard: hard work, striving for a goal, determination, confidence in victory, a sense of teamwork;

- to draw a conclusion about the full usefulness of playing football, like any other type of sport, will certainly be a bit of an exaggeration. Taking into account that any living organism improves only in the process of exercises, their quantity and rate should not be neglected. Since the last centuries, doctors have argued that anything (in our case - exercise) can be medicine or poison for the body - everything depends on the norm. In particular, intense training in football rarely makes an athlete healthy. Many injuries, physical and mental stress ultimately have a negative impact on the health of professional athletes;

- on the other hand, if a lot of time is devoted to sports activities (practices, training sessions, tournaments almost two or three times a day), a number of aspects of improving other functions in the genetic program of the professional player's organism, a person other areas that provide vital areas of activity are neglected. This leads to limiting the person to a certain limit. For a person who chooses sports as a profession, this is an inevitable additional result, all professions have a certain effect on a person's personality;

- other organs of the body are strained and tired. Constant psychological stress is also dangerous - they can cause athletes (primarily coaches) to emotional stress, depression and other diseases much earlier;

- in the system of physical education and sports, it is necessary to organize training sessions with this interesting game - football in such a way that these exercises do not interfere with studying, acquiring a profession, being healthy, working effectively, solving family problems wholeheartedly, maybe help. Only then playing football brings peace to a person's life. This interesting and useful game leads to strong emotional experiences, and as a result of the exercises, it is possible to feel that the functional systems of the body are improved, and many positive qualities of the volleyball player's personality are formed [8; p. 240, 7; pp. 70-86, 1; p. 64].

As can be seen from the analysis of the above literature, improving the quality of selection and training of future football players with the help of sports specialization tools remains one of the less studied problems: priority skills and competencies that determine the effectiveness of their educational activities, personal qualities issues of formation, action and raising the level of technical training are not fully covered.

RESEARCH METHODOLOGY

In our research, literature analysis, pedagogical observation, pedagogical testing of physical fitness, pedagogical experience, psychophysiological methods, analysis of documentary materials, question-and-answer and questionnaire, mathematical statistics methods were used. The reliability of the research results is based on the practical and scientific basis of the goals and tasks of the work, the logic of the author's initial methodological positions, the comparative analysis of the data obtained using various methods of pedagogical research, the purposeful analysis of real practical activities, the confirmation of the hypothesis with specific theoretical and practical results, the reliability of the results is empirical. It is provided by the use of scientifically accepted methods of obtaining data, generally recognized statistical methods of processing results, and a wide selection.

ANALYSIS AND RESULTS

A number of criteria that significantly affect the diagnosis of the talent of young players are of great importance. Criteria include qualitative descriptions of specific abilities. However, it is technically difficult to collect maximum complete information. Therefore, the urgent scientific task is to determine the minimum level of comprehensive evaluation during the initial selection process. Therefore, based on the theory of standardization of tests during the initial selection process, it is necessary to determine their reliability, informativeness, level of reproducibility and objectivity of the results, and complex control before the practical application of the exercises. Athletes' abilities are not expressed in the same way during the selection process. This is primarily due to the fact that their mode of action, maturation rates, social and other factors differ from each other. The principle of a comprehensive approach to solving the issue of qualifying for sports allows not only to obtain a wide range of information, but also to compare indicators related to various spheres of life activity from the point of view of the possibility of forming special abilities. All qualities and properties of a person have a complex relationship with each other and with the effectiveness of game activity. They also undergo changes during sports training. Relationships and laws of variation guide the correct and timely assessment of abilities in selection. In the development of sports selection technology, it is a starting point to understand it as a method of assessing the capabilities of athletes with the effective use of tools and methods for determining the perspective of athletes in order to effectively solve the tasks of sports training step by step and the final tasks of the initial training of young players. Idi

Exercises and tests for comprehensive control of functional and physical capabilities were developed and their reliability characteristics were reviewed. According to the tests recognized as reliable and informative, the effectiveness of growth of physical development, physical training, technical movements, and coordination indicators of young football players was comprehensively monitored.

Children's abilities will not be expressed in the same way during the selection process. This is primarily due to the fact that their mode of action, growth rates, social and other factors differ from each other.

In order to determine the level of development of physical qualities in the selection of 7-8-year-old football players for the initial training stage, a theoretical model of the criteria for evaluating reaction time and selective reaction time in technical actions according to the situation was improved (look Table 1).

Table 1.

Theoretical model of assessment criteria for determining physical qualities of 7-8-year-old talented football players

Special qualities	Manifestation of special characteristics, abilities	Criteria, tests, methods
Speed, agility, endurance	Increasing speed of movement and reactivity	Running 20 m while walking
		Running from a high start to 30 m
	Increase movement agility and reactivity	3x10 m shuttle run
	Increase movement endurance	6 minute run
Quick-power	Fight for the ball in the air and shoot	Standing high jump
		Standing long jump
	Fighting for the ball in a short period of time on the move	Lifting the body while lying on the back
	Bringing the ball into play and passing it to a partner (field player, goalkeeper)	Hanging on a horizontal bar with bent arms.
Fill the ball (1 kg) both		
Leg reaction time	Receiving the ball	throw forward from the back of the head
	Kick the ball into the goal and pass it to a partner in a short time	Controlling the ball in the air (play the ball)
	Feeling the ball, controlling the ball in a short time in technical movements	Kick the ball far with the right and left foot

In the process of selecting young football players at the initial preparatory stage of training, the indicators of physical development and physical fitness of the athletes, taking into account the sensitive period of the development of physical qualities, the age indicators of improving the speed

of movement of the body and the static balance of body muscles, and for the initial preparatory stage during the selection of athletes, periods of rapid development of physical qualities were developed.

Table 2

Ages 7-8 are suitable for developing physical qualities when selecting players (according to Sh.S. Ermatov)

Anthropometric indicators and physical qualities	Years old	
	7	8
Speed	+	+
Quick-strength adjectives		+
Strength		+
Endurance	+	+
Anaerobic capacity	+	+
Flexibility	+	+
Coordination skills	+	+
Balance		+

We have analyzed the indicators of 8-year-old players in 12 physical training. This indicator was 3.2 ± 0.3 sec in the experimental group while running 20 m while walking, and 3.4 ± 0.4 sec in the control group [$t=2.2$; $P<0.05$]. When running from the start to 30 m, the indicator was 5.8 ± 0.1 seconds in the experimental group, 6.0 ± 0.3 seconds in the control group [$t=2.17$; $P<0.05$]. There are statistical differences between these two indicators. In the long jump from a standing position, the result in the experimental group was 134.7 ± 11.7 cm, in the control group it was 130.5 ± 12.4 cm [$t=2.11$; $P<0.05$]. 24.3 ± 1.7 cm in the experimental group and 22.8 ± 1.4 cm in the control group in the standing high jump. was [$t=2.18$; $P<0.05$] and statistically reliable differences were found between these indicators. In particular, the 3x10 m shuttle run shows that the result was 9.7 ± 0.7 seconds in the experimental group and 10.1 ± 0.8 seconds in the control group [$t=2.15$; $P<0.05$], it was found that there are statistically reliable differences between indicators. The result of the 6-minute run was 711.6 ± 37.4 m in the experimental group and 698.4 ± 40.6 m in the control group, which revealed statistically reliable differences between the experimental and control groups [$t=2.34$; $P<0.05$]. In the test of throwing a stuffed ball (1kg) from behind the head forward with both hands, the result was 8.4 ± 1.2 m in the experimental group and 8.0 ± 1.5 m in the control group [$t=2.21$; $P<0.05$], statistical differences were found between indicators. In the body lifting test while lying on the back, the result was recorded 26.7 ± 1.3 times in the experimental group, and 24.2 ± 1.4 times in the control group [$t=2.17$; $P<0.05$], statistically reliable differences between indicators were observed.

In the exercise of hanging on the horizontal bar with bent arms, the result was 19.5 ± 1.7 seconds in the experimental group and 17.6 ± 1.6 seconds in the control group [$t=2.12$; $P<0.05$], reliable statistical differences between indicators were found. Controlling the ball in the air (playing the ball)

was performed 7.4 ± 1.7 times in the experimental group and 7.0 ± 1.5 times in the control group [$t=2.23$; $P<0.05$] reliable statistical differences between indicators were observed. In the exercise of kicking the ball far on the right leg, the result of the children of the experimental group was 22.3 ± 1.2 meters, and on the left leg it was 18.8 ± 0.9 meters. In the control group, the right leg - 19.7 ± 1.3 meters, the left leg - 16.2 ± 0.8 meters. The statistical differences are as follows [$t=2.19$; $P<0.05$] and [$t=2.25$; $P<0.05$], which indicates that statistically reliable differences were detected between these indicators. The exercise of carrying the ball three times for 30 m revealed the following parameters: in the experimental group it was 7.9 ± 0.65 sec, in the control group it was 8.2 ± 0.8 sec, reliable statistical differences between these parameters was determined [$t=2.31$; $P<0.05$].

Statistical analysis of physical development and physical fitness indicators of young football players aged 7 and 8 at the beginning of the experiment showed that children with approximately the same fitness were selected for EG and CG, which gave us the opportunity to conduct a targeted pedagogical experiment ($P>0.05$). In the group of 7-year-old children, statistically reliable differences were observed in 8 indicators of physical development ($P<0.05$) and 7 indicators of physical fitness ($P<0.05$) at the end of the pedagogical experience. Among 8-year-old children, reliable statistical differences were noted in 6 indicators of physical development ($P<0.05$) and 12 indicators of physical fitness ($P<0.05$).

Based on the obtained results, it is one of the important issues to study the issues of formation and formation of professional skills and abilities with the help of football equipment.

The selection of students for the football sport was carried out based on the methods developed by us. In this case, the training plans of the control and experimental groups differ from each other according to the tasks of the pedagogical experiment.

CONCLUSION

In order to increase the efficiency of the selection of young players, it is necessary to increase the quick-power capabilities of the players based on the model of the development of special physical qualities, using exercises aimed at reducing the time of selective reaction to technical actions in accordance with the situation during pedagogical observation, which is not only technical on the field it was found that it helps to increase the speed of execution of movements, but also to improve the morphological base for the growth of aerobic capacity.

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