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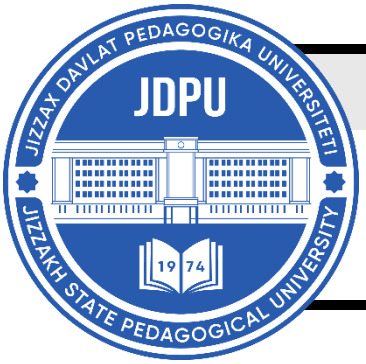

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WAYS TO DEVELOP THE PHYSICAL FITNESS OF YOUNG FOOTBALL PLAYERS WITH DIFFERENT GAMES

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ABOUT ARTICLE

Key words: football, physical development, aerobic loads, anaerobic loads, physical training, physical qualities, anthropometric measurements of the body, partial and total measurements of the body, professional skills.

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Abstract: In this article, ways of developing physical fitness of young players with different playing roles and the level of physical development depending on their age were studied and analyzed based on anthropometric measurements. In order to correct the training processes of young football players, information is given on the development of their physical fitness, professional skills and personal qualities by providing them with aerobic and anaerobic exercises.

INTRODUCTION

Football is considered one of the priority sports in our republic, and the results shown by our country's athletes in the last prestigious competitions determine the development trend of this sport. The task of identifying talented athletes and creating reserves for youth national teams is considered one of the urgent issues. Consistent measures to popularize physical education and sports in our country, to create the necessary conditions and infrastructure for promoting a healthy lifestyle in all strata of the population, especially among young people, and to ensure the country's proper participation in international sports arenas is being implemented. Regular control of the level of physical fitness in modern football shows the need to take into account the characteristics of physical fitness in the selection of players. The above-mentioned requires that researches be carried out on the specific comprehensive assessment of the characteristics and possibilities of the "early" selection system in order for young football players to achieve high performance in the chosen sport in the future based on the tasks. Creating an effective system of selection and training of promising and talented players in our country, forming a quality sports reserve for national teams and professional football clubs is gaining importance. Issues that need to be studied in our country regarding the sport

of football, increasing the popularity of the sport of football, creating scientific and methodological manuals on selection and early selection, supplying young talented and capable athletes to the national teams of Uzbekistan. , there is a need to organize the training process on a scientific basis in order to scientifically research many problems that are waiting for their solution, such as maintaining the results achieved in international competitions, and to develop optimal proportions of loads.

LITERATURE ANALYSIS

The level of long-term training of skilled football players is largely determined by the rules of formation of sports skills. Factors that determine the structure and effectiveness of competitive activities in a certain sport, particularly in football, functional systems that receive the main load during training and competitions, and the laws of adaptation of mechanisms predetermine the rate of growth of results in sports [1,2,3].

Implementation of one or another version of the multi-year training structure in football depends on a number of reasons, first of all, the age at which children start playing sports, and the characteristics of training in the first stages of improvement.

The training of young reserves for major league teams in football is an urgent problem, and it should be based on a scientifically proven system. In the training of skilled football players, the main problem is not only the production of experimental programs, but also the production of comprehensive control programs of training and the timely elimination of identified deficiencies [1,4].

It is known that in the initial stages of specialization, the basics of technique are established, the role of the player is determined, and the efficiency of young players is determined [2,4].

Due to repeated defeats of youth and youth teams, decrease in the number of young players in major league teams, the problem of training reserve players became urgent. Including the process of preparing the sports reserve to have a scientific basis in the education of young players has become one of the urgent tasks of today [4,5,10]. It should be noted that in order to optimize the process of training qualified players, it is necessary not only to develop training programs, but also to create a control system that provides the opportunity to correct the level of training in time. This is important in the initial stages of creating a sports specialty, as well as forming the basics of technique and role, establishing the future achievements of young players [5,9]. Several parameters describing preparation - the level of development of physical qualities, the athlete's functional state, mental state, state of technical and tactical actions - are aimed at the development of necessary movement qualities in appropriate programs and are considered one of the tasks of modern football [5,7 ,8].

RESEARCH METHODOLOGY

The study we conducted used such methods as scientific-theoretical analysis and generalization of information in domestic and foreign literature, pedagogical control, diagnosis of the prospects of

players on the basis of anthropometric and functional indicators, pedagogical experiment, expert assessment method, mathematical statistics. The reliability of the research results is the practical and scientific justification of the goals and objectives of the work, the logic of the author's initial methodological positions, a comparative analysis of the data obtained using various methods of pedagogical research, a targeted analysis of real practical activities, confirmation of the hypothesis with accurate theoretical and practical results, reliability of the results, provided by the use of universally recognized statistical methods of processing results and the breadth of choice.

ANALYSIS AND RESULTS

The rapid increase in the level of achievements and development due to the perfection of sports training in the field of football requires the search and creation of new effective methods of training with athletes.

Proper planning of the training process in the training of young athletes, choosing its main directions, distributing time, the correct application of comfortable styles – provides an opportunity to fully solve the solution of the set goal. This study developed training programs and plans for players aged 15-17. The preparation of the results was guided by the goals and objectives inherent in the years of pedagogical experience. Additionally recognized scientists are A.B. Antipov, V.P. Guba, S.Y. Tyulenkov, R.I. Nurimov, S.R. Davletmuratov and recommendations of instructions were also applied.

Table 1 lists the parameters of training loadings typical of young players. The table describes in a generalized way the universal parameters of the physical loads inherent in all sports.

It is recommended to use exercises that are used in cyclic sports to increase players ' more aerobic capacity, and the athlete's pulse should not exceed 150 beats/minute.

In increasing aerobic-anaerobic capacity, the development of all physical qualities is ensured, and special directional tasks are performed. When performing tasks, the pulse can vary around 150-170 beats/min. During rest, it can fall to 120-130.

When anaerobic – glycolytic directional work is performed, the quality of agility and durability gradually begins to develop. The execution of exercises occurs with the expenditure of full strength. The time to perform each exercise can range from 20 seconds to 4 minutes, with a pulse of 170 beats/min and higher.

Table 1.

Pedagogical criteria for special directional training loadings

Training direction	Training form	Definition of physical loads			
		Exercise Intensity	Exercise time	Rest time	Recurrence time
Aerobic course	One time Monolayer	Average Small size	Above 30 min	- -	- -

(general endurance)	One-time switch interval training a) without continuous B) continuous	Large size Average Average	1.5-2 hours. 3-10 min 1-3 min 1-3 min	 Unlimited 0.5-1.5 min 0.5-1.5 min Rest between sets is 5-8 min	 From 2 to 6-8 times 10 and above 5-8 repetitions in a series The number of series is from 2 to 8
Mixed direction: (Combined development of aerobic-anaerobic physical qualities)	One time Monolayer One-time switch interval training a) without continuous B) continuous	big from medium to maximum big big	up to 0.5 hours up to 0.5 hours up to 1.5 hours 0.5-1.5 min	- - 0.5-1.5 min 0.5-1.5 min 1-3 minutes between series	- - 10 and above The number of repetitions in 2-4 series, The number of repetitions in 5-6 series
Anaerobic-glycolytic orientation	Once To the last degree Repetition	Submaximal large submaximal	0,3-4 min 0,3-2 min	- Unlimited Around 10 min	- 3 -6
Anaerobic-lactate (fast-strength)	Once maximum	Maximum Near the maximum	Around 5-10 s 5-10 s	- 2-3 min Rest between repetitions 4-6 min	- 3 repetitions in one series. The number of repetitions at one time is 5 - 6
Anabolic power	Repeat interval Circuit training	big large and submaximal	Until you deny it 1.5-2 min	3-4 min 1,5-2 min	It consists of 4-6, 5-6 exercises. It is repeated 3 times

Anaerobic lactate (quick-power qualities). The number of accelerations in a 5-30 meter run. Rest breaks. Full recovery time.

Carrying out exercises with loads in the development of the quality of anabolic strength. The direction of loading is aimed at developing leg muscles. Projectile weight should be 30-35% of body weight.

Table 2 shows the distribution of the ratio of tools and methods in the training of football players in the annual stages of the experience.

Table 2

Percentage distribution of tools and methods in training in annual stages of experience

%

Load indicators	Steps		
	I	II	III
Direction (pedagogical, physiological), % - general endurance (aerobic) - development of movement qualities in a complex (mixing); -speed endurance (glycolytic) Rapid strength, strength qualities (alactate, anabolic)	 30 40 3 27	 20 36 4 40	 26 41 8 25
Training methods At one time; variable - repetition; -interval-series;	 19 45 29 16	 10 40 30 20	 15 30 40 15
Load volume, %: - large; - medium; - small;	 30 60 10	 30 60 10	 30 60 10
Coordination complexity, % -low; - medium; - high;	 15-20 40-50 20-30	 15-20 20-30 40-50	 15-20 40-50 30-40
Specialization: - certain; -unspecified;		 65 35	 75 25

In the given tables, tools that develop aerobic capacity are used in the general preparation stage. At this stage, 55% is allocated to specific exercises and 45% to non-specific exercises. Among the tools used in the development of general endurance - cross-country is used from swimming and athletics. In each microcycle, it is planned to carry out one high-load training, and in such a high-load training, the heart rate can reach 170-180.

In the second stage of the experiment, the volume of fast-strength exercises increases up to 40%. In the application of exercises, means of jumps and accelerations are used for running short distances. In the final stage of the pre-competition microcycle, it is planned to use heavy loads for up to 65 hours, 65% of which will use special tools.

In the third stage of the program, players are directed to increase their physical qualities and functional capabilities during the competition. The volume of large downloads was 30%, the level of use of special tools was 70%, and it was provided at the expense of the scheduled games. Coordination complexity of movements was 40-45%. Therefore, the methods used in the experimental stages were aimed at improving physical qualities and increasing the technical and tactical training of the players, and the loads were distributed according to the purpose.

Based on the obtained results, aerobic-anaerobic directional loads are considered the most optimal for football players, and it is proved that these directional loads are the most basic and effective in organizing and conducting the training process.

The level of general physical fitness of 15-17-year-old football players was checked in the control and experimental groups. The research used the method of repeated application of selected exercises. Before the study, the level of differentiation between the control and experimental groups was almost undetectable. But in the 7x50 sprint, higher (+2.24) results were observed in the experimental group. On the contrary, it was found that the results of the players in the control group in the 15 m running test were higher than in the experimental group. In shuttle running, it is considered a special quality of movement for players and ends with a quick stop after running a short distance.

Table 3

Results of pedagogical tests on physical fitness of 15-17-year-old football players (at the beginning of the study)

Pedagogical tests	**Control group** $\overline{X} \pm \sigma$	**Experimental group** $\overline{X} \pm \sigma$	**t**	**P**
Standing long jump (m)	2,39±0,03	2,44±0,19	0,83	>0,05
Shuttle run 7x50m (s)	1,07±0,05	1,05±0,03	0,24	>0,05
15m run (s)	2,66±0,02	2,68±0,05	0,53	>0,05
30m run (s)	4,74±0,03	4,65±0,13	0,48	>0,05
60 m run (s)	8,30±0,16	8,33±0,22	0,23	>0,05
100 m run (s)	12,8±0,2	12,9±0,21	0,24	>0,05

In shuttle running, it is considered a special quality of movement for players and ends with a quick stop after running a short distance. This movement is provided by the activity of the thigh material muscle group. The effective execution of such actions depends on the state of functional training of the players.

At the end of the experiment, the level of general physical fitness of the players was checked again in the control and experimental groups. At the end of the study, it was found that there was a high level of differentiation between the control and experimental groups.

Table 4

Results of pedagogical tests on physical fitness of 15-17-year-old football players (at the end of the study)

Pedagogical tests	**Control group** $\overline{X} \pm \sigma$	**Experimental group** $\overline{X} \pm \sigma$	**t**	**P**
Standing long jump (m)	2,41±0,03	2,48±0,19	1,83	<0,05

7x50 shuttle run (s)	1,04±0,05	1,0±0,03	2,26	<0,05
15m run (s)	2,62±0,02	2,53±0,05	3,53	<0,05
30m run (s)	4,70±0,03	4,61±0,13	2,37	<0,05
60 m run (s)	8,21±0,16	7,82±0,22	3,07	<0,05
100 m run (s)	12,8±0,2	12,4±0,21	2,24	<0,05

Table 4 shows the results at the end of the experiment. Standing long jump results by 1.83%, 7x50 sprint results by 2.26%, 15m dash results by 3.53%, 30m dash results by 2.37%, 60m dash results by 3 .07%, we can see that the results in the 100m run increased by 2.24%. The reliability of all results is clearly visible from the method of mathematical statistics.

Conclusion. In short, physical fitness indicators of athletes serve as an important factor in managing the system of training athletes. The use of the above-mentioned pedagogical tests is of great importance in determining the signs of general training of athletes. Taking into account that the formation process of important morphofunctional systems in 15-17-year-old athletes is mostly completed, we conducted anthropometric research in athletes of this age in full measure, we analyzed the indicators based on the total dimensions of the body as well as on the basis of partial signs. During the preparation and competition periods, young players were prepared according to the content of the programs and plans shown in Tables 1-2. During the entire experiment, the examined players were under the supervision of doctors working in the medical department of the "Nasaf" Academy. At the end of the experiment, it was re-tested according to the set of tests indicated above and the results were evaluated. All these signs help to determine the level of development of athletes not only in football, but also in the training process of other sports.

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