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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**SCIENTIFIC AND THEORETICAL PRINCIPLES OF THE
MECHANISM OF TRAINING OF FOOTBALL PLAYERS WITH PRIORITY
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ABOUT ARTICLE

Key words: pedagogical mechanisms, preparatory stages, main factors, control tests, age characteristics, scientific and theoretical analysis, sensitive periods.

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Abstract: The article examines the issues of training football players at long-term preparatory stages, the studies conducted on this subject and the systematization of training players who regularly engage in long-term preparatory stages. A mechanism for training players in the long-term training system has been developed, and the relevance and advantages of this mechanism have been emphasized. The main factors of the proposed mechanism, which should be focused on, have scientific and theoretical justification.

Relevance. In our country, great importance is attached to the training of talented players, the creation of an effective system of bringing them to the professional level, the formation of a quality sports reserve for national teams and professional football teams. For this purpose, consistent measures are being taken to popularize physical education and sports, train players at a high level, and ensure the country's proper participation in international sports arenas. However, the issues that need to be studied in the field of football include increasing the popularity of football, supplying talented players to the national teams of different ages of our country, improving their physical and technical training and There is a need for scientifically based organization, taking into account the sensitive periods and age characteristics of the players' body, in order to conduct scientific research of many problems

that are waiting for their solution, such as the training of football players in the multi-year training stages, and to develop the optimal proportions of the training systems [2].

To increase the interest of children and teenagers in playing football in the decision of the President of the Republic of Uzbekistan Sh.M. Mirziyoev dated April 7, 2023 "On additional measures for the comprehensive development of mass and professional football" No. PQ-115 and special attention is paid to popularization of amateur football, regular organization of football competitions. As the attention to football is increasing, the need to use new methods and new technologies in the training of players is also increasing. Because this is related to the constant growth of the level of physical and technical training of the players, thereby increasing the scope and efficiency of actions on the field. This factor also places high demands on the provision of football reserves and comprehensive training of young players, which creates a demand for increasing the training levels of young players and improving the quality of their training. Taking this into account, the development of a mechanism for comprehensive training of players for many years of training is one of the urgent issues of the day. In many developed countries of the world, the lack of effective methods of carrying out the selection in sports leads to the use of different criteria by the content and level of informativeness, as well as evaluation systems of these indicators, at the discretion of various coaches working with young players. This, in turn, reduces the effectiveness of training by selecting those who have the best technical-tactical physical and functional training and are able to successfully realize their potential in the competition [1].

The purpose of the research is that to develop a mechanism for training football players and provide a scientific-theoretical justification, considering the physical fitness of football players as a priority in the stages of long-term preparation.

Tasks of the research:

1. Study and analysis of scientific research works on systematization and development of training mechanisms in sports.
2. To study, analyze, systematize and properly organize the important criteria of physical training in the training of football players;
3. To create a science-based, positive mechanism with a special focus on physical fitness in the training of football players.

Research results and its discussion. In order to meaningfully renew the long-term training of young football players, the versatility, competitiveness and size and standards of training loads should be distributed to children from 8 to 17 years old. We can see that more attention is paid to competitive activities during the long-term preparation of players and it is

characterized by the direct competitive process of professional sports. It should be noted that in the initial stages of multi-year training, there are fewer trainings on competition activities and tactical training than in the upper stages. This trend will continue until the stage of improving the sport. (Yu.M. Portnov, 1989; O.P. Topishev, 1989; Yu.I. Portoikh, 1994). Therefore, it is necessary to take into account the age of the participants when updating and creating the content of educational activities during the period of many years of preparation. It is important to know the nature of the emergence of motor skills, that is, to what extent they are related to heredity or to factors acquired during life. Using the twin method, it has been proven that morphological characters are more dependent on genetic factors, especially longitudinal dimensions of the body, joint mobility, relative muscle strength, all forms of speed, maximum oxygen consumption indicators, etc. It is important to know the nature of the emergence of motor skills, that is, to what extent they are related to heredity or to factors acquired during life.

An integral part of the technologies of selection in modern sports are the automated systems of maintaining databases of athletes. The most important task of such systems is to obtain final conclusions about the prospects of athletes in order to make a decision on the selection in an automated mode. The existence of such automated information systems makes it possible to solve the issues of sorting a large contingent of athletes at a modern level. The few existing examples of technological solutions for the diagnosis of athletes' perspectives have certain positive results and can be believed to be a very solid basis for their improvement in the future. The problem of selection of young athletes should be comprehensively developed based on pedagogical, medical-biological and sociological research methods. These pedagogical research methods allow to assess the level of development of physical qualities, coordination abilities, and sports-technical skills of young athletes. On the basis of medical-biological research methods, morphofunctional characteristics, state of body systems, level of physical development of the athlete are determined. With the help of psychological research methods, the abilities of the athlete's psyche, which affect the solution of individual and collective tasks in the process of sports wrestling, are determined, and the role of the athlete in solving the tasks set before the sports team is also evaluated. Sociological research methods make it possible to obtain information about children's interests in sports, long-term participation in sports and the formation of motivation to achieve high sports results. Thus, in science, the understanding of the activity of selection in sports as an independent type of social activity, which implies the search for talented young people in terms of sports participation, has already been formed [3,4,6].

Selection issues in football are diverse, multifaceted, and have their own characteristics depending on the tasks and specific stages of training players. In the research work, in-depth morpho-biomechanical research was conducted among 7-8-year-old young players participating in sports schools according to a specially developed program that includes a set of tests that help to effectively select athletes of different physical training and age in teams. According to the growth of the analyzed indicators, during the pedagogical experience, it was found that the level of morphofunctional and movement readiness of young football players has the following characteristics:

- from the morphological parameters, the smallest increase is in leg circumference (from 0.6% to 4.4%) and calf length (from 1.9% to 5.7%), and the largest increase is in thigh length (7.8% up to) and body weight (up to 10.2%) were observed;

- the smallest increase in movement indicators - was observed in 30 m running (up to 8.3%) and 60 m running (up to 6.3%), and the maximum indicator was observed in long jump from a standing position and typing while lying on the ground with folded arms (corresponding 19.4% and 30.8% respectively).

Systematic analysis of information in the literature, conducting a survey among qualified coaches and experts, as well as summarizing the indicators obtained as a result of research indicate a lack of scientific, methodological and practical information that contributes to early orientation of young players depending on their personality or reveals its factors. The study showed that there are different relationships between the reliability of morphofunctional and special training indicators. In the general evaluation of these levels, it was found that taller players had a worse technique ($r=-0.464$), and game thinking ($r=-0.434$), and body length and weight did not influence the expert assessment of general physical fitness in young players ($g = 0.273$ and $g = 0.031$, respectively). In improving the physical fitness of young players, their age characteristics are of great importance. It has been proven that regular exercise (in moderation) has a positive effect on the human body. Many studies have been conducted on this topic by local and foreign scientists. However, there are almost no works covering all groups of multi-year training stages [5,7,9,10]. It is important to control the indicators of physical fitness during the training stages of young players. According to the studies of many scientists, it is subject to the laws of heterochrony in the period from the first stage to the end of the multi-year preparatory stage. There is a high correlation between the physical development of children who regularly participate in sports activities and the development of physical qualities. The development of physical qualities accelerates in some young people. This period is called "sensitive period". Below we can see some of them:

- 1) qualities of speed - from 10 to 11 years;
- 2) speed-strength qualities - from 12 to 15 years;
- 3) durability - from 9 to 10 years and from 15 to 16 years;
- 4) coordination skills - from 9 to 12 years old and from 13 to 14 years old.

When studying the age-related dynamics of the physical qualities of football players, we can see that different experts have different opinions on determining the age limits of sensitive periods. According to the opinions of a number of scientists who conducted scientific research and conducted experiments (E.I. Ilyin, 1983; L.P. Matveev, 1991), the limits of sensitive periods are as follows:

Each individual quality:

- agility - 9-12, 13-14 years old;
- speed - 10-11, 12-14 years old;
- qualities of speed and strength - 10-11, 12-15 years old;
- endurance -9-10, 14-16 years.

Exercising football players at different stages of long-term training, taking into account the sensitive periods of their physical qualities in the age dynamics, allows for more effective planning of their physical training. In the study, the mechanism of updating the training systems of young football players in the stages of multi-year training was revealed [3,8,10].

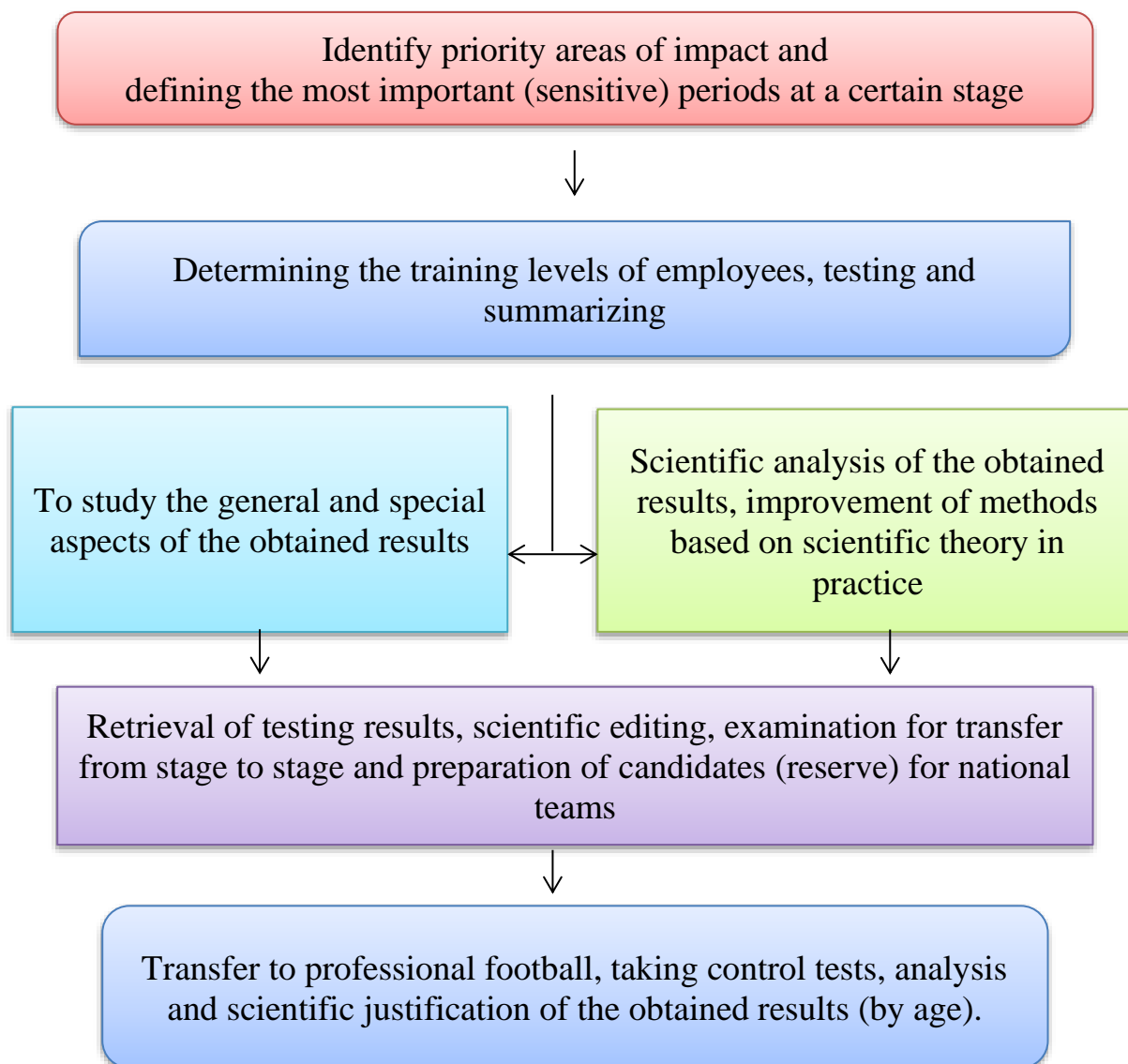
In recent years, the issues of systematization, optimization and control of loads in sports games have been considered in many studies of domestic and foreign scientists. This problem was solved by M.A. Godik (1980), Yu D. Zhelezniak (1981), A. K. Belyakov (1986), J. Scientists such as Modriki (1986), M.M. Shestakov (1992), N.V. Lruzhny (1993), V.Ya. Ignatieva (1995) studied. The results of M.M. Shestakov's research on highly skilled football players are remarkable. In children's and youth football, there are almost no studies on age regulation of characteristics and loads, such as physical training, psychological training, and the dependence of different types of training, which significantly affects the effectiveness of training organization and management during the period of many years of training (Fig. 1).

Figure 1

**MECHANISM OF TRAINING FOOTBALL PLAYERS IN MULTI-YEAR PREPARATION
STAGES**

Determining the tasks of increasing the effectiveness of multi-year preparatory stages





In the proposed mechanism, importance is focused on the need for a separate approach to each stage of training players in multi-year training stages, updating their training system. In this mechanism, deeper attention is paid to the physical development and physical fitness of the players and engaging children who come to football schools includes stages from planning their activities to bringing them to a professional level. During control tests of players, importance is focused on their age, general and special training.

Summary. Achieving high sports results largely depends on the level of development of a person's physical and mental abilities, which means the ability to select individuals with the highest level of development of qualities important for this sport. Modern sports are characterized by a constant increase in the demands on the all-round physical fitness of athletes. In such conditions, it is important to carefully study the individual characteristics of athletes and develop an effective selection method for engaging in a specific type of sport. It is especially important to correctly determine the sports abilities of children aged 8-9, because at

this age they usually play most sports. Today, in our country, training of football players, scientific and methodical provision of training of football players in multi-year training stages, selection of promising players and formation of reserves of national teams are urgent issues. Although a lot of work has been done to improve the comprehensive training of football players in our country, and to systematize these things, the issues of improving physical fitness in football are waiting for their solution. It is known from the research of foreign and local scientists that the level of physical training and physical development is of great importance in the training of football players. Based on this, there is a need to create a mechanism for training football players, considering the level of physical fitness as a priority in the multi-year training stages.

Based on this, it was necessary to create a mechanism for training football players, taking into account the level of physical fitness during the stages of many years of training. The recommended mechanism includes the important aspects that should be focused on in the training of players, closely assists in the training of players and setting their prospects.

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