

**INITIAL TRAINING OF YOUNG FOOTBALL PLAYERS FIRST
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Abstract: The article examines topical scientific and practical problems of improving the system of long-term training in modern sports. With the help of test tasks, young football players were determined such physical qualities as endurance, quickness, hyperactivity and coordination abilities.

Introduction. One of the priority directions of state policy for the development of extracurricular education is increasing the efficiency of the system of children's and youth sports schools. Along with the development of the abilities of students in their chosen sport, their physical development, ensuring a full-fledged leisure, and preparing reserve teams for the country's national teams in various sports, an important practical task of the sports school is the upbringing of the young athlete's personality, which involves creating conditions for the acquisition of socially recognized values, the formation of normative personal qualities, and behavioral models. In recent years, a number of activities have been carried out in the Republic of Uzbekistan aimed at strengthening the health of the population, forming a spiritually and physically developed generation, and widely engaging compatriots, especially youth, in football—a game of millions, a sport that holds a special place in our country.

At the same time, the current relevant tasks remain the issues of further developing the system of identifying and selecting (scouting) highly gifted young football players, improving football infrastructure, elevating the activities of sports and football schools to a new level, enhancing the training system, and material incentives for specialists in the field, as well as increasing the level of competitions held [5;9].

According to a number of specialists, the development of children's and youth sports schools (DYuSSSh), particularly youth football in the country, is currently hindered by the following systemic problems:

- There is a lack of clear objectives and tasks in education, as well as a disconnect between the training process and educational work.
- Insufficient attention is given to creating a favorable educational climate in training groups.
- Most coaches and teachers in sports schools use a very limited range of educational methods and techniques for their work.
- There is a significant gap in the technical and tactical preparedness of footballers from sports schools compared to the requirements of modern football.
- A low level of organization of competitions and training processes between youth football teams in different regions.
- Unsatisfactory social status and position of youth football coaches, with a compensation system that does not meet modern standards for their work and material incentives.
- Insufficient theoretical and methodological development of issues regarding the technical training of young football players, among other problems [1].

The Concept adopted in Uzbekistan for advancing the development of football until 2030 includes a set of measures aimed at further popularizing football and developing it on a systemic basis. Specifically, it clearly outlines the following:

- Equipping state educational institutions, including the football departments of children's and youth sports schools in districts (cities), with the necessary inventory and equipment for the development of football.
- Implementing innovative approaches, advanced scientific, methodological, and information-communication technologies in the processes of training, retraining, professional development, selection, and growth of football specialists.
- Increasing the interest of children and youth in playing football, popularizing amateur football, and regularly organizing football competitions in general educational schools, other educational institutions, mahallas (neighborhood councils), and organizations [1;10].

In the preparation of young football players at the initial stage of training, a variety of means and methods are used. Their structure and content are determined by the competitive activities in this sport. However, as noted in the scientific and methodological literature, the primary tasks at this stage should focus on the harmonious, all-around development, particularly physical preparedness [3].

The initial training stage is the first in the system of long-term athlete development. The didactic goal of this stage is realized through tasks such as creating optimal conditions for the development of physical qualities and improving the level of physical fitness, which will later contribute to adaptation when performing intensive tasks of a specialized nature [2; 4; 8; 7].

Physical training of footballers may include means for the directed development of specific qualities, as well as a combination of training stimuli used to improve ball control, player interactions, and so on. Comprehensive preparation of athletes will allow young athletes to use the potential of all their abilities in competitive activities [4; 8].

The structure of physical training is divided into general, auxiliary, and special preparation. Auxiliary physical preparation is based on general physical fitness. It creates the foundation necessary for performing large volumes of work, developing specialized qualities, and increasing the functional capacities of various organs and systems of the body. The goal is to improve neuromuscular coordination, enhance the ability to endure heavy loads, and recover effectively after them [3; 6].

Special physical preparation for young footballers helps develop qualities that contribute to the effectiveness of improving technical skills. This can be achieved through game exercises with the ball, introducing changes in the training form of the game, increasing speed, or complicating or simplifying the execution of exercises [2; 4; 5].

The focus of special physical training should fully correspond to the requirements of competitive activities in football. This is reflected in the fact that all exercises used in this process must be selected so that their structure and content fully match the performance of game techniques and actions [2; 6; 8].

At this stage [2, 6], the main focus in training is mastering general theoretical and specialized knowledge, as well as developing movement skills and techniques specific to the sport. The emphasis on physical fitness development and basic technique formation at this stage is also supported by N. Platonov (2004), who points out that this forms the foundation for further sports development, a point confirmed by research in football [2; 4; 10].

An analysis of the content of scientific and methodological studies [2–5; 9] indicates insufficient examination of the relationships between physical fitness indicators in young football players at the initial training stage.

Objective of the study: To determine the level of interrelationships between physical fitness indicators of football players at the initial training stage.

Research tasks:

1. To establish the physical fitness indicators of football players at the initial training stage.
2. To examine the level of interrelationships between the physical fitness indicators of football players at the initial training stage.

Organization of the research: Physical fitness testing was conducted from October 25 to 28, 2023, according to the training schedule at the Turakurgan District Sports School stadium. The study involved 22 young football players from the initial training groups.

To determine the physical fitness of novice football players, the following tests were used:

- **Endurance:** 1000m run
- **Speed:** 30m run from a standing start, running in place for 10 seconds
- **Coordination:** running to numbered balls with direction changes ("zigzag" drill), shuttle run 3x10m
- **Strength:** squats for 20 seconds, standing long jump
- **Flexibility:** gymnastics bench exercise with straightened legs

The methods used in the study included: analysis and generalization of scientific and methodological literature, pedagogical testing, and mathematical statistical methods.

Results of the study: In the training process for football players at the initial stage, it is suggested to apply exercises performed at low to medium intensity. An important part of the sports training system for athletes is monitoring various aspects of fitness. However, the requirements for physical fitness at this stage emphasize that training should focus on overall, harmonious development [6; 7].

Thus, using the analysis of scientific and methodological literature [1; 5; 6; 7], we have identified methods for monitoring the physical fitness of football players at the initial stage.

The following tests were used to determine the level of development of young athletes:

- **Speed (whole-body movements):** 30m run from a standing start. The participant ran 10m to gain speed, crossed the starting line, and completed the 30m distance at maximum speed.
- **Speed (frequency of movements):** "Running in place for 10 seconds". The frequency of leg movements was counted by determining how many times one foot was lowered while running in place for a specific period.
- **Speed strength:** Number of squats completed in 20 seconds.
- **Explosive strength:** Standing long jump.

• **Coordination abilities (ability to orient oneself in space):** Running to numbered balls with direction changes ("zigzag" drill).

• **Coordination abilities (agility):** Shuttle run 3x10m with weaving around balls.

• **General endurance:** 1000m run.

• **Flexibility:** Gymnastics bench exercise with straightened legs without using hands for support.

The average physical fitness indicators of the young football players are presented in Table 1.

Table 1

**Indicators of Physical Fitness of Football Players at the Initial Training Stage
(n=22)**

N ^o	Physical Quality, Control Exercise	X ± m
1 2	Strength: Squats for 20 seconds; Standing long jump	24,1±1,2; 151,6±4,4
3 4	Coordination Abilities: Zigzag Run; Shuttle Run 3x10m	9,6±0,5 9,7±0,3
5	Endurance: 1000m Run	4,3±0,4
6	Flexibility	8,1±2,8
7 8	Speed: 30m Run from a Standing Start; Running in Place for 10 seconds	5,0±0,2 45,0±4,9

The pedagogical testing of the physical fitness level of footballers at the initial preparation stage (Table 1) yielded the following results:

1. Strength Endurance (squats in 20 seconds):

- The average result was **24.1** squats.
- The minimum result was **22** squats.
- The maximum result was **27** squats.
- Athlete distribution:
 - 12 athletes showed a result close to the average.
 - 10 athletes had a result below average.
 - 14 athletes showed a result above average.

2. Explosive Strength (standing long jump):

- The average result was **151.6 cm**.
- The minimum result was **132 cm**.
- The maximum result was **157 cm**.

- Athlete distribution:
 - 20 athletes showed a result above average.
 - 7 athletes had a result below average.
 - 9 athletes showed an average result.
- This indicates significant differences in the development of explosive strength among the young athletes in this group.

3. Coordination Abilities (zig-zag run):

- The average result was **9.6 seconds**.
- The minimum result was recorded at **10.8 seconds**.
- The maximum result was **8.9 seconds**.
- Athlete distribution:
 - 14 athletes showed a result above average.
 - 10 athletes had a result below average.
 - 12 athletes showed an average result.

These data suggest that there are also differences in the development of coordination skills among the young footballers, which may require additional adjustments in the training process.

The average result for the shuttle run (3x10 meters) was **9.7 seconds**, with the maximum result being **9.0 seconds** and the minimum **10.2 seconds**. Among the athletes:

- **18 athletes** exceeded the average result.
- **14 athletes** had results below the average.
- **4 athletes** showed the average result.

Based on the results for coordination skills, it can be concluded that there is relative homogeneity among the athletes in the group.

The average result for endurance (1000m run) was **4.30 minutes**, with the minimum time being **4.07 minutes** and the maximum **5.34 minutes**. Among the athletes:

- **9 athletes** had results above average.
- **20 athletes** had results below average.
- **7 athletes** showed the average result.

This indicates the need for targeted development of endurance in young footballers.

For the flexibility test, the group's average result was **8.1 cm**, with the maximum result being **13 cm** and the minimum **2 cm**. Among the athletes:

- **16 athletes** showed results above average.
- **15 athletes** had results below average.

- **5 athletes** showed the average result.

The average result for speed (running in place for 10 seconds) was **45.0 reps**, with the minimum being **36 reps** and the maximum **54 reps**. Among the athletes:

- **16 athletes** exceeded the average result.
- **12 athletes** had results below average.
- **6 athletes** showed the average result.

For the 30-meter sprint, the average time was **5.0 seconds**, with the minimum time being **5.4 seconds** and the maximum **4.8 seconds**. Among the athletes:

- **14 athletes** exceeded the average result.
- **13 athletes** had results below average.
- **9 athletes** showed the average result.

Conclusions:

The overall physical training of a football player is aimed at meeting the requirements dictated by the game. This training should help develop important qualities in modern football such as reaction speed, agility, flexibility, endurance, stability, and coordination abilities.

Thus, the level of development of physical qualities for beginner footballers was as follows:

- **Endurance** (1000m run) – **4.3±0.4**
- **Speed** (30m sprint) – **5.0±0.2**; (Running in place for 10 sec) – **45±4.9**
- **Flexibility** (Gymnastics bench exercise) – **8.1±2.8**
- **Strength** (Squats in 20 sec) – **24.1±1.2**; (Standing long jump) – **151.6±4.4**
- **Coordination** (Slalom running) – **9.6±0.5**; (Shuttle run 3x10m) – **9.7±0.3**

These results correspond to the initial level of the requirements set by the training program for sports schools (SS).

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