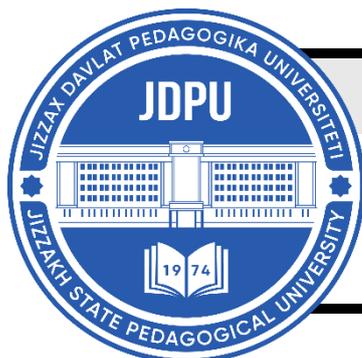


**MENTAL ENLIGHTENMENT SCIENTIFIC –
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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**DETERMINING IMPORTANT ASPECTS OF DEVELOPING
PHYSICAL QUALITIES AND FOOTBALL ENGAGING IN 13-14 YEAR-OLD
SCHOOL STUDENTS*****Nargis Qurbonova****Lecturer of the Department of Football Theory and Methodology**Uzbek State University of Physical Education and Sports**Chirchik, Uzbekistan**E-mail: nkatotifarishta.ru@gmail.com***ABOUT ARTICLE**

Key words: leading physical qualities, special departments, schoolchildren, football clubs, questionnaire, extracurricular activities, systematization, types of training, physical fitness, participation.

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Abstract: The article studies the activities aimed at improving the physical qualities of students in grades 5-6 of comprehensive schools and improving their physical fitness. The relevance and important aspects of the topic were determined by conducting a survey among experts. The answers received to the questionnaire were scientifically analyzed and conclusions were made. Besides that the purpose of this article is to identify important aspects of improving the physical fitness of 13-14-year-old schoolchildren and planning their training and participation in football.

INTRODUCTION

In recent years, our republic has been implementing consistent measures to popularize physical education and sports, promote a healthy lifestyle among the population, and ensure the country's worthy participation in international sports arenas. In Uzbekistan, the Decree of the President of the Republic of Uzbekistan No.5887 "On measures to bring the development of football in Uzbekistan to a completely new level", which covers such pressing issues in football as making football the most popular sport among the population and selecting highly talented young football players, pays special attention to increasing the interest of children and adolescents in playing football, popularizing amateur football, and in this regard, regularly organizing football competitions in secondary schools, other educational institutions, neighborhoods and organizations. In secondary schools, students should be involved in sports

not only during the lesson, but also outside of class. To do this, it is advisable to organize various sports clubs based on the interests and needs of students. Unfortunately, the physical fitness of students in secondary schools does not meet the requirements of the time. The clubs organized in schools should involve students in regular sports, prepare them to pass the "Physical Fitness Level" control standards, develop their physical qualities, perform sports categories, strengthen the body, and promote proper physical development. Having logically connected the educational and extracurricular processes at school, we have identified the topic of the study: we have concluded that it is necessary to improve work outside of physical education classes, which should ultimately ensure the necessary level of physical fitness of schoolchildren. It is advisable to determine the importance of extracurricular physical education in the general system of the educational process.

Main tasks:

1. To study the work carried out to improve the physical fitness of schoolchildren and 13-14-year-old football players.
2. To conduct a questionnaire survey on the topic among the leaders of football clubs - physical education teachers in secondary schools.
3. To summarize the results obtained during the research, conduct a scientific analysis, and identify and draw conclusions about the current directions of the topic.

MATERIALS AND METHODS

The physical fitness of an athlete or his ability to move can be determined by assessing the qualities of speed, strength, coordination abilities, endurance and flexibility. The basis for improving the basic physical qualities is the ability of the body to withstand physical loads in addition to its own level of performance. At the initial preparatory stage of working with young football players, it is advisable to use a set of tools aimed at acquiring comprehensive physical fitness, strengthening health and harmonious development, mastering various skills and abilities, and teaching the basic principles of football game technique and tactics. In this case, the tools used in their training should be aimed at the comprehensive development of the athlete. The task of physical training at this time is, first of all, to form the movement functions of young football players (the main components of physical qualities such as speed, strength, endurance, coordination abilities, flexibility). At this age, the correct selection and use of tools is very important, and great attention should be paid to the development of speed of movements, because in childhood and adolescence there are ample opportunities for the development of these most important and basic physical qualities, and the effectiveness of training is very high [3,4,8,11,14].

In all countries of the world, great attention is paid to the issue of improving health among schoolchildren. However, in recent years, a decrease in the physical development and physical fitness of the younger generation has been observed. One of the main reasons for this is the low effectiveness of the physical education process in secondary schools, including the insufficient approach to the physical condition of students in physical education classes. Physical education and sports activities have not become a necessary need for many schoolchildren to maintain and strengthen health and increase physical fitness. One of the main tasks of improving the physical education system is to organize the educational process in accordance with the physical development and physical fitness of students. In leading foreign countries, scientific research is being conducted on the targeted use of means and methods for improving the physical development and physical fitness of students. In general education institutions, various forms of corrective work are being carried out with students with low levels of one or another physical qualities, depending on the number and degree of their existing shortcomings. However, the education of the main physical qualities of middle school students has not been studied. The available data show scattered and contradictory opinions. An analysis of scientific and methodological literature shows that the forms of education of the physical qualities of 13-14-year-old schoolchildren and the organization of their training have not been sufficiently studied [5,7,12,13].

DISCUSSION AND RESULTS

A survey was conducted to improve the physical fitness of 13-14-year-old (6-7th grade) students of secondary schools, to develop their physical qualities, to systematize extracurricular activities, and to evaluate the activities of existing classes. 125 physical education teachers (leaders of football clubs) from 35 secondary schools in the Tashkent region and Tashkent city participated in the survey. The survey consisted of 10 questions related to the research (Table 1).

A survey conducted to identify important aspects in organizing classes to develop the physical qualities of schoolchildren

Table 1.

Nº	Questions	
1.	How would you rate the physical fitness of secondary school students?	
	High	20,8 % (24 of them)
	Medium	48,8 % (61 of them)
	Low	32 % (40 of them)
2.	Do you think there are enough scientific and methodological resources for educating schoolchildren in their physical qualities?	
	Yes	24,8 % (31 of them)
	No	75,2 % (94 of them)

3.	Do you think the training hours for football are sufficient?	
	Yes	17,6 % (22 of them)
	No	82,4 % (103 of them)
4.	Is special attention paid to developing physical qualities when organizing football training?	
	Yes	36,8 % (46 of them)
	No	63,2 % (79 of them)
5.	Do the physical fitness assessment tests in your school meet the requirements of the times?	
	Yes	32 % (40 of them)
	No	68 % (85 of them)
6.	Is it necessary to improve the training plan aimed at developing physical qualities?	
	Yes	56 % (70 of them)
	No	44 % (32 of them)
7.	When 6th-7th graders play football, are their activities classified according to their physical qualities?	
	Yes	8,8 % (11 of them)
	No	91,2% (114 of them)
8.	Should the duration of football training (physical training section) for 6th-7th graders be increased compared to the current one?	
	Yes	56 % (70 of them)
	No	44 % (32 of them)
9.	What percentage of the educational process do you think is sufficient for exercises aimed at developing the basic physical qualities of 6th-7th grade students?	
	Less than 50%	20,8 % (26 of them)
	More than 50%	17,6 % (22 of them)
	More than 60%	46,4 % (58 of them)
	More than 70%	15,2 % (19 of them)
10.	What type of training do you think is most effective in improving the basic physical qualities of 6th-7th grade students?	
	Repetitive	67,2% (84 of them)
	Game	18,4 % (23 of them)
	Circulation	14,4 % (18 of them)

Note: Students in grades 6-7 are 13-14 years old.

Although the opinions of the experts participating in the survey on the questions posed were different, it was possible to find out that the mechanisms for implementing physical training of secondary school students are not systematized and unsatisfactory, that physical training is of great importance in playing football, and that there is an urgent need to improve training methods in a scientifically based manner, aimed at sufficiently increasing the physical development and physical fitness of the participants.

If we turn to the answers that need to be highlighted in the survey, the biggest difference was the question "Are the training sessions of 6-7 grade students classified according to their physical qualities when playing football?" 91.2% of respondents answered "Yes", while 8.8%

answered "No". The closest difference between the answers was "Is it necessary to improve the training plan aimed at cultivating physical qualities?" and "Should the duration of football training (physical training section) for 6th-7th graders be increased compared to the current one?" The same 56% of respondents answered "Yes", while 44% of participants answered "No".

CONCLUSION

The main tasks in the education of young athletes and primary school students are to strengthen the health and physical development of children in all aspects, to implement a gradual, goal-oriented transition to the chosen sport, to increase the level of physical fitness, and to select promising young athletes for future training in the chosen sport (A.M. Bazeyan, 1990; A.D. Movshovich, 1996; G.O. Djeroyan, 1999; D.P. Pirmagomedov, 2000; Тышлер D.A., Movshovich A.D., Тышлер G.D. 2002; T.Bompa, 2003; A.M. Simakov, 2008; V.G. Nikitushkin, 2009, 2010; A.Coulter, R.McCracken, L.Boucher, 2013). V.P. Filin (1987), V.P. Guba (1996), I.V. Lyakh (2000), L.V. Volkov (2002), D.A. Tishler, A.D. Movshovich, G.D. Tishler (2002) and many other specialists have conducted scientific research on the issues of studying the movement functions, age-specific characteristics and development of physical qualities of young athletes. According to their opinion, childhood is an important stage for many years of physical development and a favorable period for starting sports training.

The conducted questionnaire revealed the need to involve 5th-6th grade students in football, improve the methodology for educating their physical qualities, and use repeated training to increase their physical fitness. We believe that the answers and conclusions provided in this questionnaire will be useful in planning the physical training of schoolchildren, organizing and conducting their training, and improving the leading physical qualities of 13-14-year-old children involved in football.

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