

INCREASING THE GENERAL AND SPECIAL PHYSICAL FITNESS OF FOOTBALL PLAYERS IN EXERCISES

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Abstract:

This article provides summary of how to improve the general and special physical fitness of players during training.

Keywords: football, sport, activity, success, training, physical quality, positive preparation.

Introduction

The decree of the president of the Republic of Uzbekistan and a number of decisions of the Cabinet of Ministers of the Republic of Uzbekistan were adopted in order to educate a competent generation in Uzbekistan, attract talented young people to sports, create conditions for the further support and development of our national football, select young players and ensure the deep development of professional skills and These documents define the tasks of theoretical training of young players and the organization of the process of training young players on the basis of scientific methodological recommendations in accordance with the international requirements for improving technical tactical skills, developing professional qualities, as well as the development of modern football. It is assumed to educate the general training of the player, all-round physical abilities that are not hos for the sport of their choice, but have a direct positive effect on achieving success in sports activities (M.A. Godik, W.N. Platonov, 1988).

METHODOLOGY

The upbringing of highly qualified football players in the game of football was always considered an urgent problem. By increasing the level of training of highly qualified players in physically mature, this sport is associated with the correct orientation of training from youth in specially specialized children's and Youth Olympic Reserve sports schools, children's and youth sports school boarding schools. The practitioner insists that technical and tactical actions are at a much lower level in most players who are considered highly qualified in Uzbek football by experts and coaches. An obvious example of this is the visible shortcomings of technical and tactical actions in international meetings of players playing for our national team.

The next development phase of Uzbek football players is directly related to the development of young children's and junior football. The more children and adolescents are trained, the more efficiently the process of training is established, the more effective the stage of development of our next football.



The physical fitness of the player is considered one of the important components of sports training and is a process aimed at developing physical qualities – strength, endurance, dexterity, speed, agility, general lack of physical fitness of the player is the foundation for reverence for results. It mainly ensures the solution of the following tasks:

1. The comprehensive harmonic development of the player's organism, increasing its functionality, the development of physical qualities.
2. Increase the level of Health.
3. The correct use of active rest during the period of intense training and competition physical loading.

General physical fitness sets the stage for special training.

That is, it ensures the comprehensive development of strength, agility, endurance, agility, agility as the necessary conditions for maturation in the chosen sport.

In sports literature published in recent years, there is a lot of emphasis on sports training as a management jar of the physical movement of sports. Currently, tests are widely used in all kinds of sports. they are used in quick current and intermediate control. In the football field, officials attach the most importance to assessing the physical fitness of players in different ways.

The fact that the playing activity of the players does not consist only of jumping, running and walking, their movement is quite complicated, fighting the opponent, running at the greatest speed, complex tactical tasks are performed. Therefore, the physical training of players should be done in such a way that it takes into account the character of their playing activities, so that this is the basis for them to improve their technical and tactical skills.

R.A. Akramov, A.A. Suchilin (1987) states that the general training of the player is due to the fact that physical ability is comprehensively nurtured, solving the tasks of increasing the overall working capacity, and other types of sports, which have a general impact on the body of those engaged in general developmental exercises.

Lisenchuk G.A. (2003), Shamaradin V.N. (1997), Suchilin A.A. (1988) s recognize that most exercises used to increase general fitness have an all-round effect on the body, including long-term running in high-low places, more endurance, rapid running at short distances, Gymnastics exercises focus on growing agility. In general physical training, the development and strengthening of the musculoskeletal system is achieved by improving the function of the internal organs and systems, improving the Coordination of movements and increasing the overall level of quality of movement.

Many specialists have suggested that certain techniques can be developed using special exercises aimed at developing physical qualities, and for this, usually, according to the structure of the performance character, the technique yohud recommends the use of special exercises that resemble its individual elements.



DISCUSSION

From a pedagogical point of view, physical fitness is divided into general and special physical fitness. General physical training (GPT) is the foundation for special physical training, solving the above-mentioned issues. The player uses general developmental Gymnastics exercises performed with and without objects as the main means of general physical training, exercises in pairs with regular alternation of the intensity of movements performed, action and Sports Games, relay races, crossovers. The physical ability of a player or his ability to move can be determined from the qualities of strength, agility, agility. Based on the improvement of physical qualities, it lies in the fact that the body is able to withstand repeated surpluses, physical loads from the level of its own ability to work.

RESULTS AND RECOMMENDATIONS

At the initial preparatory stage in working with players, it is advisable to use a complex of tools aimed at acquiring comprehensive physical training, strengthening health and harmonic development, acquiring hilma-type skills and abilities, training in the initial foundations of football game techniques and tactics.

The task of physical fitness at this time will first of all consist in the formation of the movement functions of the players (strength, speed, endurance, agility and dexterity, as well as being able to control their movements at intervals, in the air and according to the degree of muscle tension are the main components of the movement function).

Great attention should be paid to the upbringing of the speed of movement, since in childhood and adolescence there are ample opportunities for the upbringing of this most important physical quality.

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