

THE IMPORTANCE OF FOOTBALL IN THE SYSTEM OF PHYSICAL EDUCATION: PEDAGOGICAL ASPECTS

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Abstract

The article is devoted to the consideration of theoretical and practical issues related to the implementation of additional general education programs in the field of physical culture and sports development based on the use of popular sports activities, including football. In the course of the study, the authors conclude that football, as a type of sports game, should be used as part of the compulsory school curriculum for physical education.

Keywords: Sport, football, educational program, physical culture, pedagogical skills, modern methods.

Introduction

Football is not just a game, it is a whole cultural era that permeates various aspects of people's lives around the world. The importance of football as a cultural phenomenon cannot be overestimated: it unites millions of fans, inspires generations of athletes and leaves an indelible mark on art and culture. A brief overview of the history of football culture and its development shows how the sport has evolved from simple ball games to large-scale world events such as world cups and continental championships, becoming a real social phenomenon.

It's no secret that football is the most recognizable and viewed sport, in other words, the number one. It unites tens and hundreds of millions of fans from all over the world: adults and children, men and women, people with different views on the world. Many people not only fervently and faithfully support their favorite club, but also often go out on the field and play with their friends and family. Perhaps it will be difficult to find a city where no one would kick a ball in the yard. Football is certainly very useful for strengthening and maintaining optimal physical condition. It should also be noted that this sport, unfortunately, can have negative consequences for the human body.

Literature Review

Playing football strengthens the immune system, makes us more resistant to changing environmental conditions, and develops endurance, both physically and psychologically. There is an active development of the musculoskeletal system (most of all in children and adolescents). Blood circulation also improves, which has a positive effect on the supply of oxygen to internal organs. During physical exertion during the game, as a rule, all muscle groups are involved, which leads to their gradual strengthening. Football develops our



coordination well and has a positive effect on our body weight: we develop the ability to easily control (maneuver) it, becoming more agile and dexterous. On the field, you always need to make quick and competent decisions at the same time, so football players develop logical thinking and reaction, as well as the ability to work in a team, which is important in modern realities. And finally, football is an amazing opportunity to relieve stress and a great option for people suffering from depressive illnesses.

Slippery turf, rough play of the opponent, incorrect hitting of the ball – not all of what can be attributed to the dangerous aspects of this game. This leads to the obvious conclusion that football is a very traumatic sport: constant stress on the human body is directly related to the high risk of injury of varying degrees: ranging from harmless muscle and ending with serious fractures. Although football has a positive effect on the musculoskeletal system, for children and adolescents with problems with the skeleton or muscle tissue, excessive stress can have the opposite effect – an exacerbation of the disease. It should also be understood that people with unstable minds should not play football. The moments they experience on the field can have a negative impact on their mental health. A person may become more nervous, irritable, and emotionally unstable. Despite the benefits that football can provide, it is often not worth playing for people with diseases of the cardiovascular system. Physical and psychological stress lead to an increase in blood pressure, which worsens well-being. For diabetics, this game does more harm than good. Emotional stress and physical exertion only increase the risk of hypoglycemia. People with diseases of the respiratory tract need to choose a type of sport that does not exert a strong load on the lungs and bronchi. Do not forget that it is not recommended to enter the field in poor health or, for example, with a clearly elevated body temperature.

It can be noted that football allows a person to improve their health, relieve tension and raise their mood. However, when practicing this sport, it is necessary to dose physical activity, not overexert the body, so that this does not entail negative consequences. Some of us should consult with a specialist (doctor) before entering the field.

Analysis and Results

Competition in the field of high-performance sports has a clear tendency to intensify, which inevitably forms goals towards improving scientific approaches to the development of football as a sport. The key criterion that should be taken into account when building the educational process in physical education classes is the preference of students to choose certain types of physical exercises. According to the research results, the special scientific literature indicates that students recognize football, volleyball, swimming and outdoor games as priority sports activities. Students' interest in various types of physical education classes varies and "depends on their age and gender characteristics, the general popularity of physical exercises, teacher qualifications, and other factors." When organizing the educational process, it should ensure the achievement of goals such as the development of functional body systems, the harmonious development of physiological qualities, the formation of an appropriate value-motivational attitude to physical culture and sports (worldview), the inculcation of culture and ideology of a healthy lifestyle and active sports, the full development of motor abilities, mastering practical skills and skills in the field of specific types of sports activities in order to promote health, to



achieve full-fledged physical development and the formation of psychophysical abilities, properties and qualities of a full-fledged personality.

Based on the individual characteristics and level of motor fitness of students of general education and youth sports schools and the equipment of schools with sports equipment and equipment, taking into account the climatic conditions of the location of the educational and sports base, the state educational program in the field of physical culture and sports provides for the possibility of implementing additional general education programs in the field of physical culture and sports, including focused on the introduction of popular sports activities, football traditionally occupies an honorable place among them. In particular, "additional general education programs in the field of physical culture and sports include:

- 1) additional general development programs in the field of physical culture and sports, which are aimed at physical education of the individual, identification of gifted children, and their acquisition of basic knowledge about physical culture and sports (physical education programs and physical culture and recreation programs);
- 2) additional pre-professional programs in the field of physical education and sports, which are aimed at selecting gifted children, creating conditions for their physical education and physical development, obtaining their initial knowledge, skills, and abilities in the field of physical education and sports (including their chosen sport) and preparing them to master the stages of sports training."

Discussion

Extracurricular (extracurricular) sports and mass events, which are also an integral element of physical education, are directly interrelated with sports games classes in physical education classes. Extracurricular sports and mass work has been given a worthy place in the system of physical education and physical culture classes, which is naturally reflected in the relevant educational curricula. A competent approach to the organization of extracurricular sports activities contributes to the deepening and effective consolidation of knowledge, skills and practical skills acquired during compulsory regular school physical education classes. Extracurricular mass sports events should be focused on the implementation of cultural, educational, developmental and recreational functions in order to ensure the comprehensive development of the individual, should promote the freedom of creative choice of sports activities by children and adolescents, depending on their level of physical development, physiological characteristics and physical fitness from the perspective of an individual approach. The individualization of the process of physical education is of fundamental importance and involves the construction of a system of physical education based on the individuality of the physical qualities and needs of students, which is repeatedly pointed out in the scientific and methodological literature.

Football plays an important role in strengthening social ties and communication. Football's influence on social connections and communication is evident in the way it unites people from different walks of life, ages, and cultures. Matches become occasions for friends and families to meet, discussions about games and results fill everyday communication, and fans create communities that continue to interact outside stadiums. This sport also promotes socialization and integration into society. How football promotes socialization and integration into society



can be seen in the example of youth sports programs and clubs. Children and teenagers participating in such programs learn how to work in a team, develop leadership skills, and receive support from coaches and peers. Football helps to overcome social barriers such as economic differences and cultural prejudices, contributing to a more harmonious society. An important part of football's social role is its ability to become a tool for social change. Many football clubs and organizations are actively involved in charitable and social projects aimed at improving living conditions in various communities. These initiatives include educational programs, anti-discrimination campaigns, and community support. Football also has a positive effect on people's mental health. Emotional attachment to the team and participation in cheerleading activities helps people feel like they are part of a larger whole, which can significantly improve their mental and emotional state. Fans find solace and joy in supporting their teams, which ultimately improves their overall well-being.

The football industry is of great importance to the global economy. The importance of the football industry for the economy is reflected in the multibillion-dollar revenues generated by clubs, leagues and international tournaments. Revenue comes from ticket sales, television rights, advertising, and sponsorship agreements. The largest clubs, such as Real Madrid and Manchester United, have budgets comparable to the GDP of small countries. Football tournaments have a significant impact on local and global economies. The impact of football tournaments and clubs on local and global economies is especially noticeable during major events such as the World and European Championships. Such tournaments attract millions of tourists, which contributes to the development of the hotel business, restaurants and other service sectors. Infrastructure projects related to the preparation for tournaments create jobs and stimulate economic development. At the club level, football also has a significant economic impact. The clubs are investing in the development of youth academies, the construction of stadiums and training complexes, which creates jobs and contributes to the development of the local economy. The sale of paraphernalia and merchandising are also important sources of income that contribute to business and trade development. In addition, football attracts significant investments and contributes to the development of related industries. Media companies and advertising agencies actively cooperate with football organizations, creating new products and services, which in turn stimulates economic growth. This multiplier effect makes football an important driver of economic development on a global level.

Conclusion

Football has a significant impact on people's lifestyle. How football affects people's lifestyles can be seen in the daily activities of millions of people who play football, watch matches, or discuss the game with their friends and colleagues. Sports activities and training become an important part of their lives, promoting physical activity and a healthy lifestyle.

Football passion unites millions of people all over the world. Why football passion can unite millions of people around the world is explained by the fact that football evokes strong emotions and creates a sense of belonging to a community. Fans share the joys of victory and the bitterness of defeat, which creates unique social bonds and maintains a sense of community. Football clubs and national teams become symbols of cities and countries, and their successes and defeats evoke strong emotions among fans. Fans identify with teams whose support



becomes an important part of their lives. Watching matches together, traveling to stadiums, and participating in fan movements create strong social bonds and foster a sense of community. Football also inspires active participation in the life of society. Many fans and players become volunteers, participate in charity events and social projects aimed at improving living conditions in their communities. This makes football an important tool for social interaction and active citizenship.

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