

**UZBEKISTAN -FINLAND PEDAGOGICAL INSTITUTE TEACHERS OF THE
DEPARTMENT OF SPORTS TEACHING METHODOLOGY**

**S.A.Abdumalikov, K.S.Umarov, K.M.Mirzayev, A.S.Safarov, F.R.Burkhanov,
S.I.Mahmudova, U.O.Nasimov, Z.X.Abduraximov.**
Methods of developing quick-power qualities of young players

Abstract: This article provides the appropriate exercises and instructions for developing strength and speed in the training of football players .

Key words : Young players, speed, strength, agility, endurance, training.

Dolzarlbigi. In this article , we will talk about the qualities of speed and strength in physical culture. Speed is power qualities different sports in types , that's it including in football important role he plays They are in competitions success win for necessary was of actions determine the ability to quickly develop strength and speed. During the lecture, we will consider the definition and characteristics of speed-power qualities, as well as methods and exercises for their development.

Determination of quick-strength qualities . Quick-strength qualities are physical characteristics of the body that determine the ability of a person to demonstrate strength and speed in performing motor actions. They include aspects such as strength, speed, endurance, flexibility and coordination.

Strength is the body's ability to resist or overcome resistance. It is necessary to perform various motor actions such as jumping, throwing, and colliding with opponents .

Speed is the body's ability to move or perform movements quickly. It is important in Football, where quick reactions and actions can be decisive in game situations.

Endurance is the ability of the body to continue physical activity for a long time. In football, where the game lasts 90 minutes, good endurance allows the player to maintain a high level of activity during the game.

Flexibility is the ability of the body to perform movements with a large amount of movement in the joints. Flexibility is important to prevent injury and ensure full muscle and joint function.

Coordination is the body's ability to perform complex movements with precision and efficiency. Good coordination plays an important role in football, where accuracy is required in kicking and passing.

Importance of speed-power qualities in football

Speed-power qualities play an important role in soccer, as they determine a player's ability to perform quick and powerful movements on the field. These qualities affect many aspects of the game, including movement speed, jumping, power on the ball and reaction to opponents. Speed is one of the main aspects of football. Fast players can break through the opponent's defense and create opportunities for themselves and their partners. They can also quickly return to the defense and disrupt the opponent's attack. Developing speed allows a player to be more efficient on the field and control the flow of the game.

Strength plays an important role in soccer, especially when jumping, kicking, and fighting for position one-on-one with an opponent. Strong players can more easily deal with physical contact, gain position and win one-on-one battles with the opponent. They can also hit the ball with more power and accuracy, making them dangerous for opponents.

Reaction is an important aspect in football, because the game happens at high speed and events on the field require quick reactions. Quick reaction allows the player and the goalkeeper to quickly adapt to the changing situation, make the right decisions and perform actions effectively i. Reaction development helps the player and goalkeeper to be more flexible in game situations .

In general, the development of speed-power qualities in football allows the player to be more effective on the field, control the game process and achieve better results. Training to develop these qualities will help players become more successful in their game.

Factors influencing the development of speed and strength qualities.

The development of speed and power qualities in football depends on several factors. The main ones are:

Genetic conditions Genetic conditions play an important role in the development of speed-strength qualities. Some people may have a natural tendency towards rapid muscle development and high movement speed. But even if you don't have these genetic conditions, you can achieve these qualities through practice and persistence.

Training methods. Choosing the right training methods plays an important role in the development of speed and strength qualities. This includes a variety of exercises such as jumping, running, pulling, pushing and other exercises aimed at developing strength and speed. It is also important to properly organize the training process, taking into account the individual characteristics of each player.

Physical exercise regularity. The regularity of training is one of the main factors in the development of speed-strength qualities. Regular training allows you to gradually increase the load on the muscles, increasing their strength and speed. At the same time, it is important not only to take into account the intensity of training, but also to give the body time to recover.

Motivation and perseverance play an important role in the development of speed-strength qualities. A player without sufficient motivation and determination may not achieve the desired results. Despite the challenges and obstacles, it is important to set clear goals and always work to achieve them.

In general, the development of speed and power characteristics in football depends on genetic conditions, proper training methods, proper nutrition, regularity of training and motivation of the player. The combination of these factors helps to achieve the best results in the development of speed- power qualities and increase the effectiveness of the game on the field.

Training methods for the development of speed-power qualities in football

There are several effective training methods for developing speed and power qualities in soccer. Some of them are:

Strength training

Strength training helps increase muscle strength and speed. They include weight-bearing exercises such as sit-ups, leg presses, pull-ups, push-ups, and barbell pull-ups. It is important to perform the exercises with the correct technique and gradually increase the load.

Speed training in football

Speed training helps develop speed and reaction. They include running short distances, changing direction, accelerating and decelerating. It is important to train at a high intensity and with adequate rest periods.

Functional training

Functional training focuses on developing the strength and coordination needed to perform specific movements in soccer. They include exercises using your own body weight, such as shoulder presses, aerial wrestling and balance exercises, which may also use machines.

Complex exercises

Compound training combines different types of training to develop all aspects of speed and strength quality. They may include elements of strength training, speed training, and functional training. Complex training helps to develop all the necessary skills and qualities to play football successfully.

It should be remembered that training should be regular and systematic. Only in this way it is possible to achieve the best results and increase efficiency in the development of speed-power qualities.

Examples of exercises to develop speed and strength qualities

Barbell Squats This exercise helps to increase leg strength and speed. Stand shoulder-width apart, take the barbell to your shoulders and slowly bend down, maintaining proper body shape. Then quickly rise up, straighten your legs and return to the starting position. Repeat the exercise 10-12 times in 3-4 sets.

Jumps

Jumping helps to increase the strength and speed of the legs, and also improves the coordination of movements. For example, you can jump in place, reverse jump, or jump on a platform. During the exercise, you need to make the highest jump and land gently. Repeat the exercise 10-12 times in 3-4 sets.

Deadlift develops back, leg and hip strength. Stand in front of a barbell with your feet shoulder-width apart and hold the barbell with straight hands. Lower slowly, keeping your back straight, then quickly raise your hips and back straight. Repeat the exercise 8-10 times in 3-4 sets.

Shoulder push-ups develop leg strength and speed. Carrying out the shoulder push exercise in partnership for a certain distance. Repeat the exercise 10-12 times in 3-4 sets.

Running with a change of direction helps to develop speed, agility and reaction. Run straight for a few meters in an open field or sports field, then suddenly change direction and run in the other direction. Repeat the exercise 10-12 times in 3-4 sets.

Recommendations for teaching speed-strength qualities

Diversify training methods

It is important to use a variety of training methods to effectively develop speed and strength qualities. Incorporate exercise into your training program using your own weight, weight training, and other tools. Also, vary the intensity of your workouts using interval training techniques, supersets, and more.

Pay attention to the correct technique of performing exercises

Correct exercise technique is the basis for developing speed-strength qualities and preventing injuries. Pay attention to proper body position, joint movement, and proper range of motion.

Table of qualities of speed and power in football

Quality of K three and speed	Description	Value in football	Factors affecting development	Exercise methods	Exercise recommendations
Strength	Force The ability to overcome resistance or create force	Essential for power movements such as kicking and conditioning	Genetics, resistance training, proper nutrition	Strength training, working with dumbbells and kettlebells	Magnification; increasing the weight and number of repetitions in exercises

Speed	The ability to move or perform actions quickly	It is important to move quickly around the field and respond to game situations	Genetics, speed training, coordination of movements	Sprint exercises, response development	Increase the intensity of training and work on technique
Endurance	The ability to do physical work for a long time	Allows you to play at a high level during the game	Aerobic training, proper nutrition, rest	Gaining speed long-distance running, cycle training	Gradually increase the load and duration of exercises

Summary

Speed-power qualities play an important role in soccer because they allow players to react quickly, move around the field and perform power moves. The training process, which includes these different exercises and methods, includes the development of speed and strength qualities. Proper training of speed-enhancing features can help players improve their performance on the field and achieve better results in the game.

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