

**WAYS TO IMPROVE PHYSICAL FITNESS OF 10-12 YEAR OLD PLAYERS BEFORE
THE COMPETITION**

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Abstract: To improve the training of 10-12-year-old football players and to clearly demonstrate their unique characteristics, to conduct training using various dynamic games, effective harmony is shown in young players. Methodology for technical and tactical training of 10-12-year-old football players was proposed. Technical and tactical training was carried out in two ways.

Keywords: physical training, technical training, tactical training, psychological training, competition and game training, individual, group and team training, action games.

Relevance of the topic. Taking into account the periodicity of sports training, we should note that according to the state standard of sports training for football, 10 years old is not considered sufficient age for admission to this training stage (sport specialization stage). This stage is done after the initial preparation stage. As stated in the state standard, the program of sports training during the training phase should ensure the following. Increasing the level of general and special physical, technical, tactical and psychological preparation, gaining experience and stability in official sports competitions in football, forming sports motivation, strengthening the health of athletes.

When an athlete achieves the highest results in sports activities, he demonstrates his physical, psychological, spiritual and moral qualities to the maximum extent possible. For this, the athlete must use all his strength. The process of sports training should be built taking into account age, the level of development of physical qualities, and sports requirements.

Analysis of the literature on the subject. Researches on the improvement of sports skills of 10-12-year-old football players with the help of action games were conducted by the scientists of our country RINurimov, RAAkramov, SH.T.Iseev, ATTolibzhanov, IAKoshbakhtiev. Conducting scientific research aimed at controlling, evaluating and developing the efficiency of work ability in modern football is one of the urgent issues facing football experts. NDGraevskaya, ZGordjonikidze, VIPavlov, among the leading foreign football scientists, conducted research. However, improving the sports skills of 10-12-year-old football players with the help of action games has been left out of consideration. There is a paucity of research on the performance of 10-12-year-old football players to identify and solve problems that require them to learn how to improve their sports skills through active games and adapt them to our climate. It turned out that he would not come. Recent studies in football include RAAkramov, 1994; A. Talibjanov, 1994; SH.T. Iseev, 1986; IAKoshbakhtiev, 2001; Zakurbanov.

Research methodology A microcycle is a combination of certain exercises that, together with recovery days, make up a relatively complete repetitive part of the overall structure of the training process. A microcycle, as a rule, lasts a week (7 days).

In sports practice, there are 4 to 9 different microcycles: pulling, basic (general training), control and preparation (sample and special training), finishing, recovery and competition.

The main external features of the microcycle are the presence of two phases - stimulation (cumulative) and restorative (recovery and rest). The success of planning a one-year training cycle depends on a reasonable sequence of microcycles of different directions, different sizes and intensities.

A mesocycle is a structure of average training cycles that includes a relatively complete series of microcycles. In practice, an average training cycle includes from 2 to 6 microcycles. The training mesostructure is a relatively complete stage of the training process, the tasks of which are to solve certain intermediate training tasks.

External signs of a mesocycle are the repetition of a number of microcycles (homogeneous) in the same sequence (usually during the training period) or the alternation of different microcycles in a certain sequence (usually during the competition).

- acquiring skills to achieve a high level of individual and team training and to implement them in the competition.

- achieving high general and special work skills and maintaining them for a long time.

- acquisition of in-depth theoretical knowledge and practical skills in teaching methods, planning, control, recovery, refereeing, organization of competitions, etc.

Analysis and results In order to increase the general physical fitness and special physical fitness, technical fitness, tactical fitness, and psychological fitness of young football players, 6 active games and 6 special exercises were selected and the training process was organized and researched. . The young football players in the Control group and the Research group showed the following test scores.

10= No pressure group

No	Test indicator	March 1st week	March 2nd week	March 3rd week	March 4th week
1	Short distance running 10 m (s)	2.50	2. 48	2.40	2.30
2	Running a short distance with a ball 10x3 m (s)	12.46	12.38	12.23	12.03
3	Carrying the ball under control 20 m	6	6	7	8
4	Hitting the goal 10 times, from 7 meters	74 7.4	75 7.5	78 7.8	83 8.3
5	Correct movement on the field (10) min.	6.38	6.53	6.98	7.03
6	Make a correct pass to your partner 10 times from 10 meters	7	7	8	9

At the beginning of the study: the young players in the control group showed the following indicators . 1) Short distance 10 meters run was 2.50 minutes. 2) Short distance with a ball was 12.46 minutes. 3) 7 players did a good job of controlling the ball for 20 meters . 4) Kicking the ball into the goal 10 times, 74 goals were scored from 7 meters, goals corresponded to 7.4 players. 5) Correct movement on the field (within 10 minutes) 6 minutes and 38 seconds of correct movement. 6) Making a correct pass to a partner 10 times out of 10 meters, 7 players made this pass correctly. The coach led the training process through the state standard program .

After the study: the young players in the control group showed the following performance. 1) 2.30 in the short distance 10m run. 2) 12.03 in the short distance 10x3m run with the ball . . 3) 8 players had a good result in 20 meters while controlling the ball . 4) Kicking the ball into the goal 10 times, 83 goals were scored from 7 meters, the goals corresponded to 8.3 players. 5) Correct movement on the field (within 10 minutes) 7 minutes 03 seconds of correct movement. 6) Making a correct pass to a partner 10 times out of 10 meters, 9 players made this pass correctly.

10=Research Group

No	Test indicator	March 1st week	March 2nd week	March 3rd week	March 4th week
1	Sprint 10 m (s)	2.50	2. 48	2.40	2.10
2	Running a short distance with a ball 10x3 m (s)	12.46	12.03	11.43	11.32
3	Carrying the ball under control 20 m	6	8	8	10
4	Hitting the goal 10 times, from 7 meters	75 7.5	77 7.7	79 7.9	92 9.2
5	Correct movement on the field (10) min.	6.35	7.08	8.89	9.03
6	Make a correct pass to your partner 10 times from 10 meters	7	8	9	10

At the beginning of the study: the young football players in the research group showed the following performance. 1) 2.50 in the short distance 10m run. 2) 12.46 in the short distance 10x3m run with the ball . . 3) 6 players achieved good results in 20 meters while controlling the ball . 4) Kicking the ball into the goal 10 times, 75 goals were scored from 7 meters, goals corresponded to 7.5 players. 5) Correct movement on the field (within 10 minutes) 6 minutes and 35 seconds of correct movement. 6) Making a correct pass to a partner 10 times out of 10 meters, 7 players made this pass correctly.

A training process was carried out to improve the efficiency of ball movement of the young players in the research group . In order to increase the efficiency of the players' movement on the field with and without the ball, 6 action games were selected: "hunter's game", "fight for the ball", "team running", "empty shooting" . rin", "Ball passing" games were used and the training process was carried out.

After the study: The young players in the study group showed the following performance. 1) 2.10 in the short distance 10m run. 2) 11.32 in the short distance 10x3m run with the ball . . 3) All 10 players managed to control the ball for 20 meters. 4) Kicking the ball into the goal 10 times, 92 goals were scored from 7 meters, goals corresponded to 9.2 players. 5) Correct movement on the field (within 10 minutes) 9 minutes 03 seconds of correct movement. 6) Making a correct pass to a partner 10 times out of 10 meters, all 10 players made this pass correctly.

Conclusions and suggestions

1. Considering the issues of technical and tactical training of young football players aged 10-12 years, according to modern sports regulations, as a result of studying the state standard of sports training, which includes model training programs for the sport of football, 10-year-olds are the most suitable for enrolling in the primary training group. is the minimum indicator. That is, young players aged 10-12 already have a certain level of knowledge, technical skills and know the basics of tactics well. Taking into account that one of the main tasks of this stage is to increase the level of technical and tactical training, we also emphasize that the process of sports training, especially with young athletes, should be designed taking into account age, physical qualities, and level of development.

2. The age period of 10-12 years means the second childhood. During this period, there will be no sharp jumps in development. Taking into account the characteristics of the development of physical qualities, it should be noted that their development occurs unevenly and heterochronously. Different qualities develop at different times. At the age of 10-12, accuracy,

quickness and sensitivity, as well as special dexterity in teaching techniques , speed of operative thinking, switching and distribution of attention develop rapidly. Slow growth rates are evident in strength, endurance, and kinesthetic sensitivity. If we analyze the training process of young football players, we can see that planning is divided into theoretical, general physical, special physical, technical, tactical and integrated training.

List of used literature

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