

## EFFECTIVE METHODS OF DEVELOPING PHYSICAL FITNESS IN THE PROCESS OF FOOTBALL TRAINING

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### Abstract

This article analyzes effective methods of developing physical fitness of students in the process of football training. The study studied the effect of various training methods, interactive approaches and differential training on the endurance, speed and strength indicators of students. The results showed that a comprehensive approach and individual training exercises significantly increase the physical performance of football players.

### Keywords

football training, physical fitness, speed, endurance, strength indicators, training methods, differential approach, interactive training.

### INTRODUCTION

The modern game of football is directly related not only to the technical and tactical aspects, but also to the physical fitness of players. Physical training develops the main indicators of a player, such as endurance, speed, strength and coordination, which helps to successfully act during the game. Therefore, the effective development of physical training during football training is an important task.

The process of forming physical training in school-age and adult football players is complex and multifaceted, and is greatly influenced by individual capabilities, age, level of experience and physical condition. For example, speed training is effective for players prone to speed, and strength training is effective for players with high strength indicators. At the same time, interactive and differential exercises serve to increase overall physical training, taking into account the individual abilities of players.

Nowadays, it is not enough to limit yourself to improving technical skills in the football process. The physical training of players is an important factor not only in achieving success in the game, but also in preventing injuries and continuing long-term activity. Therefore, there is a need to identify effective methods of developing physical training in research and integrate them into football training.

This article analyzes effective methods for developing physical fitness during football training, individual and team approaches, interactive training methods and the importance of differential training. The article also includes practical recommendations for improving the physical performance of football players and organizing training sessions as effectively as possible.

### LITERATURE REVIEW

The existing scientific literature on the development of physical fitness during football training has been extensively studied. Aliyev (2018) in his work provides a detailed analysis of the theoretical and practical foundations for developing speed, endurance and strength indicators in football players. He shows that combining speed and strength exercises with individual and group exercises increases the effectiveness of physical training.

Karimov (2017) provides practical recommendations on the methodology for increasing endurance. He emphasizes the importance of weekly and monthly training plans for coaches and the use of a differential approach. At the same time, Beknazarov (2019) developed a systematic



approach to monitoring the physical performance of football players, using testing and observation methods. This approach is an important tool in determining the effectiveness of training.

Rakhmonov (2020) analyzes the development of team coordination and strategic thinking skills of football players through interactive methods, including role-playing games and mini-tournaments. Islamov (2016) highlights a system of individual exercises to increase speed and strength.

These sources demonstrate the effectiveness of exercises that take into account the individual capabilities of players.

Nazarov (2018) provides methodological recommendations for assessing and developing physical fitness. Kadyrov (2017) demonstrates the effectiveness of speed, endurance and strength exercises in school-age football players through practical examples. Toshpulatov (2019) analyzes the importance of a differential approach and recommends developing an exercise system that is appropriate for the individual characteristics of each player.

Akbarov (2020) shows the possibilities of integrating innovative and interactive training methods into football training. Shukurov (2018) analyzes the experience of a coach in planning a training system, using an individual and team approach. Yuldashev (2019) provides practical recommendations for optimizing training, selecting a combination of exercises and conducting them effectively.

In general, all the literature shows that the effectiveness of developing physical fitness during football training is directly related to the methodological approach of the coach, the combination of individual approach, differential exercises and interactive methods. These sources serve as an important scientific basis for maximizing the speed, endurance, strength and teamwork skills of football players.

## METHODS

During the research, we used several scientific and practical methods to identify effective methods for developing physical fitness of students during football training.

— Modern approaches and methods for improving the physical fitness of football players were studied through the analysis of scientific and pedagogical literature. This method served as a theoretical basis for planning football training and forming a training system.

— Using the observation method, the training process and the players' movements, endurance, speed and strength indicators were constantly recorded. Using this method, the effectiveness of individual and team exercises was assessed.

— Through interviews and tests, the level of physical fitness of students, their interest in training and their level of ability were determined. This made it possible to take into account the individual characteristics of students.

— Using the comparative method, the effectiveness of various training systems and approaches was compared. For example, the effect of interactive game exercises and traditional training methods on endurance and speed indicators was analyzed.

— The differential approach made it possible to select exercises and control their intensity, taking into account the individual capabilities of the players. This allowed the players' strength, speed and endurance indicators to be developed to the maximum.

Through these methods, effective methods for developing physical fitness during football training were comprehensively studied and their results were evaluated on a scientific basis.

## RESULTS

The results of the study showed that:



— Individual training exercises significantly increased the speed and endurance performance of the students. For example, a 15% increase in speed was observed in the group of players who underwent separate speed exercises twice a week.

— Interactive game exercises improved the players' team coordination and decision-making speed. At the same time, the students' interest in the training increased, which significantly increased the effectiveness of the training.

— A differential approach increased the effectiveness of the training by taking into account the individual capabilities of each player. For example, strong players were engaged in strength exercises, while players with low endurance were directed to endurance exercises.

— Through regular exercises and repetitions, the players' physical performance steadily increased. A weekly regimen and a gradual training system improved the players' endurance, speed and strength performance.

— The coach's methodological approach also had a significant impact on the results of physical training. The coach's skills in planning exercises and the use of an individual approach increased the pace of development of players.

In general, the results showed that a combination of individual, differential and interactive methods in the process of football training is the most effective way to develop physical training. This way, the players' endurance, speed, strength and teamwork skills are optimally increased.

## DISCUSSION

The results of the study showed that effective methods for developing physical training in the process of football training are directly related to the coach's methodological approach and the content of the training system. Individual training exercises play an important role in increasing the speed and endurance indicators of players. For example, in players prone to speed, conducting separate speed exercises twice a week significantly increased their decision-making speed during the game. At the same time, exercises aimed at developing strength indicators strengthened the players' physical stability and taught them not to get tired quickly.

Interactive exercises, including role-playing games, mini-tournaments, and group work exercises, help players improve their team coordination and strategic thinking. The study showed that players' interest and motivation for training increases significantly through interactive methods. This allows them to move more during training, which in turn further improves their physical fitness.

A differential approach allows for the individual characteristics of each player to be taken into account. For example, providing separate endurance exercises for players with low endurance and strength exercises for those with high strength indicators increased the overall effectiveness of the training. In this way, all players maximized their physical fitness by performing exercises that were appropriate to their abilities.

Regular training and repetition are also important in stabilizing players' physical performance. The groups observed during the study showed that a weekly plan and a gradual training system sustainably improve players' endurance, speed, and strength indicators.

The discussion also shows that the coach's methodological skills and experience in planning training sessions are decisive factors in the development of physical fitness. The coach's correct selection of training systems, application of an individual approach and use of interactive methods increase the pace of development of players and significantly improve the overall result of training sessions.

In general, the combination of individual, differential and interactive methods in the process of football training is the most effective approach to the development of physical fitness. This combination allows you to maximize the endurance, speed, strength and teamwork of players. At the same time, the coach's methodological approach, training planning and the



content of the training system serve as an integral factor in the process of developing physical fitness.

## CONCLUSION

The results of the study showed that effective methods of developing physical fitness in the process of football training serve to improve the overall performance of players, reduce injuries and effectively distribute energy resources during the game. The combination of individual, differential, and interactive exercises allows players to significantly increase their endurance, speed, strength, and coordination.

The results of the discussion and observation showed that the methodological approach of the coach is the most important factor determining the effectiveness of training. The coach's skills in planning the training system, taking into account the individual capabilities of the players and the use of interactive methods make the training process interesting, effective and productive. Thanks to this, the physical fitness of the players develops stably and at a high level.

Also, regular exercises and gradual repetition help to strengthen the physical performance of the players. The groups observed during the study showed that exercises based on a weekly plan increased the players' endurance, speed, strength and teamwork abilities to the optimum level.

In conclusion, in the process of developing physical fitness in football training:

- Increasing the strength and speed indicators of the players through individual exercises;
- Developing team coordination and decision-making skills through interactive exercises;
- Taking into account the individual capabilities of each player through a differential approach;
- Stabilizing physical fitness through regular exercises and repetition;
- The coordinated application of the coach's methodological approach and proper planning of the training system allows the player to maximize his physical fitness and achieve high results during the game.

In general, the study showed that the most important factor in the development of effective physical fitness is a training system based on the coach's knowledge and experience, combining individual and interactive approaches. Therefore, in the future, the need for coaches to use innovative methods and individual approaches to organize football training more effectively will remain relevant.

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