

IMPROVING THE EFFICIENCY OF THE DEVELOPMENT OF POWER QUALITY IN PLAYERS

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In the world of football, speed is a significant influence on the player's game is the decisive factor that shows. Speed quality in young players development is important for their overall growth and success in sports of importance. This article is to increase the speed of young players aimed at studying various methods that can be used.

INTRODUCTION. The popularity of competitive sports, in particular football it has increased along with cultural and economic progress. Modern football its aggressive nature, large size, intensity, long duration, it is distinguished by the fact that it requires physical and technical requirements. In this sport players fitness and adaptation to success they undergo rigorous training to optimize their ability must. Physical in determining a player's play on a football field preparation plays a decisive role. However, players from Uzbekistan are more likely than their international counterparts the general level of physical fitness will be lower. Scientific this discrepancy lack of preparation plans and more common in Asian countries linking with a focus on technical aspects rather than physical qualities can. The level of physical fitness of young people in Uzbekistan the decline has been a worrying trend, leading the government to consider the health of the general population and implementation of measures aimed at improving physical fitness motivates to increase. Adaptation of educational methods to different age groups important.

For example, children between the ages of 7 and 9 through physical activity priority given to improving inter-muscular coordination must. Attention to the development of strength in children from 10 to 13 years old should focus. Therefore, to achieve the maximum effect of players requires appropriate physical preparation methods. Based on Virtual reality immersive glasses technology is used by some researchers to improve perception of developed to strengthen and improve the training results of athletes out. This technology is known as human-computer interaction and more in-depth by combining advanced information technologies such as virtual reality provides a teaching experience. Functional training worldwide it has received much attention from researchers, who believe that its scientific basis is and conducted extensive research to study its effectiveness.

Despite the available research, functional training and players there is little research that studies the specific relationships between. Machine learning algorithms demonstrate the skill of recognizing human and sports movements did. Functional training opportunities to increase the strength of athletes although indicated, the functional training will help the strength of the players there is limited evidence for the effect. In addition, the athletes had sample to extract features during changes in movements imbalance of data difficulty in recognition task gives birth. Functional training to the strength and performance of players further research in this area to comprehend the effects in every possible way it is necessary to transfer.

To check the effectiveness of strength training in football in this study players ' movements have been identified using machine learning techniques. 8 a total of 116 junior participants football teams from under-13 engaged in training and was randomly selected. Both groups have 24 undergo training, the experimental team after each training it takes an additional 15-20 minutes of functional strength training. Machine learning algorithms accepted by players during training applied to determine the exact positions made.

In particular, BPNN to analyze players ' shots used. Own factors such as speed, sensitivity and strength as input vectors comparison of images of players ' actions using BPNN included output through the player kick movement and standard movements measures the similarity between. This approach aims to improve the effectiveness of Education aimed at increasing. Subsequently, for experimental and control groups experimental scores of kick moves with standard moves is comparable. The findings of this work are based on the effectiveness of training and general training for players with performance enhancement potential it serves as a valuable theoretical basis for the development of its programs.

Functional strength exercises are specific to individuals general muscle tone, taking into account the characteristics and needs training aimed at increasing the strength and efficiency of contraction method. Focused on the individual development of muscles for specific movements in contrast to traditional teaching methods, functional strength training emphasizes a balanced approach. It is as opposed to push and pull a series of exercises aimed at movements, as well as hips and knees includes exercises aimed at different areas of the body. The main purpose of functional strength training is muscle training attracting more muscle fibers than paying attention to hypertrophy is to increase the ability. This approach is to create explosive power increases the elasticity of the body. Activation of several muscle groups and functional strength training by optimizing neural coordination help improve maximum power and power production gives. The concept of functional training in different sports standardized training that can benefit athletes seeks to create a method. He recognizes the importance of the kinematic chain of the body and to improve overall coordination and functional efficiency directed. By combining functional strength exercises, people have their own the fact that they reveal their full potential and other sports and everyday life they can achieve improved physical capabilities in their training.

The functional force training program used here is as follows includes exercises:

1. Lifting the lying leg with the legs clamping the soccer ball:

This exercise targets the rectus abdominis and iliopsoas muscles and aimed at strengthening. Participants lie on their backs and play a soccer ball they hold with their feet so that they do not roll. Exercise leg includes a quick lift and a slow drop, while the hands and raises the head from the ground. Each round consists of two sets, with each set includes ten repetitions of raising and lowering the foot.

2. Twisting the thigh lying with the ball pinched by the knees:

This exercise will help strengthen the muscles of the hip flexor and iliopsoas directed. Participants lie on their backs, hands to the sides stretch. They bend their knees at a 90 degree angle and are tight between their knees they hold the ball. Exercise allows direct breathing and abdominal include turning the hips from left to right when engaging the muscles of the groin takes. Each contestant received two sets of 15 reps for each move performs.

3. One-sided board:

The purpose of this exercise is to train several muscle groups, including latissimus dorsi, erector spinae, gluteus maximus, deltoid muscle, straight abdomen and it is to target the oblique abdominal muscles. Participants are inclined start in position and left elbow to

support body weight they bend their neck and simultaneously raise their right hand forward. Training during the participants straighten their left leg to support the ground, they raise the front of the right leg. Stable throughout the entire training process to ensure breathing, to keep the back tight, and a raised arm and it is important to prevent the leg from shaking. Each set consists of 15 repetitions the participants perform two training sets.

Conclusion

In conclusion, the fast and high quality of young players for its development, it is very important to use a combination of these methods. The use of proper warm-up techniques includes plyometric and resistance exercises taking, focus on sprint and HIIT, focus on nutrition and rest giving, using sports-specific exercises and mental training by encouraging coaches and coaches of young athletes noticeable can help grow. Continuous assessment and feedback training a crucial role in adapting its programs to individual needs and goals plays. Young players with dedication, consistency and proper training methods can dominate their speed and performance skills in sports.

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