JOURNAL OF SCIENTIFIC RESEARCH, MODERN VIEWS AND INNOVATIONS
Volume 1, April, 2025
https://spaceknowladge.com

FEATURES OF DEVELOPMENT OF PHYSICAL QUALITIES IN STUDENT FOOTBALL PLAYERS

Esanova Gulchehra Boybouri qizi
Teacher of the Department of Physical Education
Termez State Pedagogical Institute

ИНФОРМАЦИЯ О СТАТЬЕ

ИСТОРИЯ СТАТЬИ:

Received: 07.04.2024
Revised: 08.04.2024
Accepted: 14.04.2024

КЛЮЧЕВЫЕ СЛОВА:

football, student team, physical training, university students, competitive loads, physical qualities.

АБСТРАКТНЫЙ

The article examines approaches to determining the impact of training loads on the development of physical qualities in university students involved in football.

Introduction. The role of physical education in the formation of a harmonious, comprehensively developed and highly qualified specialist is difficult to overestimate. There is no doubt that one of the main principles of a healthy human lifestyle is a sufficient level of physical activity, which is impossible without basic knowledge of the fundamentals of the theory and practice of physical education [3, 5, 6].

The main tasks of physical education in higher education institutions include:

- obtaining theoretical knowledge and developing practical skills and abilities in the fundamentals of physical education of the population;
- promoting the formation of a sustainable interest in various forms of physical activity and promoting a healthy lifestyle;
- comprehensive and systematic development of physical qualities due to participation in organized group forms of physical activity and independent studies [1, 2, 4].

One of the most common and accessible sports, which can be widely used as a means of physical education for people of all ages and genders, is football [7]. This sport is distinguished, first of all, by a high level of emotionality, which is caused by the dynamism of the game and the collective nature of the competitive struggle and is therefore extremely exciting for its participants [4, 8]. Football lessons contribute to the uniform development of all the main physical qualities: speed, endurance, speed-strength capabilities and coordination abilities. In the process of systematic training and participation in football

competitions, many psychological properties are developed: volitional qualities, emotional stability and the ability to work in a team, which also has a positive effect on the professional activities of students [9, 10].

In addition, the absence of strict requirements regarding sports equipment and a wide variability of conditions for conducting football training (in sports halls or on open areas with artificial turf or grass) while maintaining positive effects on the physical condition of players makes this sport quite accessible for use as one of the means of physical education and students. In football, in the preparatory period of the annual training cycle, the tasks associated with improving various aspects of athletes' preparedness are mainly solved. First of all, the functional capabilities of the body, leading to specific physical qualities. The development of the coordination abilities of football players in the preparatory period is proposed to be carried out using various means, but since the early 80s of the last century it has been known that one of the best and most accessible means is applied aerobics.

One of the problems of modern Uzbek football is that a number of existing contradictions between the existing system of sports training of young and young football players aged 17-19, on the one hand, and the discrepancy between the modern requirements of the organizational and pedagogical capabilities of student teams, on the other, necessitates the search for modern forms and methods of sports.

Often, when it comes to physical training of young football players, a large number of specialists pay attention to well-tested time-tested means taken from athletics, or means of strength training in weightlifting. Such methods are well developed in these sports, but do not sufficiently take into account the features of such a game sport as football. It is the desire to improve the training of movements in football players as sprinters that often leads to the fact that in game conditions such young athletes lose the ability to act effectively. The game rhythm has its own characteristics associated with the complex manifestation of motor qualities in a variety of combinations:

- manifestation of strength in combination with coordination abilities;
- high-speed movements along various trajectories in combination with changes in rhythm and direction of movement. Therefore, the use of methodological approaches to related sports in the training process should be of an auxiliary nature, and not seek to replace methods and means, characteristics for football.

It is well known that the high level of functional capabilities of the body and physical fitness of football players largely determines their ability to effectively and reliably use technical and tactical actions during competitive activities.

Games are characterized by high intensity of technical elements that require athletes to exert maximum muscular effort and the ability to demonstrate technical and tactical actions in a rapid change of situations. According to a significant number of experts, the formation of their coordination abilities as a foundation on which, ultimately, sportsmanship is formed plays a special role in the special physical training of young and young athletes in team sports.

The modern process of sports training of football players, especially in the preparatory period, is characterized by the use of a large number of motor systems of health fitness, which are of an applied nature and have a significant positive effect on the development of the motor sphere of players [1, 3, 4]. Due to the fact that football is a high-contact sport with

a large number of martial arts, popular areas of health fitness, representing a synthesis of aerobics and martial arts, stylistic imitation of movements from well-known sports, are increasingly used as an applied form of training with football players aged 17-19. Football is characterized by a complex manifestation of physical properties. The dependence of the playing position largely depends on the personal characteristics of physical fitness as a leading factor in the manifestation of speed, strength and speed-strength properties.

Along with speed-strength exercises, this sport also widely includes exercises with elements of strength stress. During the game, there are constant changes in power, where running, kicking the ball, and jumping alternate in different sequences. This is a large and intense muscular work that occurs under conditions of great emotional upsurge.

Data on athletes' energy expenditure allow us to classify football as a sport that requires great physical and nervous stress over a long period of time. In terms of energy expenditure, football is comparable to such sports as 20 km skiing, 20 km race walking, and 50 km cycling.

The most typical for young football players are relatively short-term high-speed loads that alternate with moderate-power running and are performed repeatedly with sufficient rest intervals.

It can be assumed that the leading quality of an attacking football player is speed, and that of a defender is strength. The midfielder is versatile with an advantage in speed-strength qualities. Therefore, one of the components of the structure of human physical abilities is muscle strength. Strength is the ability to overcome external resistance or to counteract it by means of muscular effort. Strength is defined as the ability to overcome external resistance by means of muscular effort.

According to V. M. Platonov, human strength should be understood as the ability to overcome resistance or resist it due to muscle activity. When performing physical exercises, muscles can demonstrate strength:

- without changing their length (static, isometric mode);
- with a decrease in length (overcoming, biometric mode);
- with an increase in the length of extension (yielding, plyometric).

characteristics and causes of strength capabilities. For a quantitative assessment of strength capabilities, dynamometers of various designs are used (wrist and class dynamometers), as well as performing strength exercises with weights (lifting a barbell, kettlebell).

The integral indicators of external manifestations of strength abilities are determined on the basis of a set of special control exercises and corresponding tests that take place in the physical education program.

So, the main factor in the manifestation of strength is muscle tension. At the same time, a person's body weight also plays an important role. In this regard, absolute and relative strength are distinguished. Absolute strength is assessed by overcoming an object load of maximum weight or by dynamometer readings. Relative strength is assessed by the same parameters, but per 1 kg of one's own body weight.

In people with approximately the same level of training, but different weights, absolute strength increases with increasing weight, and relative strength decreases. The decrease in relative strength is explained by the fact that a person's own body weight is proportional to

the volume of the body, and strength is proportional to the physiological diameter. Thus, with an increase in body size, its weight will grow faster than muscle strength. A distinction is also made between local (belonging to individual muscle groups) and total (belonging to the entire muscular system) indicators of strength capabilities. However, a person's ability to demonstrate maximum strength tension is not limited to the properties of the muscular system alone. Quantitative and qualitative indicators of muscle tension depend on the overall properties of the organism and personality. According to the most significant factors characterizing strength capabilities, the following can be attributed:

- personality-psychological factors, on which the real readiness for intense muscle tension primarily depends, including emotional factors that contribute to the maximum mobilization of the functional capabilities of the motor apparatus to overcome resistance;
- central nervous factors, manifested in the intensity of reflex impulses directed to the muscles, in the coordination of their contractions and relaxations, trophic and other effects of the central nervous system on their functions;
- muscle factors proper, determining the physiological and mechanical power of the work performed by the muscles. These include the contractile properties of muscles, the physiological diameter and mass of muscles, as well as the quality of intermuscular coordination.

Conclusions. Analysis of the dynamics of development of physical qualities in young football players of all ages showed the following:

- with age, all physical properties tend to increase;
- at the stage of greatest natural growth, the optimal effect of the training load can accelerate the growth of this quality;
- stabilization of indicators of various physical qualities at the level of adult football players occurs in different age groups: speed reaches its highest indicators at the age of 16-17, speed endurance and speed-strength qualities - up to 18-19 years, general endurance and strength - up to 20-22 years;
- the most favorable age for developing running speed is 11-13 years, speed-strength qualities - 13-17 years, general endurance - 12-16 years, strength - 15-18 years.

Thus, physical training in sports, in particular, in football, should correspond to the development of those physical qualities that affect the player's skill in competitive activities.

References.

1. Amondavlatov Tashmamat Menglimurod ougli. (2022). Management of sports motivation in young kurash wrestlers at the stage of preparation. Academicia Globe: Inderscience Research, 3(04), 521–524.
2. Amandavlatov , T. (2024). Kurashchilarda texnik va taktik tayyorgarlik samaradorligini oshirish. Interpretation and Researches, (4(26).
3. Amandavlatov, T. (2023). Specific principles and methods of teaching the national wrestling sport to the young generation. Евразийский журнал академических исследований, 3(4 Part 4), 112-116.
4. Amandavlatov, T. (2023). Dzyudo bo'yicha o'quv-mashg'ulot yig'inlarini o'tkazish va tashkil qilish. Interpretation and researches, 2(1).

5. Azizbek, I. (2024). Effectiveness of Control of Tactical Movements in Boxing. Excellencia: International Multi-Disciplinary Journal of Education (2994-9521), 2(5), 359-362.

6. Azizbek, I. (2024). Strategies for improving striking technique in boxers. Miasto Przyszłości, 48, 1499-1501.

7. Esanova, G. (2023). O ‘zbekistonda ayollar futboli tarixi va istiqbollari.". Science Shine" International scientific journal, 3(3).

8. Boyboriyevna, E. G. (2023). Developing the Physical Qualities of Young Football Players outside the Class and preparing them for Competitions. American Journal of Public Diplomacy and International Studies (2993-2157), 1(10), 257-260.

9. Boybo’ri qizi Esanova, G. (2024). Improving students'physical skills through football. American Journal of Modern World Sciences, 1(5), 161-169.

10. Menglimurodougli, A. T., & Dobilovich, S. A. (2022). Planning the training of swimmers of training groups of children and youth sports schools. Modern Journal of Social Sciences and Humanities, 4, 278-281.

11. Menglimurod ougli, A. T. . (2022). Psychological Training in Kurash Wrestling. European Journal of Life Safety and Stability (2660-9630), 23, 134-137.

12. Menglimurod o’g’li, A. T. (2024). Need to strengthen technical qualities in the national wrestling sport. Multidisciplinary Journal of Science and Technology, 4(6), 337-340.

13. ougli Amandavlatov, T. M. (2024). Physical and technical training of young kurash wrestlers at the initial stage. American Journal of Modern World Sciences, 1(2), 297-306.

14. O’GLI, T. A. M., & KHAKIMOVA, G. (2020). Characteristics of Technical Training of Young Wrestlers. International Journal of Innovations in Engineering Research and Technology, 7(10), 133-135.