Vital Annex: International Journal of Novel Research in Advanced Sciences (IJNRAS)
Volume: 01 Issue: 05 | 2022 ISSN: 2751-756X
http://innosci.org

Improving the Quality of Dexterity of Players in the Primary Training Group

Moiseeva Maria Valerievna
Uzbekistan State University of Physical Culture and Sport

Annotation: This article reveals ways to improve the quality of agility of players in the primary training group and its practical importance. In the course of the article, it was pointed out that the conditions for the young generation to regularly engage in physical education and public sports have been created. Conclusions and suggestions are given at the end of the article.

Keywords: Quality of dexterity, technical actions, test standards, methods and tools.

Importance. In particular, for the young generation to regularly engage in physical education and mass sports, conditions have been created in accordance with the requirements of the times, through sports competitions to strengthen the confidence of young people in their will, strength and capabilities, to develop the feelings of bravery and patriotism, loyalty to the Motherland, among them talented athletes large-scale work is being carried out on the systematic organization of selection and targeted training.Training of personnel with high moral, expressive and professional qualities, who are able to ensure effective implementation of assigned tasks and implemented reforms, is one of the urgent issues of today. For our youth to have the above qualities, physical education and sports are important. In this regard, the Decree of the President of the Republic of Uzbekistan dated March 5, 2018 "On measures to radically improve the state management system in the field of physical education and sports" No. The adoption of Decision PQ-3775 [1] on additional measures to ensure active participation in comprehensive reforms is considered important.

According to football experts, the speed and quality of techniques depends on the ability to own the movement apparatus, but at the same time, they note that it is not unusual for a player who skillfully runs the ball with all parts. [1].

They still believe that there are no criteria for evaluating this quality. And the basis of dexterity is understood as coordination skills, transfer of dexterity from one exercise to another, and precise execution of movements [2].

In football practice, long-known simple methods are used to assess, develop and maintain dexterity [3,4,5], which almost does not define this quality, it is very related to football and, moreover, quickly (for example, before a responsible game) the athlete's game ability cannot be determined.During training, coaches try to improve game performance through special exercises related to technical and tactical actions. Carrying out high-intensity situations specific to game situations allows players to improve the quality of their agility.The high quality of dexterity of players is important in the implementation of technical and tactical actions. Especially when quickly deceiving the opponent, catching the opponent while quickly realizing his attacks, young players passing the ball to the middle and long distance, to the path of movement of the partner, is to score a goal with dangerous actions near the goal [6,7,8].

Purpose of work. According to the situation of the game, introducing tools and indicating the effects of them in order to improve the quality of dexterity of young players.

Tasks of research. In order to clarify the essence of our work and to solve the main goal of the research, the following tasks were defined:

- analysis of the level of training through test standards
- selection of exercises related to the game situation affecting the development of dexterity quality and determining their effectiveness.

Analysis of results. We selected the test norms in order to find out the training of the players in the primary training group regarding the quality of dexterity. By adopting the test standards with and without the ball, it is determined that the exercises performed with and without the ball are effective for the control and experimental groups during training. During the competition, it is possible to increase the efficiency of the technical movements that are most needed through the quality of dexterity.For this reason, young players need to focus on quality during training. For this reason, we tried to increase the quality of dexterity through the exercises used in the training process. 10-11-year-old football players of the Samarkand region youth sports school "Nurobad District Children's Sports School" (NTBO'SM) (experimental group) and "Pastkurgan District Children's Sports School" (PTBO'SM) (control group) were selected in our experimental group as research objects. In the pedagogical experience, we introduced it in our selected experimental group. In order to find out if these tools and methods effected , we compared 3 test norms in the control and experimental groups. Test norms were obtained before and after the study. The results of the control and experimental groups are shown in Table 1.

We have found that the test control obtained by us during the training sessions corresponds to the performance of the young players in the game situation. The initial test norms were obtained during training sessions at the beginning of the competition period. Here, the 30 m ball-carrying and running without the ball (seconds), slalom with and without the ball (seconds), changing movement running with and without the ball (seconds) test norms were used.

In the initial results, a significant difference was seen in the performance of 10-11-year-old players in control tests. Young players in the control group, before the study, 6.25±0.25 of the experimental group, 6.38±0.58 in the 30 m running without a ball, and after the study, there was a change in the two groups. That is, in the control group ($P \leq 0.05$), in the experimental group ($P \leq 0.01$). There was no change in the control group ($P \geq 0.05$), however, we noted a change in the experimental group ($P \leq 0.05$) in the performance of this movement with the ball.

From the obtained results, we can see that the special quality of dexterity of 10-11-year-old players, i.e. slalom running, the actions of young players of the control and experimental groups changed before and after the study ($P \leq 0.05$), but in the actions performed with the ball, no change was observed in the control group ($P \geq 0.05$). A change was observed in our ball exercises performed in the experimental group ($P \leq 0.05$).

During training, it is shown that the performance of 10-11-year-old football players of the control and experimental groups is not the same in the test standards, which show the quality of other dexterity in technical movements. Judging from the preliminary results, we found that the indicators of the quality of dexterity of 10-11-year-old football players correspond to the results obtained from pedagogical observations during the game.

At the end of our work in the training process, it became clear that after the retest, we found that the results of the 10-11-year-old football players in the control and experimental groups have changed. Among the initial results of the control group, a significant increase was observed only in movements performed without the ball, while in the players of the experimental group there were changes in all test parameters.

The results of the pedagogical experiment showed that the football players of all groups (control and experimental group), especially the pupils of the experimental group, showed a significant increase in all test standards (carrying the ball for 30 m, slalom, etc.). That is, the players of the experimental group had a higher score after the study.

As a result of the test, it was clear that at the beginning of the study, the quality of dexterity was insufficient in the 10-11-year-old football players of the control and experimental groups. At the end of the study, it was found that this quality increased in all tests in the experimental group.

Table 1. Before And After Test Indicators Of The Research In Assessing The Skills Of 10-11 Year Old Football Players

№	Group	Result	Test indicators					
			30 m ball-carrying	30 m ball-carrying (ball)	Slalom	Slalom(ball)	Changing the movement running	Changing the movement running(ball)
1	control	Before	6.25±0.25	8.29±0.45	38.31±1.25	59.85±2.25	17.12±0.89	29.15±1.58
		After	6.11±0.19	8.22±0.29	37.47±1.12	61.01±1.89	16.71±0.58	29.36±1.26
		T	2.29	0.85	2.24	1.93	2.45	0.72
		P	P≤0.05	P≥0.05	P≤0.05	P≥0.05	P≤0.05	P≥0.05
2	experimental	Before	6.38±0.58	8.42±1.05	38.23±2.15	62.39±2.59	16.62±1.11	30.02±1.99
		After	6.15±0.26	8.23±0.58	37.09±1.59	61.05±1.98	16.21±1.01	29.35±1.58
		T	3.73	2.30	3.07	2.19	2.52	2.28
		P	P≤0.01	P≤0.05	P≤0.01	P≤0.05	P≤0.05	P≤0.05

Practical recommendation. How to develop dexterity in football players has already been partially discussed before. The method of developing dexterity in football players provides special exercises and physical training. The process must be continuous and progressive. Advanced coaches often use game techniques [2,3]. It can be a game of basketball, volleyball, or even field hockey. The main thing is that the chosen sport should be team, competitive and require a large number of movements and high-speed movements from the player.We must not forget about acrobatics. It does not only develops muscles, but also improves the coordination of the athlete's movements. In general, agility is based on two main components: movement and coordination. If you do not develop these qualities, the player will not be able to act effectively on the field and perform tasks.

Features of developing dexterity in young players, dexterity of a player should be developed from childhood. Any coach understands this. However, it is necessary to organize the training process so that the child does not get tired quickly and does not lose interest in what is happening. To develop agility, young players have a set of exercises with and without the ball. They are usually done at the beginning of the exercise. Exercises without a ball: forward and backward umbilical cords; a series of umbilical cords with a twist; support jumps over a goat; jumping between special open chips; jumping over the gymnastic bench; running at high speed between numbers; jumping while catching a tennis ball.

Exercises with a soccer ball: push-ups with a soccer ball in your hand; throwing the ball while sitting, quickly standing on your feet and catching the ball; the same exercise with an increase in the height of the same exercise; juggling the ball using the body and head; carrying the ball at variable speeds; is to periodically transfer the projectile to each other while the ball is sitting. In childhood, this is almost the main way to develop the dexterity of a small player. Ball handling is a key component of soccer training. But do not force the child to do some complex elements right away.

We need to see his best work and encourage those efforts. It will be possible to complicate the tasks a little later.

Conclusion. The obtained results show that as a result of properly oriented training, i.e., after the study with the help of ball exercises specific to the game situation, in addition to the traditional standard exercises aimed at increasing the agility training of young players, their technical movements that require the quality of agility have increased, which is the result of our work in training. All of these indicate that our work has been effective.

References

1. Ўзбекистон Республикаси Вазирлар Маҳкамасининг 2018 йил 25 октябрдаги 864-сон қарорига асосан ўз кучини йўқотган — Қонун ҳужжатлари маълумотлари миллий базаси, 25.10.2018 й., 09/18/864/2101-сон
2. Акимова М.К., Козлова В.Т., Ференс Н.А. Теоретические подходы к диагностике практического мышления // Вопросы психологии. – 1999. – №1. – С.21.
3. Қонун ҳужжатлари маълумотлари миллий базаси, 05.12.2019 й., 06/19/5887/4116-сон.
4. Абдуллаева М. Болалар ўйинларида ўзаро муносабатлар. Бошланғич таълим. Тошкент, 2000 б 47-48.
5. Артиқов А. А. футбол спорт турида дарвозага зарба бериш аниқлигини баҳолаш услубияти //fan-sportga. – 2022. – №. 1. – с. 48-51.
6. Артиқов А. А. Тўп узатишлар ва дарвозага зарбалар аниқлигининг таҳлили //fan-sportga. – 2020. – №. 4. – с. 35-37.
7. Артиқов А. А. Офк кубоги ўйинларида ўзбекистон терма жамоаси футболчиларининг техник усуллари аниқлигини таҳлил қилиш натижалари //фан-спортга. – 2019. – №. 3. – с. 42-45.
8. Артиқов А. А. Футболчиларнинг техник усуллари аниқлигини такомиллаштиришга йўналтирилган махсус машқлардан фойдаланиш самарадорлигининг таҳлили //фан-спортга. – 2020. – №. 3. – с. 16-18.
9. Artikov A. About some methodological problems in teaching special sciences //scientific bulletin of namangan state university. – 2020. – т. 2. – №. 7. – с. 379-384.
10. Артиқов А.А.Осиё кубоги-2019 ўйинларидаги ўзбекистон терма жамоасининг дарвозага йўлланган зарбалар аниқлиги бў йича таҳлил //фан-спортга. – 2020. – №. 7. – с. 16-17.
11. Akbarovich A. A., Tagirovich I. S. control of technical accuracy in the training process of football players //journalnx. – с. 103-106.
12. Артиқов А. А. Мусобака шароитида малакали футболчилар томонидан бажариладиган техник усулларнинг максадли аниклигини тахлил килиш //фан-спортга. – 2018. – №. 3. – с. 49-53.
13. Artikov A. Effect of fatigue on the target accuracy of techniques in sports games //журнал иностранных языков и лингвистики. – 2022. – т. 6. – №. 6. – с. 21-30.
14. Артыков А. А. Контроль точности технических приемов в тренировочном процессе футболистов //университетский спорт: здоровье и процветание нации. – 2020. – с. 244-251.

15. Артыков А. А. Анализ целевой точности игровых приемов футболистов в зависимости от уровня специальной физической подготовленности //физическое воспитание и студенческий спорт глазами студентов. – 2020. – с. 654-657.
16. Артыков А. А. Контроль точности технических приемов в тренировочном процессе футболистов //университетский спорт: здоровье и процветание нации. – 2020. – с. 244-251.
17. Akbarovich A. A. Analysis of tests to measure the target accuracy of technical techniques in football players //european journal of research and reflection in educational sciences vol. – 2020. – т. 8. – №. 3.
18. Артыков А. А., Шаймардонов Д. Б. исследование взаимосвязанности между показателями оценивающими уровни развития физических качеств, психомоторных процессов и точностных действий юных футболистов //педагогические науки. – 2012. – №. 5. – с. 30-35.