



Scientific-Methodical Characteristics of Teaching Technical-Tactical Actions of the Football Game

Anorboyev Bekmurod Dilmurod o'glu

Chirchik State, Pedagogical University, teacher of the Department of Physical Culture and Medicine

Annotation

In this article, in-depth study and analysis of the reforms carried out for the high development of football, like all types of sports in our country, the study of the results in the field, the analysis of the literature, the scientific-methodical features of football training by comparing the scientific researches conducted by experts in the field are developed. Released.

Keywords: sport, football, football player, education, theoretical, practical, technique, tactics, game, referee, kick, ball, attack, goal, process.

To raise a mature generation in Uzbekistan, to attract talented young people to sports, to create conditions for further support and development of our national football, to select young players and to ensure deep development of professional skills and abilities in them, as well as reliable football clubs and national teams from them. in order to form the reserve, a number of decrees of the President of the Republic of Uzbekistan and a number of decisions of the Cabinet of Ministers of the Republic of Uzbekistan were adopted. President Sh.M. Mirziyoyev emphasized that "we should not forget that the foundation of our future is created in the fields of knowledge, the future of our nation depends on the education and upbringing of our children in school today." According to several football experts in our country, the delay in acquiring technical and tactical skills of young players can be explained by the problems that arise in the first stages of training young players.

The emergence of new and effective methods in football requires the players' actions to be at a high level. Each player performs many actions during a game to help his team win.

Many football experts R.A. Akramov, M.A. Godik, Yu.N. Lopachev, G.M. Sergeev, I.A. Koshbakhtiev, A.I. In their work, the Talipjanovs examined the player's actions in the game with the ball, without the ball and in other situations in the game, and conducted scientific research.

One of the main actions of football players in a football game is handling the ball, i.e., movements with the ball, in which the players perform the actions of hitting the ball, making deceptive movements on the field with the head and feet, fighting with the opponent for the ball, carrying the ball and stopping the ball.

N.M. In his research, Lyukshinov observed the player's movements with the ball in one game. According to his observations, the player's hitting the ball is 37.6%, fighting with the opponent and feints 20.8%, carrying the ball 17.7% and stopping the ball 23.9%. When hitting the ball, 83.4% - with the feet, 16.6% with the head. Of these, the most kicks given by football players are the inner part of the heel, 26.5%, and the side part of the foot, 30.3%.

Getting the ball into the opponent's goal is the main goal of any team's players. M.S. found out which part of the foot is effective when kicking towards the goal from the side of the players. We can learn from Brill's work.



Technical methods are the result of creating a football game. Achieving high football results in many ways depends on how well the player knows these various tools, how skillfully and effectively they are used in various situations in the game, when the opposing team is resisting the players, often increasing fatigue.

Technical methods in current football are characterized by a biomechanically optimal movement system, which allows for the efficient use of force to increase the speed and accuracy of game movements.

Difficulties in mastering football technique are explained by the fact that it requires playing the ball with the feet and head, and on top of that, it is necessary to fight with the opponent.

It is known that the special skill of a highly qualified football player consists of basic components such as physical, technical, theoretical and voluntary training, which, in turn, cannot be imagined without increasing the effectiveness of the training process of young players.

The analysis of special literature showed that the conclusions made by monitoring the technical and tactical training levels of young football players in the initial training group, especially during the training and competition periods, and analyzing the significant indicators recorded in special reports, are of primary importance in the process of training football players. Based on the results of individual or collective observation, it will be possible to influence the physical, technical, tactical, and psychological aspects of players' physical, pedagogical influence.

It is important to provide young players with detailed theoretical information about physical development, technical and tactical exercises, as well as to introduce them to sports facilities, sports clothes, and equipment, and to give practical advice on the most important competitions, refereeing. Modern training cannot be imagined without action games. This task can be solved to a certain extent with the help of the indicated game exercises. While studying exercises in training, players should not forget that mastering the technique of attack first of all largely depends on personal preparation; secondly, the organization and harmony of the movement of the group of attackers; and thirdly, it depends on the players' ability to get along in the game environment.

The immediate presence of attackers in the game is determined by how well they notice the defense of the opposing team, whether it is an organized defense or not.

The initial training of young players is important in correcting errors in game technique, technical training, especially for beginner players. Poor technique mastery ultimately hinders further skill development.

References

1. Mirziyoev Sh.M. We will build our great future together with our brave and noble people. Tashkent "Uzbekistan" - 2017.
2. A.I. Talipjanov "Football technique" Tashkent 2010.
3. I.A. Koshbakhtiev "The role and importance of technical and tactical processes in the training of young players" Tashkent 2015.
4. R.A.Akramov "Fundamentals of modern football" Tashkent 2012.
5. Abidov Sh.U. Organizing and planning the educational process of young players. Methodical recommendation. Tashkent. 2011