



Methodology of Teaching Football to Students of Different Ages

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Abstract: *In the selection and training of young football players, special football classes in general education schools with extended days and in-depth training play a major role. Children will love football and learn the secrets of playing football.*

Keywords: *football, general education, students, children, methodology, young football players.*

Today, the daily development of football requires the selection of the most physically fit and talented players. That is why the most important issue in training football players is to select promising young people. In recent years, there have been many scientific articles and methodical instructions on football and manuals cover the issues of selecting young players. In particular, K. A. Shperling's scientifically based opinions are especially useful.

According to the author, it is necessary to consider the training of a football player as a single process. The management process can be divided into 3-4 periods according to the youth of the children and the goals and tasks of the activities that are set before them.

The first period (ages 7-9) is considered the initial preparatory period. The main task in this period is to arouse children's interest in football and create a common ground for sports skills. In the implementation of these tasks, in addition to special training, the time of section and circle work after the training session is used.

The second period (10-12 years old) is the most important period of biological and pedagogical selection.

The third period (ages 13-16) is the period of in-depth mastering of the specialty.

The fourth period (16 years and older) is the period of improvement in sports.

Junior football players are selected for senior teams. This period has its own characteristics in organizing groups and teams and conducting training.

According to M.A. Godik, the comprehensive training program of young players will have a number of unique features.

First of all, its content should reflect all the actions and mental qualities of the player as fully as possible.

Secondly, the results of the inspection are taken into account not only for the planning of downloads, but also for the selection and identification of talented young people with a future.

First, candidates who can meet the requirements of the sport and have movement skills are identified. Selection tests are held in the form of a competition.

Later, children with special skills and abilities will be identified. During this period, in-depth examinations are conducted to determine whether they have the ability to meet the requirements of



football training. Using a system of pedagogical observations and special control exercises, the coaches receive complete information about the skills and abilities needed for children's football.

In football training, control exercises are selected to determine the child's actions and mental characteristics.

The results obtained from the tests provide information to the coach about how the newly admitted student will study in the future. The selection coach conducts selection tests in several stages.

9-10-year-old children with very good health are admitted to the training of the football department. First, the coach gets to know the children. After selecting capable children, he conducts initial football training with them based on control tests. Later, children are selected based on the requirements of football for young athletes.

Assessment of specific indicators that confirm the child's ability to play football depends primarily on the results of testing and observation. It is very important to choose the right methods and tools to develop the unique abilities of a young football player.

Analyzing the method of conducting tests and preparing for the game is the basis for organizing football training groups and predicting children's results in sports. It is also necessary to take into account information about pedagogical skills and the health of the participants.

In addition, it is very important to correctly evaluate the child's mental capabilities. This makes it possible to determine the level of development of the mental qualities of a young athlete, to learn well the playing methods of a football player.

At the first stage, children who are capable of playing football are selected and preliminary training in the chosen sport is organized.

In the second stage, the child's ability to the chosen specialty is analyzed in depth based on the dynamics of test indicators.

During 1.5-2 years, through properly organized training sessions, a football player learns the main features needed for playing. The suitability of the child's choice of football will be known within 2 years, after which the coach can make a firm decision about it.

Therefore, it takes 2 years to select children and organize groups. When choosing children for the organization of educational groups for football training, it is necessary to pay special attention to their height.

Football training is the main form of training, like other physical education training. The activity of the participants in the training session is managed by the teacher.

This creates the most favorable conditions for physical training. Trainings in the sports section (section) of the school are also organized in the form of educational training.

The general educational and educational goals of football training defined in the program are specified in the system of special tasks during the planning of work for a certain period (academic year, quarter, training phase, etc.). First of all, the results of the work are determined by the didactically correct structure of each training session.

Educational training must necessarily include educational tasks.

This is achieved by regularly explaining the materials for acquiring knowledge, skills, and abilities, using a variety of exercises, and properly balancing physical and mental loads.

The educational and rehabilitation tasks of football training are determined by the general plan of educational and educational work. It is the main characteristics of a person's character, education



of physical abilities, strengthening of health, but only for the personality of the student and the functions of his organism.

it will be possible to implement them only with regular influence. These tasks are written before several sessions, and in a separate session they are clarified as much as possible.

Pedagogically correct and knowledgeable organization of training sessions is, first of all, rational use of training time.

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