



Technical and Tactical Training in Training Young Players

Ibragimov Alisher Karomatovich

Bukhara State Pedagogical Institute, head of the department of physical education and sports, associate professor

Saidmurodova Gavhar Navruzovna

Bukhara State University Pedagogical Institute 2nd stage master's student

Abstract: *The process of teaching technical methods and tactical movements continues continuously at all stages of the long-term training. Pursuant mastery of all aspects of the technique based on the use of biomechanics laws and taking into account the individual characteristics of the players predetermines the successful use of the technique in the complex conditions of the game activity. The formation of perfect game skills is based on the high level of physical fitness of young players.*

Keywords: *young players, physical education, competition methods, exercises, football players, technique, tactics.*

The usual methods of physical education at the stages of training young football players and improving their skills: exercises, games. Competition methods, providing instruction, use of oral speech, error correction methods are used. All methods are used in close connection with each other. However, the percentage of their use depends on many factors: the stage and tasks of training, the age and individual characteristics of the participants, and their level of training.

In working with young players, in the initial training stage, it is aimed at their comprehensive physical training, strengthening of health and balanced development, acquisition of various skills and competencies, learning of the basic principles of football technique and tactics. It is advisable to use a complex of tools.

It is advisable to start training endurance in young players from the age of 12-15. By this age, the adolescent's anatomical and physiological formation is completed. And the increase in its movement activity allows for a greater increase in endurance.

At the stage of primary education, more attention is paid to education of general resilience. The general endurance training methods are common for different athletes, and their choice does not depend on the specialization, skills and individual characteristics of the players. Training with 11-12-year-old football players is the main means of training general endurance, gradually running long distances. Running time is gradually increased from 10 minutes to 30 minutes with a speed of 140-150 beats per minute.

This method of training is called one-standard method. It has a number of advantages: firstly, it creates favorable conditions for the harmonious and gradual operation of all systems in the body; secondly, the possibility of overtraining is reduced. In this case, the athlete's body works in aerobic mode.

In the stage of serious training, it is appropriate to use a one-standard conductive method of training in order to educate the general endurance of football players. This method is characterized by the division of the load into several "boys" alternating with slow or active rest. This makes it possible to use intensive exercises that have a strong effect on the body of the participants.



Exercises performed in a single-criterion variable style allow to train the quality of endurance in football players, to improve the technique in conditions close to the conditions of the competition.

The training performed according to the variable method of one standard should be carried out in the appropriate mode. For example, when performing a 1000 m run, the task is as follows: 200 m run at a standard, 20-30 m sprint, etc.

When using a univariate method of training to develop general endurance, it is necessary to take into account the following main characteristics of the work to be performed:

1. The speed of performing the exercises should be such that at the end of the exercise, the speed of the pulse should be 160-170 times per minute.
2. The duration of the exercises is determined in the range of 45-90 seconds.
3. Rest interval from 15 seconds to 45 seconds. At the end of the pause, the heart rate should drop to 120-140 per minute
4. The number of repetitions should be selected so that all series are performed in relatively repetitive mode.
5. there is a passive rest between each part of the training. The coach must be able to accurately determine the energy "value" of each exercise included in the training session for physical, technical and tactical training. Correct training tools and methods. ri and allows you to choose according to the purpose.

The use of the six-minute run test to determine the level of endurance is described. For this purpose, a running circle is marked after every 10 m. In order to correctly distribute the force and choose the optimal speed, young players should "try" the distance 3-5 times.

The level of endurance is determined by the length of the running distance. For example, if 13-year-old players run 1410-1450 m in 6 minutes, and 14-year-old players run 1530-1550 m, respectively, these indicators can be considered good.

Above are the distances that a young player should run at 85-90% of their final aerobic capacity and individual BMI (kg) in order to exercise the body's oxygen supply system, see table .

Table 1

MPK, kg	Running speed m/second	running speed, km/h	6 minutes in the running test of distance length, m
40-44	3.1	11	1100
45-49	3.3	12	1200
50-54	4.0	14.5	1350
55-59	4.2	15	1500
60-64	4.4	16	1600
65-70	4.8	17.5	1750

Running at each training session, as well as using the other exercises recommended here, along with running the suggested distances in individual training sessions, should greatly improve the endurance of young players.

Agility and dexterity at the stages of initial training and initial sports specialization lay the foundation for successful acquisition of complex movement actions. Action games, ball exercises, acrobatic exercises, simple hurdles running, jumping, balance exercises at a smaller height are



typical exercises in this game. Exercises performed with additional tasks, such as sudden stops while running, turning, changing direction, and the requirement to perform at speed, are of great importance.

It is necessary to maintain the natural elasticity of the muscles and the mobility of the joints with the help of exercises performed with a wide range of light movements (while maintaining the optimal standard of dexterity).

References

1. Ibragimov A. BOSHLANG'ICH SINI O'QUVCHILARINI JISMONIY RIVOJLANTIRISH ASOSLARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
2. Karomatovich I. A. PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1011-1016.
3. Karomatovich I. A. Methods of Teaching Children for Movement Activities in The Process of Physical Education //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 242-249.
4. Ibragimov A. K. Developing The Professional Competence Of Teachers As A Pedagogical Problem //E-Conference Globe. – 2021. – С. 333-338.
5. Qizi A. S. S. Teach handball to 19-20 year Olds using action games. – 2022.
6. Abduyeva S. AGE-SPECIFIC DYNAMICS OF ATTACK AND DEFENSE RESPONSE SPEED IN HANDBALL PLAYERS //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 7. – №. 7.
7. Abduyeva S. THE ROLE OF HEALTHY MOTHERS AND FAMILIES IN THE DEVELOPMENT OF WOMEN'S SPORTS //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
8. Abduyeva S. THE ROLE AND IMPORTANCE OF PHYSICAL EDUCATION IN THE FAMILY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
9. Pkhomovich M. F. Methods of Developing Strength of 12-15 Year Old Football Players //European Journal of Innovation in Nonformal Education. – 2022. – Т. 2. – №. 1. – С. 273-276.
10. Pkhomovich M. F. FEATURES OF THE EDUCATIONAL AND TRAINING PROCESS OF YOUNG FOOTBALL PLAYERS AT THE STAGE OF INITIAL TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1314-1320.
11. Pkhomovich M. F. YOSH FUTBOLCHILARNI TEXNIK VA TAKTIK TAYYORGARLIGINI OSHIRISH SAMARADORLIGI //INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL. – 2022. – Т. 3. – №. 6. – С. 97-102.
12. Pkhomovich M. F. Methodological Basis for The Formation of Football Training //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 355-363.
13. Sattorov A. E., Saidov G. K. IMPROVING THE TRAINING ELEMENTS IN PRIMARY TRAINING GROUPS OF SPORTS SCHOOLS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 737-746.
14. Хайдаров У. Р. ЭКСПЕРИМЕНТАЛЬНОЕ ОБОСНОВАНИЕ МЕТОДИКИ РАЗВИТИЯ СКОРОСТНЫХ СПОСОБНОСТЕЙ СПРИНТЕРОВ УЧЕБНО-ТРЕНИРОВОЧНОЙ



- ГРУППЫ: 10.53885/edinres. 2021.59. 33.029 Хайдаров Улугбек Рустамович Магистрант Бухарского государственного университета Научный руководитель: Кадилов Рашид Хамидович Профессор кафедры Теории и методики физической культуры. п. н. Бухарского государственного университета //Научно-практическая конференция. – 2021.
15. Shokhrux U. et al. WAYS TO INCREASE THE EFFECTIVENESS OF PRE-COMPETITION PSYCHOLOGICAL TRAINING OF FREESTYLE WRESTLERS //INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL. – 2022. – Т. 3. – №. 6. – С. 68-73.
 16. Nematovich K. S. Ways to Hold National Action Games with Kindergarten Children. – 2022.
 17. Kadirov S. Sports, physical, physical education as necessary elements of sports culture //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2020. – Т. 2. – №. 2.
 18. Kadirov S. THE POSSIBILITIES OF PHYSICAL CULTURE IN THE MODERN YOUTH INTERNET COMMUNITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2020. – Т. 2. – №. 2.
 19. Sabirova Nasiba Rasulovna. THE MECHANISM OF IMPROVING THE PRIMARY TRAINING METHODS OF BASKETBALL SPORTS, TRAINING SKILLED BASKETBALL PLAYERS. Web of Scientist: International Scientific Research Journal . DOI: <https://doi.org/10.17605/OSF.IO/YMRTH> Published: Feb 28, 2022
 20. SN Rasulovna. TOOLS FOR DEVELOPING SPECIAL PHYSICAL TRAINING AND PHYSICAL QUALITIES IN SPORTS GAMES. E-Conference Globe, 2021
 21. Rasulovna S. N. STAGES OF MODELING AND AGE INDICATORS IN THE OPTIMIZATION OF THE PROCESS OF SPORTS ACTIVITIES //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 75-86
 22. The Importance of Three-Stage Model in Developing the Functional Status of Athletes. SN Rasulovna - International Journal on Economics, Finance and ..., 2021
 23. FS Fazliddinov -Optimization of training workloads for primary group players 1025-1030 2022 Science and Education
 24. F Fazliddinov - TECHNICAL AND TACTICAL TRAINING OF FOOTBALL PLAYERS Buxoro davlat universitetining Pedagogika instituti ..., 2021
 25. FS Fazliddinov - PSYCHOLOGICAL TRAINING OF ATHLETES E-Conference Globe, 2021
 26. F Fazliddinov -Types of competition loads in football Buxoro davlat universitetining Pedagogika instituti ..., 2021
 27. Abdullaev M. J. Methodology of application games in the training of young athletes //European Journal of Research and Reflection in Educational Sciences. – 2020. – Т. 8. – №. 11.
 28. Samijonovich, T. S., AbdullaevMolecular & Clinical Medicine, 7(6), 2907-2914.
 29. Abdullayev, M. J., Berdiyev, O. I., & Omonova, N. R. (2021). Methodology Of Organization Of" Physical Education And Sports" Lessons In Higher Educational Institutions. The American journal of social science and education innovations (TAJSSEI) SJIF-5.857 DOI-10.37547/TAJSSEI, 3(02), 312-320.



30. Абдуллаев, М. Ж. (2018). Swot-анализ в структуре информационных технологий физического воспитания. In Система менеджмента качества в вузе: здоровье, образованность, конкурентоспособность. Сб. науч. тр. VII Междунар. науч.-практ. конф (pp. 14-18).
31. Djuraeva.M.Z “Psixologicheskaya sushchnost vospitaniya sportsmenov”. Psychology № 1.2021 pp. 51-55.
32. DZ Safarov, BX Xamroev, MM Mavlonov. Ispolzovanie pedagogicheskix texnologiy v protsesse obucheniya gimnastike - Voprosy nauki i obrazovaniya № 14 (139), 2021
33. Xamroyev Behruz Xalimovich. DEVELOPING STUDENT’S READINESS TO USE ADAPTIVE PHYSICAL CULTURE. International Journal of Advanced Research in Management and Social Sciences. Vol. 11 | No. 2 | February 2022
34. Xamroyev B. X, Safarov D. Z. BELBOG ‘LI KURASHCHINING FUNKSIONAL QOBILYATI OSHIRISH YO ‘LLARI. «SCIENTIFIC PROGRESS» Scientific Journal ISSN: 2181-1601 // Volume: 1, ISSUE: 6