



What is Football? Working on the Defects and Errors in Football

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Abstract: *In this article, playing football allows you to develop physical qualities such as strength, speed, endurance, flexibility and agility. Football is an important tool in the mental and voluntary upbringing of the younger generation. Proper organization of football trainings and competitions has been shown to have a positive effect on cultivating such qualities as discipline, organization, aspiration, willpower, cheerfulness, diligence and making the right decisions.*

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History of football development

"The word football, foot - foot, ball - means to play ball on the foot." Football is a real athletic game. It helps to develop speed, agility, strength and jumping. The player does a lot of work during the game. This will help to increase the level of functional capacity of the person, to cultivate spiritual and volitional qualities. Playing football can be a great tool for general fitness. Different running, different types of jumps, different body movements, kicking, stopping and carrying the ball, moving at maximum speed, the development of willpower, tactical thinking, etc. which can be considered as a sports game that cultivates many of the essential qualities that an athlete of any specialization needs.

In 1924, the Turkestan football team participated in the Russian championship for the first time and showed high results. In 1928 he took part in long-distance matches with the Kokand Muslim team, Tashkent and other teams of the republic. In 1926, the football team of the Proletarian Plant in St. Petersburg came to Uzbekistan. This team has met with Tashkent players twice. Tashkent won both matches (3: 0; 5: 2).

Hit the ball

Hitting the ball is the main means of playing football. The ball is kicked in different ways with the feet and the head. All methods of striking are aimed at a specific goal, which is characterized by the movement of the ball along the required trajectory and the optimal (often maximum) speed. The speed of the ball depends on the initial velocity of the ball when it collides with the impact joint (foot or head), as well as the ratio of their mass to each other. Since the mass of the interacting joints is relatively important, it is necessary to increase the speed of the impact joint in order to increase the speed of the ball. Kicking the ball with the foot Kicking the ball with the foot is done with the inside of the sole of the foot, with the inside, middle and outside of the face of the foot,

with the tip of the foot, with the heel. Strikes are given to a stationary ball, as well as to a ball that is rolling and flying in different directions, while moving, jumping, turning, and falling. Today's world football requires every player to handle the ball correctly, to make clear and error-free moves, and to be able to play both offensively and defensively. This is because an inaccurate action can lead to an ineffective ending of the team's attacks, or a miss. Coaches often use tactical systems depending on the skill and strength of the football team. These systems can sometimes be useful and sometimes justified (13,29,32).

The great attention paid to football in our country requires a lot of efforts for the development of football. The lack of technical, tactical and physical training of young players, and in order to overcome these shortcomings in the future, requires the strengthening of today's young players, that is, training in football clubs.

The above-mentioned scientific and methodological data prove that speed and strength qualities in general are one of the important factors in the training of highly qualified athletes. Below you can see a diagram and table that can be used when using innovations.

Modernization is reflected in modern football, as well as in all spheres. As a result of the attention paid to football and the reforms carried out under the leadership of our President, the results of our teams are growing. At the same time, the analysis of today's competitions plays an important role in the training of young players who will become football owners in the future. Based on this, it is the main task of today's specialist to identify the mistakes and shortcomings of the teams and to reduce these mistakes in the next generation.

According to world football experts, the development of modern football involves many aspects. These are:

1. Each player leads the game to the end;
2. Players move around the field at high speed with and without the ball;
3. Perform technical and tactical actions quickly;
4. During the game, they must accurately pass the ball to the teammate, direct the shots on goal and perform other technical techniques.

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