



Effectiveness of Using New Pedagogical Technologies to Increase General and Special Physical Training of Young Players

Umbarov Djuraqul Musayevich

Termez State University of Physical Education and Teacher of the Department of Sports Games

Abstract: *In this article, the selection of players is an important and integral part of the training process, because it helps to solve the main task of sports training, to achieve high sports results. It has also been shown that training has a positive effect on learning outcomes.*

Keywords: *physical training, simple, complex, adolescent, children, rule, tactics*

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The process of teaching technical techniques and tactical movements continues at all stages of the multi-year training. Careful mastery of all aspects of the technique, based on the use of the laws of biomechanics and taking into account the individual characteristics of the participants, predetermines the successful use of the technique in complex conditions of game activity. The development of excellent playing skills is based on a high level of physical fitness of young players.

Typical methods of physical education in the stages of training and development of young players: exercises, games. Competitive techniques include demonstration, oral presentation, and error correction. All methods are used in close connection with each other. However, the percentage of their use depends on many factors: the stage and objectives of training, the age and individual characteristics of the trainees, their level of training.

The technical skill of a player is characterized by the size and variety of techniques he has mastered, as well as their effective application in the game environment. The technique of playing football is a combination of many different methods and techniques. Therefore, it is important to systematize the material studied and determine the sequence of technical training in order to solve the task of teaching with less time and effort. But it's not just about using "simple to complex" and "easy to difficult" guidelines. First you need to learn the basics of how to play the game. Eventually, new movement skills will emerge based on previously acquired skills. Therefore, it is necessary to use the natural interdependence and structural similarity of different techniques and methods. In the process of getting acquainted with and studying technical methods, the perfect method of the teacher is used. It is characterized by the choice of a certain range of methods and techniques for each stage of the multi-year training. These are taught in parallel in the course system: first (until the basics of the technique are mastered), each method is studied separately, and then in combination with other methods mastered. However, it is not possible to teach more than two or three new methods in one lesson at a time. At each stage of multi-year training set specific tasks for the technical training of futsal players are determined by many factors: the age characteristics of

children and adolescents, the dynamics of physical training, the characteristics of the system of formation of motor skills, the purpose of the stages .

The ability of players to get good targets and make tactically correct decisions in the conditions of game activity is largely determined by the purposeful use of technical methods, ie their technical armament. Therefore, good tactical training is possible only when a young player is constantly improving his technical skills and acquiring a wide range of movement skills. The technical skill of the player must ensure the implementation of any tactical idea, either in collaboration with partners or individually. High tactical individual training of each player determines the effectiveness of the tactics of the whole team. Each phase of training with young players should have a specific focus and relevant training materials. The main task in the initial preparation stage is to develop the ability to think in the game and to arouse interest in the process of playing football. Classes include exercises related to the development of complex reaction skills, goal-setting, cognition, independence and teamwork skills. The training will focus on the general basics of sports game tactics, football game tactics, and individual and group actions of players. For this purpose, all the formulas available in the player's independent work, formulas (literary sources, film materials, personal observations, etc.) that help to use the theoretical basis of tactical training are used. They should be taken into account in the study of the rules of the game and the organization of individual and group actions. While tactical thinking is formed in the process of learning basic tactical actions, the main focus is on analyzing the appropriateness of the specific tools and methods adopted by the trainees to play the game in order to implement the accepted tactical plan. Exercises that focus on specific individual and group actions in an ever-changing environment of attack and defense are also explored. The ability to respond positively to certain game situations is one of the most important skills a player can have. Developing this skill is one of the main tasks of primary sports specialization. Tactical training during the intensive training phase is carried out with special emphasis on the individual and group movements learned. It will focus on improving the players' ability to play a combination game. Great attention is paid to improving tactical movements in the team. Each player improves their tactical skills depending on their place in the team. Exercises include both attacking and defensive movements. It is very important to develop the ability of self-analysis, the ability to find the right path in the current game situation, the ability to distinguish the most important from the many moments that characterize the game situation.

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