

## IMPROVING THE ABILITY OF YOUNG PLAYERS TO WORK WITH THE BALL IN OUR COUNTRY.

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**Annotation:** The article contains information about the attention paid to sports in our country, as well as the theoretical and practical education of young players, as well as techniques and methods.

**Keywords:** Young players, techniques and tactics, foot parts, soccer ball.

After gaining independence, our country has paid great attention to physical culture and sports. Our athletes have achieved good results in world competitions and are raising our flag. Our athletes take high places in various competitions.

Especially in our country, it plays a key role in the comprehensive development of our young players: mentally, morally and physically. Therefore, the main task of preschool and educational institutions in the Law of the Republic of Uzbekistan "On Physical Culture and Sports" is to protect and strengthen the health of preschool children, pupils and students, to form in them the need for physical fitness.

A number of government decisions aimed at the development of youth football in the country have created all the benefits, material and technical and legal opportunities to raise the sport to a higher level. The Decree of the President of the Republic of Uzbekistan dated October 24, 2002 "On the establishment of the Fund for the Development of Children's Sports in Uzbekistan" and the relevant Resolution of the Cabinet of Ministers (October 30, 2002) to train talented young athletes special attention is paid to the issue. This means that sports, which our people respect, is one of the priorities of state policy. However, it is not yet possible to talk about big football. One of the main reasons for this is that our country does not have enough competitive coaches who are able to train talented young players. Public football training is often blind, unscientific, and does not meet methodological requirements.

The physiological value of the physical and technical-tactical exercises provided is not taken into account. In the formation of sports skills on the basis of many years of training, there is no balance and interdependence in groups of children of different ages. It goes without saying that the effectiveness of a technical-tactical action is determined not only by its useful coefficient, but also by maintaining this coefficient for 90 minutes. That is why our country is cooperating with foreign coaches in order to improve their physical condition.

In most tournament games, players are observed to play with high skill, but they are not always able to perform well until the end of the game. Stable skill depends on the general and specific endurance of the player. This is in line with the opinion of football experts.

Weight loss will be followed by fatigue and constant tiredness. On the contrary, it is true that such exercises make children tired. According to many experts, the use of exercises in the form of games that develop physical qualities, including endurance, in the early stages of training is more effective.

Because such exercises distract children from fatigue, stimulate their emotional and mental state, increase the effectiveness of exercise. It is effective when carrying the ball, that is, when dealing with the ball.

Improving the skills of young players in our country is closely linked with the development of children's and youth football. In highly qualified teams, it is very difficult to correct the shortcomings in the technical and tactical training of players. Therefore, the more effective the exercise processes of children and adolescents, the more successful the struggle for high results can be.

To achieve a goal in football, a set of special techniques used in the game, combining variety, is a football technique.

Experts say you need to have at least three important skills to play football. That is, they must be physically fit, have good game technique, and be able to behave well on the field.

Swedish football expert V. Luts admits that football technique has its limits, it does not solve everything, but without it, no success is possible. Techniques are the means by which a football game is created. Achieving high football results is in many ways the more fully a player knows these different tools, the more skillfully and effectively the opposing team will be able to use them in a variety of situations in the game, in conditions of increasing resistance and fatigue. depending on the connection

Newer techniques, kicking the ball, stopping the ball in the hips and chest, and the use of deceptive moves have increased in effectiveness.

The technical methods in modern football are characterized by a biomechanically optimal movement system that allows the use of sufficient energy to increase the speed and accuracy of game movements.

The difficulty in mastering the technique of football, apparently, is explained by the fact that it is necessary to play the ball with the feet and head, as well as the need to fight hard with the opponent.

Experts estimate that a player will hit the ball 50 to 100 times during the game. But with an average of 2-3 minutes in a shorter time, the game requires a lot of volume, variety, efficiency, speed, great skill to perform technical tricks in the situation.

The player's possession technique includes the following groups of methods: kick kicks (6 methods), head kicks (2 methods), stopping the ball with the feet (6 methods), stopping with the body (2 methods). ), foot tricks (4 methods), head tricks (3 methods).

Which method is used and how much is played depends on the function of the players in the game.

Kicking the ball is done with the inside of the sole of the foot, with the tip of the foot, with the heel.

Kicking the ball with the middle of the foot surface is the most powerful way for players to hit the ball into the goal and over long distances. The technique for doing this is as follows: the target and the ball run in the same direction. The leg and vibration movements are performed with the front and back of the foot. Reliance begins with compensation. The conditional line that connects the ball and the knee joint allows for a very precise and strong execution of the shot, which is large in a strictly vertical position when kicking. The use of tricks successfully solves many tactical problems, both in attack and defense. In football, the following basic tricks of deception are used: cheating on the street, cheating by kicking, kicking the ball. There are a variety of different ways to perform these tricks and their types. The analysis of deception techniques is divided into two general stages. One is the preparation phase and the other is the realization phase. Deception is the first step in understanding the reaction of an opponent to resistance. In the second stage, the original intention of the player is realized after the opponent's reaction in response to the deceptive action.

Over the course of more than a hundred years of game development, there have been some changes in football technique. These are the main directions of development.

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