

METHODOLOGY OF TEACHING SCHOOL-AGED CHILDREN (12-15) TO PLAY FOOTBALL

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Annotation:

The article talks about an effective method of teaching football elements to schoolchildren, that is, to children under 12 years old. Advice and instructions were given on what to pay more attention to when teaching football to children and how to organize training sessions.

Keywords: methodology, advice, feedback, school-aged pupils, football, techniques, match, teaching, teachers

Football is the most popular and favorite game in most countries of the world. Hundreds of thousands of children, youth and adults play football. Management of the training process includes the study of various aspects of the special training of the players in order to organize the training in accordance with the individual characteristics of the players at the next stages. Football theory and practice are multifaceted and constantly evolving. Organizing and conducting mobile games with children of different school ages will have different colors. The method of conducting active games directly depends on the mental and physiological characteristics of children, their general development and readiness. The practice of working with children shows that the methodology of conducting mobile games is considered in accordance with the four main age groups, and according to the age characteristics of each of them, they are close to each other in relation to the interest in the game of all children. These groups are: 1-2 graders: 7-9 year old children; 3rd-4th grade students: 9-11-year-old children; 5th-9th graders: 12-15 year olds and AL and KHK students: 16-18 year olds. When announcing the results of the game, it is necessary to understand the game, to show the mistakes made by the participants in the technical methods and techniques. When analyzing the plot of the play for children of junior school age, it is very useful to show the positive and negative aspects of the development of the plot of the play, and show the participants of the game who performed well in different roles. Students who show positive initiative and follow the rules of the game should be singled out as examples. The one and only goal of all areas and stages in the system of physical culture is to prepare a person for a proper life. The tasks of physical education of primary school students are defined taking into account the age-specific characteristics of children, but the general goal of physical culture is not overlooked. In the school, physical education of elementary school students is provided for the implementation of health, education and training tasks. Through the national games of the people, there are more opportunities to fulfill these tasks as a whole.

Sanitation tasks. The main task of physical education of 7-8-year-old elementary school students is to protect the child's life and strengthen his health, to protect himself by exercising his body and to

increase resistance to various diseases, external is to teach to cope with adverse environmental conditions. In addition, it is very important to increase the ability to work in children. Since the development of the child's organism has its own characteristics, its tasks are expressed in a more precise form: help to the smooth and timely hardening of the child's bones, the formation of curved areas in the back spine, good development of the surface of the heel, maturation of the ligaments. show (games); proper development of body parts is made possible (games); develops all muscle groups. It is also necessary to make it possible to improve the activity of the cardiovascular system: to increase the flow of blood to the heart, to improve the normal functioning of the heart and to develop its ability to adapt to an unexpectedly changed load; increase the mobility of the chest, ensure deep breathing and long-term stability of this activity, increase the vital capacity of the lungs, improve breathing through the nose, correct internal organs ensuring the functioning of the brain, improving the central nervous system; it is necessary to ensure that the mobility of the states of excitement and inhibition is at the same level, as well as to bring the motor analyzer and sensory organs to maturity. The main form of game play should be team combo play, not individual, although in some cases martial arts can lead to a positive result. The aggressive nature of the game gives an undoubted advantage, but in equal conditions, the victory will be won by the team that has mastered the art of maneuvering, and is better prepared technically and physically. Players must be motivated and motivated; they have to move for 90 minutes, maneuver, always be very active. Football is the most popular and favorite game in most countries of the world. Hundreds of thousands of children, youth and adults play football, millions watch the game on TV. A large number of articles, news about competitions inform football fans about the status, development, prospects of the game, problematic issues and more. Training of highly qualified players requires a lot of knowledge and high pedagogical skills from coaches. Science comes to the aid of coaches. In the near future, the creative cooperation of coaches with representatives of science will undoubtedly be one of the main sources of the rapid development of football and its qualitative development. One of the hallmarks of modern football is speed in the broadest sense of the word. Football has sped up. Now the athlete has to react quickly, think, act, implement technical techniques, quickly solve tactical tasks in various game situations. In this work, we focus on the physical and technical training of players. Taking into account the growing interest in football, it is recommended to consider this sport from different angles: game techniques and tactics, the impact on the development of motor skills, training for the game. Thus, the following tasks were set for study in the selection of the relevance of the studied issue:

1. Learning the classification of game techniques.
2. Analysis of the sequence of teaching methodology and individual game techniques.
3. Describe the playing style of the field player and goalkeeper.
4. Consider defensive game tactics, offensive game tactics.

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hallmarks of modern football is speed in the broadest sense of the word. Football has sped up. Now the athlete has to react quickly, think, act, implement technical techniques, quickly solve tactical tasks in various game situations.

It is known that physical fitness of football players is one of the most important factors that depends on the effectiveness of collective, group and individual technical and tactical actions. No matter how technically and tactically literate a player is, he will never succeed without good and versatile physical training. A team whose physical fitness does not meet the standards of modern football will not be successful. In the game, the player must perform many movements with maximum amplitude: kicks, kicks, kicks. They are effective only when the player is well adapted. We also note that good flexibility is an indirect evidence that the player's muscles are flexible and in good condition. This condition of the muscles protects them from injury. Therefore, good flexibility is an indispensable quality of a football player. Effective implementation of techniques is based on muscle and intra-muscular processes coordination or coordination ability. The ability of football players, especially young ones, to learn football techniques depends on them. No professional footballer can be without well-developed coordination skills. All these qualities make up the physical fitness of the players. Therefore, improving physical fitness is one of the most important tasks that football teams try to solve in training. Currently, the task of preparing a highly qualified reserve for professional football is being updated. The development trends of modern sports predetermine a long-term planned process to achieve high skills, requiring the need to improve the system of its gradual formation. This is completely true of football. The training of athletes should be based on a consistent and consistent exercise methodology, which ensures the effective development of sports skills, the rapid growth of functional capabilities and their correct performance, which is impossible without a carefully prepared initial stage of training. The object of research is the physical fitness of football players at the initial stage of training. The topic of the study is the organization, means and methods of physical training of football players in the conditions of the educational process. The purpose of the study is to substantiate the methodology of physical training of football players at the initial stage of football training.

In conclusion, it can be said that the process of the game itself is very complicated: it depends not only on the age characteristics of the children, working conditions, but also on the readiness of the children to play as a team, on their mood, on the leader of the game. It also depends on his skills. Conducting the game is a pedagogical process, which cannot even be predicted.

The practical experience of working with children shows that knowing how to analyze and correct the behavior of players during the game, knowing how to correctly analyze and evaluate one's own behavior as a game leader, leading the game helps improve skills.

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