

## TECHNICAL TRAINING OF INNOVATIVE YOUNG PLAYERS IN INCREASING THE IMPORTANCE OF TECHNOLOGY

Talipdzhanov Alidzhan Akramovich

Kokand State Pedagogical Institute

Associate Professor of the Department of Sports and Outdoor Games.

Email: alidjantalipdjanov@gmail.com

### ABSTRACT

In this graduating work, there are given some methods of football game in terms of, game football game tactic, the use of tactics on magnetic boards, development of tactical systems and modern tactic systems. Besides that, electron module of subject is performed. In that module, the text of the report, pedagogical technologies used in football lessons, topic tests, control tasks, presentation slides, developing tasks of tactical training are illustrated. The conclusion is about the latter recommendation and practical advice.

**Keywords:** Young player, agility, quality, technique, development, training, exposure time, agility, loading, training.

## ТЕХНИЧЕСКАЯ ПОДГОТОВКА ИННОВАЦИОННЫХ МОЛОДЫХ ИГРОКОВ В ПОВЫШЕНИИ ЗНАЧИМОСТИ ТЕХНОЛОГИЙ

Талипджанов Алиджан Акрамович

Кокандский государственный педагогический институт

Доцент кафедры спорта и подвижных игр.

Электронная почта: alidjantalipdjanov@gmail.com

### АБСТРАКТНЫЙ

В данной дипломной работе приводятся некоторые методы игры в футбол в плане тактики игры в футбол, использования тактики на магнитных досках, разработки тактических систем и современных тактических систем. Кроме того, выполняется электронный модуль предмета. В этом модуле иллюстрируются текст отчета, педагогические технологии, используемые на уроках футбола, тематические тесты, контрольные задания, слайды презентации, развивающие задания тактической подготовки. Вывод касается последней рекомендации и практических советов.

**Ключевые слова:** Юный игрок, ловкость, качество, техника, развитие, тренировка, время выдержки, ловкость, нагрузка, тренировка.

### INTRODUCTION

Modernization is evident in modern football as well as in every front. As a result of the attention paid to football and the reforms implemented under the leadership of our countryman, the results of our teams are increasing. In addition, the analysis of today's competitions is of great importance in training young players who will become football owners in the future. Therefore, 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 representatives of the future generation.

## **LITERATURE ANALYSIS AND METHODOLOGY**

The physiological value of general physical training and technical-tactical exercises given to young football players is not taken into account. Modern football models are not used and are not intended. Nowadays, this work is one of the urgent problems.

The purpose of the graduation project is to research the theoretical and practical issues of teaching technical movements in football theory and methodology, to develop conclusions and suggestions on improving teaching based on the formation of innovative technologies on the subject.

To reveal the essence of the technical actions presented in the curriculum of "Football Theory and Methodology";

Preparation of the development of innovative technologies on the topic;

Development of proposals and recommendations for the further improvement of the teaching of technical movements.

Description of technical actions of young players. According to the results of the research of many scientists, it is important to know specific loads, to demonstrate actions and to apply them in practice in developing training plans and increasing the efficiency of technical and tactical actions.

In the development of modern football, the methods of the game are being improved, and the actions of the players are becoming more perfect.

World football experts say that the development of modern football includes many aspects. These are:

1. Each player must lead the game to the end;
2. Movement of players along the field at high speed with and without the ball;
3. Quick execution of technical-tactical actions;
4. During the game, they must accurately pass the ball to a teammate, correctly direct shots at the goal and perform other technical methods.

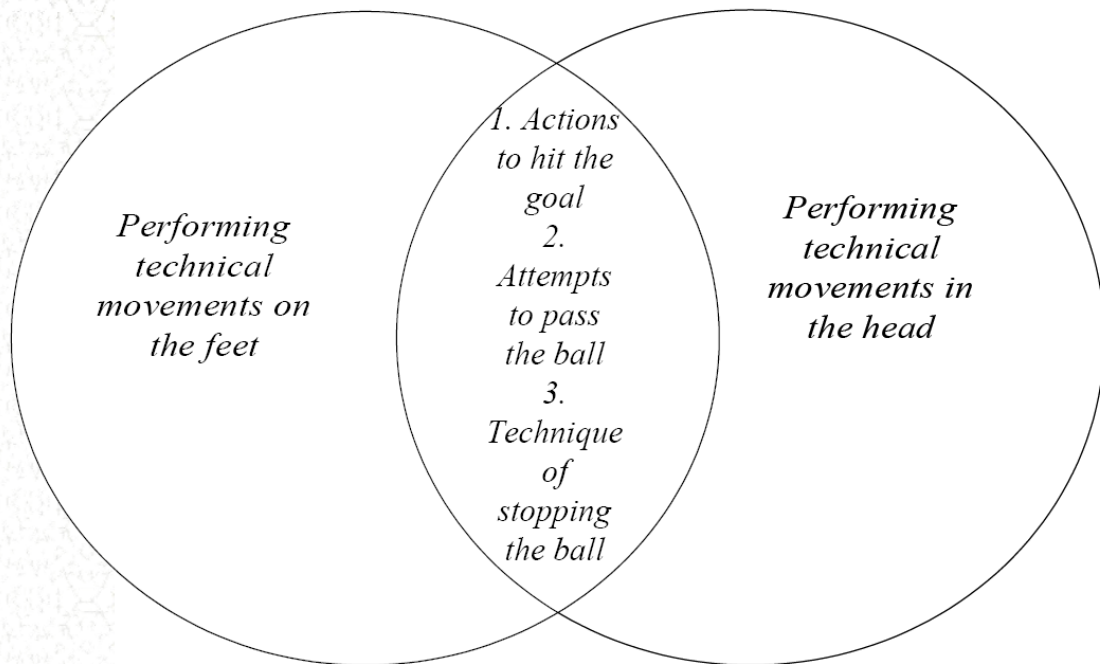
## **RESULTS**

Today's world football requires every player to be able to handle the ball correctly, perform precise and smooth actions, and be able to play both offensively and defensively. Because an uncertain action can cause the team's organized attacks to end ineffectively, or to miss the ball. Often, coaches use tactical systems based on the skill and strength of the football team. These systems can sometimes help and sometimes give advice.

The great attention paid to football in our country means that a lot of efforts will be made for the development of football. The lack of technical, tactical and physical training of young players, and in order to eliminate these shortcomings in the future, it is necessary to strengthen the training of the current young players, that is, in football clubs.

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

## VENN DIAGRAM on the technical training of football players



### T-SCHEME "Technical preparation"

Advantages	Disadvantages
A high level of mastery of technical actions helps to successfully perform tactical actions.	Failure to master technical moves at a high level prevents the completion of attacks.
It helps the team keep the ball by performing technical actions correctly.	Many mistakes are made when organizing tactical combinations.
The high level of technical movements allows the player to move in different zones of the field.	Lack of perfect mastery of technical movements leads to defects in accurate delivery of the ball to the partner.
A high level of technical movements gives the player confidence in fighting with the opponent.	Failure to master technical movements at a high level leads to situations where the ball is taken away from the opponent.

## DISCUSSION

The exercises on innovative football technologies developed by us and recommended to coaches were selected based on the game and the situations that will be implemented in the game. Based on these studies, we recommend that the exercises selected by them be specific to the game, and we

recommend that the players choose tactical actions to improve their technical skills. The exercises selected by us can also have a positive effect on the players we introduce. For this reason, we recommend these exercises. These exercises help to make training processes interesting.

In addition, we think that in addition to the exercises that are carried out in the main part of the training process, we should also pay attention to the warm-up exercises that are carried out in the preparatory part. These exercises help the players to change their movements, especially those who participate in attacking movements. In the conclusion, recommendations are given for improving the technical movements of the players through modern technical means.

## **CONCLUSION**

The main requirements for the technical actions required in the organization of a quick attack:

1. So that the opponent's attackers do not have time to return to the defense, "cut" them to pass the ball forward quickly in order to put it. Of course, each of them will try to return to the defense as quickly as possible, but it is clear that the attackers have lost time and they can use it skillfully to create a real chance to score a goal.
2. The players' actions in the second and third phases should be based on high-speed combinations, bringing the technician to the top based on modern innovative technologies.
3. Players can quickly break through and deliver the ball along the wing, in the center, and across the entire width of the field. The main goal here is to find the shortest way to get into the striking position. It should always be remembered that the slightest delay in the development of the attack allows the players who were "cut" by the opponent to return to the defense, and therefore makes the attack difficult.
4. The players of the front line of the attack must have mastered the art of one-on-one fighting, that is, know how to overcome the opponent alone. He should use short paths to get into the shooting position, aim for the goal as soon as the first opportunity appears, or create conditions for his partners to conquer the goal.
5. The team must have a certain player who waits for the first long pass from the defense. In order for his partners to deliver the ball to him in the shortest possible time, they must know the favorite position of this player. The unexpected outcome of the team's actions depends on the fact that the ball is passed to the front line of the attack at such a maximum speed. Most often, the ball is directed to the dispatcher of the team during the first long pass. Because he assesses the situation in the game faster and more accurately than his teammates, he can continue the intense attack better than anyone else.

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