

## The Main Directions and Principles in the Training of Young Players

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**Abstract:** the role of sports training in the education of the younger generation in the educational system of all educational institutions in the sacred task of raising a perfect person with a physical culture and raising a young generation in the spirit of a physically strong-willed agile patriotism is great. This article will exchange ideas on the formation of Physical Culture for children, as well as the organization of football training. Also a wide range of techniques and tactics is studied, depending on the age characteristics of the football game.

**Keywords:** tactical, agility, dexterity, goalkeeper, reserve player, technique, team character, game Activity, Complex.



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### INTRODUCTION

The main form of training and improvement of players in football is training. Football is a team game, so training is mostly team-based. Requirements for training: the task set in the training must be completed; the training must educate discipline and hard work; the training must be planned in such a way that the players consciously acquire the skills and qualities of the movement; the training must be a section of a single training process; the compilation of the training consists of three parts. Tasks of training Terms: Preparatory part - preparation of the body for the main work; the main part should be aimed at teaching and improving technical methods, tactical actions, developing physical qualities, improving mental training and moral and volitional qualities; the concluding part should bring the body to its pre-training state. Training is divided into complex and thematic training in its purpose, function and methodology.

### MAIN PART

The basic principles of education and training include the teaching principle, the principle of mindfulness and activity, the principle of directness, the principle of systemativeness, the principle of comprehensiveness, the principle of thoroughness. All these principles are inextricably linked. The educational principle of the educator is the leading principle. The coach not only creates the necessary skills and competencies in the process of education and training, informing the players of the necessary special knowledge, but also helps in every possible way to form social consciousness and positive character qualities in them.

The nurturing character of education and training guarantees the responsibility of the coach to build confidence in his strength in the pupils, to gradually increase the skill of the player without deviations, thinking about sports loads in the supervision of a doctor in the sports chapter later. High sports results cannot be achieved without a conscious attitude to training. It is necessary for those involved to understand from the exercises they are doing what the goal and the task are. Learning by performing technical and tactical actions independently is an important tool for cultivating awareness in independent training in trainer observation.

Activity is especially ascetic in competitions. The player must act independently during the game, be able to quickly come to a decision in constantly changing situations, fully respond to his actions and what he has done. Because during the game, the coach cannot help. Creative approach to solving various tactical tasks darkor. If a player does not know how to think carefully, he will not be able to play well if he does not have the ability to come to a decision without violating the rules of the competition, the general tactical plan in specific situations. The principle of expressiveness is of great importance in the correct formation of movement skills, their thoroughness, increased interest in training. Only a correctly selected instruction tool can more accurately reflect the moments that the coach wants to attract his attention to separately.

At all stages of training and training: learning new actions, regardless of the skill level of the player, the principle of directness is implemented in explaining their recommendations, thoroughness and improvement of them. Periodization should also be taken into account when distributing time to study the different types of preparation throughout the year. The frequency and system of training depends on the preparatory tasks and the continent of those involved. But from this does not come the meaning that technical and tactical training is not included in these stages, of course. Compared to the later stages, they are simply allocated less time in this, except. In education, the principle of systemativeness assumes the distribution of educational materials in such a way that the material after it proceeds logically. In the process of education and training, this principle is achieved by proceeding from the rule of pedagogical deduction, that is, from known to unknown, from occupied to unoccupied, from simple to complex, from basic to second, from general to private.

Before training in a new technical movement or tactical movement, it is necessary to restore the old foundations associated with the same new movement or movement, to inextricably link the unknown with the old known with the new. In particular, it is necessary to hand over several exercises that teach the attackers to open correctly before teaching them to use a tactical combination that consists of moving the ball from side to side. From the occupied, the unoccupied transition rule provides for the expansion of action qualifications. As you know, in football, a strong and accurate kick of the ball, a free stop, a quick carry, a confident withdrawal are the main qualifications. That is why the first ones are taught. Increasing reliable and diverse skills, expanding their range, will help to occupy the heights of technical skill.

Moving from simple to complex means starting with the simplest. The handlers are trained to pass the ball before training them in their tactical combinations, to be taught to strike when standing and flying, i.e. to gradually prepare the handlers to take over more complex moves. The transition from the basic to the second level means the selection of the main one from this stage of training between different directions of training, forms and styles of tools, in this specific situation.

It is better to show and explain the movement before learning it in pieces, and only then to entrust it with the complete execution of the movement. It is necessary for the player to have a general idea of the tactical system to be used by the team, until they begin to practice their various tactical Harkats. The content and size of theoretical materials, as well as the sports load, should correspond to the age characteristics of the players, the degree of their general and special development, the conditions of the external environment. Relying on previous experience, it is

possible to gradually increase the load. At the same time, the process of education and training should not be over relaxed.

General training exercises will be focused on the player's more general training. In terms of influencing the sentence of such exercises, it is possible to include various exercises that are quite similar to special preparatory exercises and at the same time differ from them in a long way.

The process of education and training is the profession of an educational character. Accordingly, great demands are placed on training exercises.

Special training exercises include elements of competition movements, variants of them, as well as features that make work and movement very similar to this in form and character. In turn, special preparatory exercises are divided into auxiliary and developmental exercises. Auxiliary exercises mainly promote the occupation of the form and technique of movement. Developmental exercises, on the other hand, are mainly aimed at developing physical characteristics.

Activities organized from football are also aimed at solving the tasks facing the physical education system. The main content of the training should consist in the comprehensive development of a person's spiritual and physical abilities necessary for maturation, his creative work and defense of the motherland.

## CONCLUSION

When planning training sessions for young football players, it is important to organize training sessions when planning the movement of their students in football, their training. We learned that those who are engaged need to pay great attention to their physical qualities, mainly in training. The children's youth sports order sets out the main directions of the program regulatory requirements, which were originally issued by the government of the Republic in the study of training. In this article, the role of training in strengthening the health of those involved in the physical education system was studied the purpose of sports training, the conditions of training of those involved in the tasks the physical qualities of technical-tactical, physical integral, theoretical, mental, spiritual training of sports training, the development of the qualities of strength, agility, flexibility, agility, endurance.

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