

CORRELATION OF INDICATORS OF 12-14 YOUNG PLAYERS IN THE CONTINUATION OF THE COMPETITION WITH THE EFFECTIVENESS OF TECHNICAL AND PSYCHOLOGICAL TRAINING

<https://doi.org/10.5281/zenodo.17744676>

Nazarov Rustam Nurali o'g'li

Uzbekistan

ALFRAGANUS UNIVERSITY

Faculty of Social Sciences

Lecturer of the Department of Psychology

Annotation

In the article technical and tactical development of young players revealed the issues of training in skills so that they can perfectly demonstrate their technical and psychological training during competitions. It is illuminated that the effectiveness of teaching technical and psychological training from an early age does not fully meet the requirements of today's times of training, which is reflected in the current training programs.

Key words

young football players, technical skills of 10-12-year-old players, passing the ball during the game, modern research in the field of children-adolescent sports, teaching game techniques and tactics.

Relevance of the topic. In the following years, in order to educate a physically strong, competent generation with the future of the country in Uzbekistan, to actively involve talented youth in the sport of football, to create the necessary conditions for the further support and development of our national football, to select young players and ensure the deep development of professional skills and skills in them, as well as to [1]. The tasks of organizing the process of training young players on the basis of scientific and methodological recommendations were established in accordance with the requirements of khalkaro for the development of modern football. Country scientists note that today 10-12-year-old players are lagging behind the most powerful foreign players in ball control techniques. They believe that from the early stages of many years of preparation for this practice, it is necessary to develop new based methods of organizing training, as well as to use them. Today, the psychological aspect is becoming more and more important in youth sports. The development of young athletes as professional athletes largely depends on their mental readiness to withstand the difficulties of sports training

and accept the bitterness of failure and defeat. In this regard, it is especially important for an athlete to realize himself as an individual strong combat unit that can independently solve the difficulties that they face during competitions and training.

Psychology is very important for a 10-12-year-old football player youth. Of course, the age range from 10 to 12 years old, which we have chosen to cover, includes several stages in the development of the personality of a young athlete. Small school children are mainly associated with an interest in physical activity (based on basic motives). Even without physical education classes, they love to run, jump and play. In improving the level of physical fitness of young players and developing technical and tactical tactics, Yu.K.Lukin, I.M.Blashak, A.V.Dublinski, T.T.Imanaliev, R.A.Akromov and Sh.T.Scientists such as Iseev conducted research on this issue in their research. But, the rapid development of the theory and practice of the present time in the snapshots of the increasing demands on the education of young players in accordance with the requirements of khalkaro, requires the use of modern methodologies to develop the physical fitness of 10-12-year-old players in nataja. Sh.In Our Country.Abidov, A.According to one kancha football experts, such as artikov, the fact that 10-12-year-old players lag behind in the acquisition of technical-tactical and psychological skills is most likely due to the fact that they are the first to prepare them. [2. 3]. The main reason for the occurrence of such a state, in our opinion, is the insufficient level of scientific information regarding the process of cup annual training of young players. Scientific data on the age-specific dynamics of physical, technical and tactical training indicators and the interdependence of competition activity indicators in this regard are very scarce. The result of this is the question of the consistency of striking elements in the alox of the uyin technique, in particular, a cataclysmic issues in the uyin technique, which in a certain sense can later become a burning factor, limiting the level of general technical skill. Training of young players is a long-term, serkirra process that relies on the advanced experience of our country and foreign specialists.

The burden of scientific information on the age dynamics of the structure of the activities of young players musabaka is especially noticeable in the initial printing of the technique of Bush climbing. In okibat, a problem in the sequence of pressing elements of a cathode of the initiator boskich system, in particular, the element of the alloy of the uyin technique, is in the open colmoc, which can later, in a certain sense, become a burning factor, limiting the level of the technical denominator in general. That is why the problem of looking for ways of a scientifically based new approach to the technical improvement of young players is

sharpened, which confirms the relevance of the issue being studied, no doubt. To achieve this goal during training, coaches must strictly adhere to the general rules of sports psychology, which include: - increase the activity of all cognitive and other mental processes (senses, perception, memory, thinking) ; - activation of the necessary qualities of attention (intensity, stability) ; - development of the ability to stimulate voluntary movements; - development of constant motivation and deep interest in football; - development of high moral, intellectual and aesthetic feelings;

- development of the style of individual sports activity, which best suits the individual characteristics of the athlete; - regular use of tools for monitoring and recording current results. At the same time, one of the theoretical foundations of training methods should be to create conditions for young players to perceive themselves not as a gear wheel in a large mechanism, but as a separate, impeccably working, independent mechanism capable of solving the most complex problems on the football field.

The basis of the study. The activity of Musobaka consists in analyzing the level of technical and psychological training of young players in Khol, which takes into account their coursework. Kupgina specialists take up the activities of the competition to the level of an integrated course, and the sports result to the level of one of the leading criteria for the effectiveness of the training and training process. Therefore, it is necessary to consider the dictation in the analysis of the musabaka activities of the team and aloxida players in the beginning of the mashgulot process, since in the conditions of fakat responsible competitions, the positive and negative aspects of the training of athletes are fully manifested. Musabaka activities chukur batganish orkali can develop a mashgulot system that is adequate to it. The reduction of musabaka activities made it possible to collect extensive information about the technical and tactical activities of qualified athletes. In Birok young players, these studies have acquired an episodic nature, as a result of which the problem is practically not being studied. [4. 9. 10]. Young players age dynamics of the structure of musabaka activities the load of information on khaki, especially, the possession of the Bush shows the influence of uz on the initial pressing of the kilish technique. As a result, in the initial urgency situation, a cathode issues (in particular, in the sequence of striking elements in the alloxide characteristic of the uyin technique) are lightened, the non-striking of which subsequently blurred the level of technical skill in general in a certain sense by a limiting factor.

Pedagogical observations on the activities of musabaka were conducted in the first-league of Tashkent City by six young gurukhas in the Orthodox and official houses. The calculation of the result of pedagogical observations makes it possible to anicize the mu-sobaka system of activity (karang To Table 1). The data showed

that team players aged 8-9 would laugh the most at home methods such as carrying a bush at home (19%), forward kiska and urta distance Bush transmission (18%), picking up a bush (13%), cheating (12%), catching a yunalized Bush, and kolish (10.4%). It is necessary to note that these technical elements are performed by children almost without preliminary beating. In okibat, the percentage of errors is very large, in carrying a bush (21%), forward in passing a Bush (49%), cheating in carrying a bush (47%), cheating in carrying a Bush (38%), catching a yulaky Bush (23%). For this young group, the technical and tactical tactics of hajmini in such a consistency are effectively appreciated in our opinion. Kiska and urta distance transfers of the ball in different junctions, transfers of the ball to the player who is being harassed, quick transfers of the ball, collisions with the ball with the wind, Solo takes in yukori, head-play, all technical-tactical and psychological measures in the continuation of the game reliably increase the level. This state of affairs indicates the manifestation of technical and tactical tactics of players from 10 to 12 years of age at the first level of morality.

According to the technical and tactical tactics of the structure of the House of 10-12-year-old players, a reliable FARC is expected from 13-14-year-olds: orcaga and kundalang passes, forward passes, carry, cheat, hit the gate with a foot, the amount of all technical and tactical damage during the house is included. There are no farcical sensations between transmissions to the player who is eating the Bush, long-distance Bush transmissions, fast and high-speed transmissions, bush-carrying burns, Yul-yulak-holding collisions, solo-ma-single takes on the bottom and yukori, head-play, head-to-head strikes on the goal. [5.8]. Transfers to the player who is plucking the Bush, long-distance transfers to the Bush, intense transfers in sharp yunalish, carries, tricks, yulak-holding collisions, Solo takes at the bottom and in the yukori, head and foot strikes to the gate, push-ups in the Bush-touching vaccine do not cause any changes even during the first period of reliable probability in the case of kup. In the okibat of this, an impenetrable situation arises, that is, elements performed in childhood with a high percentage of mistakes are perceived by yukori to the issue of clothing even for the hosts of qualified teams. The structure of the activities of musabaka and mashgulot, as well as the inclusion of information made up of the content of programs, can be adjusted for their inconsistency. For example, for 10-12-year-olds, 28.8% of the total hours in the technical training of the program are allocated to beat the method of hitting the bush with a foot. In mashgulot, the performance of this technical method is 54%, and in musabaka activities it is 33.2%. [6. 7. 11]. For those of the same age, a total of 9.3% of the total hours in the technical training of the program are allocated to the technique of carrying a bush. In mashgulot, the performance of this technical method is 16%, and in musabaka

activities it is 19%. Cheating tsarakats (to fints) are performed 7% in the program, 4% in the mashgulot, 12% in the House. The blow to the bush with the head accounted for 10.8% in the program, 3% in mashgulot, and 2.2% in musabaka activities. Taking a bush burn to the situation in the house is carried out karab-Di, but in the structure of musabaka activities, 13% is allocated to it, and in the program only 4.8%, the burn in these sessions is 9% of the total tsajm of technical and tactical actions.

An analysis of the programs of children's youth sports schools, competitions and training programs will allow you to exchange priority aspects of technical training for the years of training: - First - carrying a bush and cheating; - Secondly - carrying and deceiving the Bush, kiska transfer to the distance; - Third - carrying and cheating the Bush, passing the bush to the kiska and urta distance, playing with the head; - Fourth-carrying and cheating the Bush, passing the bush to kiska distance, hitting the goal with a foot, playing with the head; The conclusion of the studies made it possible to propose an extension to the content of the annual technical training of the cup. The change in the structure of the process of training and training conducted in the experimental examination has served as the basis for a slight improvement in the technical and psychologies of young players.

Conclusion: it should be noted that from the results of the analysis of the existing rules used in the current programs, it is clear that 10-12 young players control the activities of the competition and indicate the need to create it on the basis of descriptions for years; the technical and psychological preparation of the current training program for children and adolescent schools does not represent In the structure of the priority technical and tactical tactics of young players, it is necessary to attribute them to age characteristics, psychological states.

REFERENCES USED:

1. Ўзбекистон Республикаси Президентининг 2019 йил 4 декабрдаги “Ўзбекистонда футболни ривожлантиришни мутлақо янги босқичга олиб чиқиш чора-тадбирлари тўрисида”ги ПФ-5887-сон Фармони.
2. Абидов, Ш. (2025). Ёш футболчиларни координацион қобилиятларни ривожлантириш услубияти. Modern Science and Research, 4(9), 94–99. Retrieved from <https://inlibrary.uz/index.php/science-research/article/view/136551>
3. Артикова А.А. «Оптимизация точности выполнения технико-тактических действий в спортивных играх с использованием инновационных технологий» на соискание учёной степени доктора педагогических наук (DSc)

по 13.00.04 – Теория и методика физического воспитания и спортивной тренировки, 16 декабря 2023 DSc.33/01.02.2022.Пед.146.01 при университете физической культуры и спорта.

4. Yaqubov Ф., Burliyev Y., Qazoqov P., Jabborova C., Jo'raboyev A., & Muxammadiyev Д. (2024). METHODOLOGY OF SELECTION OF 10-12-YEAR-OLD PLAYERS AND ORGANIZATION OF TRAINING. Modern Science and Research, 3(1), 1271–1279. Retrieved from <https://inlibrary.uz/index.php/science-research/article/view/28829>

5. Золотарёв А.П. Некоторые особенности соревновательной деятельности юных футболистов 9-17 лет. //Методика совершенствования и контроля координационных способностей юных футболистов в условиях скоростных передвижений: Учебно-методическое пособие. -Краснодар, 1991. - С.12-16.

6. Иманалиев Т.Т. Сопряжённая физическая и технико-тактическая подготовка футболистов на этапе спортивного совершенствования: Автореф. дис. ... канд. пед. наук. - М., 1993. - 24 с.

7. Бекназаров, Ш. Қ "Футбол академиясига 9-10 ёшли. футболчиларни танлаб олишнинг замонавий мезонлари." фан-. спортга 8 (2020): 38-40.фан-спортга, 38-40. 35.

8. Бозоров Рустам Сирожиддин ўғли. Спортчиларни шуғулланганлик даражасини аниқлашнинг замонавий усулларини таҳлили (футбол спорт тури мисолида) central asian research journal for interdisciplinary studies (carjis) google scholar universal impact factor: 7,1 issn:2181-2454 www.carjis.org doi: 10.24412/2181-2454-2022-2-410-419 volume 2 | issue 2 | 2022 tashkent, uzbekistan 410 e-mail: carjisor@carjis.org

9. Юсупов Н.М. Юқори малакали футболчиларни тезкор-куч тайёр-гарлигининг ривожлантириш услубини такомиллаштириш. - Автор. дисс... пед.фан.б.фал.док.(PhD) - Чирчик. 2019. 24 б.

10. Нуримов Р.И. Футбол назарияси ва услубияти. Т.: ИТА-PRESS,2018. - 289б.

11. Годик М.А. Физическая подготовка футболистов в подготовительном периоде. - Ж.: "Фан спортга", 2007. - №3. - С. 18-23.