



Opportunities and Benefits of Football for Students

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Abstract: *There is a lot of information about the history of the game of football and, in particular, its rules. The composition of football teams and their structural structure, their functions. About the tactical structure of team members, their functions and tasks.*

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Each team can have a maximum of 11 players, one of whom is the goalkeeper or the teams have 3 more in each during the game and have additional substitutions if they go overtime. Substitute players are assigned before the start of the game, and a score of 0 to 7 of them must be paused and crossed on the touch line to make the exchange between the player and his substitute. The replacement player cannot enter the field until he or she is completely out of the starting playing field, and the replaced player may not return to the field. If the number of substitutions allowed has been made and the goalkeeper needs to be replaced, he may be replaced by one of the players on the field after notifying the referee. If a player is removed before a shot, he can only be replaced by one of the previously appointed reserve players. If one of the reserve players is removed from the field before or after the shot, he cannot play as a reserve player. For other types of competitions, the number of players and the number of changes may vary, but will always be agreed between the teams and the referee will be notified in advance before the game begins. In the process of game development, each player plays his own role. Each team can freely choose the most offensive or defensive tactics, depending on the type of game they want to get in the game, always respecting the number of players allowed. If you are a goalkeeper, your main task in the game is to prevent the ball from entering your goal and to keep the players spiritually healthy and supportive. Each team will have a starting goalkeeper and two assistants. When it comes to defense, their main task is to be a wall until the ball reaches the goal. From the fact that the opposing team has a chance to score, and those who also start the attack of the team, they should avoid anything. They usually have to be tall and strong players. As for central attacking midfielders, they are the players who place themselves in the center of the field, connect the defense with the attackers and create scoring opportunities in general. The midfielder has to be a very fast player and a good strategist. The striker is defined as the player responsible for scoring. He is responsible for turning goal situations into effective results. They are fast and agile, great power players. They need to be able to score with the fewest passes. The basic football equipment for players is a t-shirt, shorts, long socks, ankle boots or shoes and sneakers. T-shirts are usually made of synthetic materials that insulate from sweat and heat. In this sense, they do not have specific characteristics about the type of material from which they are to be manufactured. The goalkeeper must be wearing a different color from the rest of the team. usually wear a long-sleeved shirt. The match will start with 22 players on

the field after the referee's opening whistle. The game is divided into 2 rounds of 45 minutes each; After completing the first 45 minutes, there is a 15-minute break in which players leave the field. At the end of each 45-minute period, the referee may add additional minutes as compensation for time lost due to substitutions, injury to players on the field, taking injured players off the field, or other circumstances that delayed the game. If the teams are tied at the end of the game and the match is not allowed to end in a draw in that match, two more periods of 15 minutes each are added. If the score is tied at the end of these extra 15-minute periods, penalties will be awarded. Penalties consist of 5 goal opportunities for each team, in which only the player who fires a shot in front of the goalkeeper at a distance of 11 meters is found. Scoring a goal is the goal of the match. It consists of entering the ball into the goalkeeper's field without any irregularities in the process. The goal can be scored from a game or a penalty during a normal game. An own goal occurs when a player accidentally scores a goal inside his team's goal. Referees will take steps to sanction them as well as identify irregularities during the game. Depending on the type of offense committed by the player, the sanction will be more or less severe. Team members can also be warned and even expelled from communities. Only the main referee can give a yellow card to the main and reserve player; This card represents a warning and the sum of 2 yellow cards during the same game will result in the player being disqualified.

People's physical culture is part of its history. Its formation and further development is closely connected with the same historical factors that affect the formation and development of the country's economy, its statehood and the political and spiritual life of society. The concept of physical culture undoubtedly includes all that is created by people's consciousness, talent, sewing, all that reflects its spiritual essence, its attitude to the world, nature, man and human relations.

In the modern world, the role of physical culture as a factor in improving the nature of man and society is growing significantly. Therefore, the focus on the development of physical culture is the most important component of the state's social policy, the implementation of humanistic ideas, values and norms that open up a wide range of opportunities to discover people's abilities, meet their interests and needs, activate the human factor. 'he says.

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