



Technical and Tactical Training in Student Football Players

Nomozov Suyunbek Abdimalik o'g'li

Termez State University of Physical Education and Teacher of the Department of Sports Games

Abstract: *In this article, the usual methods of physical education in the stages of training young players and improving their skills: exercises, games. Competitive methods, demonstration, use of oral speech, use of error correction techniques are shown.*

Keywords: *"from simple to complex", "from complex to oblique", technical, tactical, exercise, game, competition.*

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The process of teaching technical techniques and tactical movements continues at all stages of the multi-year training. Careful mastery of all aspects of the technique, based on the use of the laws of biomechanics and taking into account the individual characteristics of the participants, predetermines the successful use of the technique in complex conditions of game activity. The development of excellent playing skills is based on a high level of physical fitness of young players. Typical methods of physical education in the stages of training and development of young players: exercises, games. Competitive techniques include demonstration, oral presentation, and error correction. All methods are used in close connection with each other. However, the percentage of their use depends on many factors: the stage and objectives of training, the age and individual characteristics of the trainees, their level of training. The study of specific technical methods and tactical actions is divided into the following stages:

- preliminary study;
- in-depth study;
- strengthen and further improve.

Each stage has a number of characteristics, taking into account these characteristics, specific tasks are set and a rational methodology of teaching (learning) is chosen. Initial training. The main purpose of this stage is to master the basics of the method or action being taught. The first attempts to develop the ability to perform a specific action in its main variant are to create a dynamic stereotype of the brain. directed and characterized by irradiation of narwhal processes in the cerebral cortex. Children do not have enough internal braking. All of this often leads to vague recall of the kinematic and dynamic characteristics of the movement being studied, to the instability of its rhythm, and to unnecessary additional movements. The main task of this stage is to teach the participants the movement and the formation of a holistic image (by sight) of the main elements of this movement (visual) and the perception of movement, taking into account the characteristics of the formation of motor skills. The first study of movement begins with acquaintance with it. This is achieved using a set of styles. Uses oral explanations and exercises.

The technical skill of a player is characterized by the size and variety of techniques he has mastered, as well as their effective application in the game environment. The technique of playing football is a combination of many different methods and techniques. Therefore, in order to solve the problem of teaching with less time and effort, it is important to systematize the studied material and determine the sequence of training in technology. But it's not just about using "simple to complex" and "easy to difficult" guidelines. First you need to learn the basics of how to play the game. Eventually, new movement skills will emerge based on previously acquired skills. Therefore, it is necessary to use the natural interdependence and structural similarity of different techniques and methods. In the process of getting acquainted with and studying technical methods, the perfect method of the teacher is used. It is characterized by the choice of a certain range of methods and techniques for each stage of the multi-year training. These are taught in parallel in the course system: first (until the basics of the technique are mastered), each method is studied separately, and then in combination with other methods mastered. However, it is not possible to teach more than two or three new methods in one lesson at a time.

Throughout the phase, trainees will develop in the following ways:

- kicking a ball moving in different trajectories and directions in different ways with a sharp change of direction;
- catch the ball and pass it to the team;
- Carrying the ball in different ways;
- fraud;
- attacking the ball and kicking it under the feet or stop;
- Push the opponent on the shoulder and take the ball;
- moving the ball from the sideline while moving, falling from the standing position. The ability of players to get a good goal (orientation) and make tactically correct decisions in the conditions of game activity is largely determined by the purposeful use of technical methods, i.e. their technical armament. Therefore, good tactical training is possible only when a young player is constantly improving his technical skills and acquiring a wide range of movement skills. The technical skills of the player must ensure the implementation of any tactical idea, either in collaboration with partners or individually. High tactical individual training of each player determines the effectiveness of the tactics of the whole team.

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