



Efforts for the Emergence and Development of Football Sports

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Abstract: *In this article, playing football allows you to develop physical qualities such as strength, speed, endurance, flexibility and agility. Football is an important tool in the mental and voluntary upbringing of the younger generation. Proper organization of football trainings and competitions has been shown to have a positive effect on cultivating such qualities as discipline, organization, aspiration, willpower, cheerfulness, diligence and making the right decisions.*

Keywords: *foot ball, party, "Olympus", kick, mass, maximum jump*

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History of football development

"The word football, foot - foot, ball - means to play ball on the foot." Football is a real athletic game. It helps to develop speed, agility, strength and jumping. The player does a lot of work during the game. This will help to increase the level of functional capacity of the person, to cultivate spiritual and volitional qualities. Playing football can be a great tool for general fitness. Different running, different jumps, different body movements, kicking, stopping and carrying the ball, moving at maximum speed, the development of willpower, tactical thinking, etc. which can be considered as a sports game that cultivates many of the essential qualities that an athlete of any specialization needs. Many, many years ago, people in different countries came up with the idea of playing ball in city squares or on vacant lots, a game reminiscent of the military's desire to enter an enemy camp. In a party game (divided into two teams), the team that carries the ball many times behind a certain line is considered the winner of the party. Hundreds of people sometimes took part in such games. It is unknown at this time what month or year he was born. This is only for the benefit of football, as these ancient football games testify to its popularity among many peoples around the world. One of the questions that people have been wondering about since time immemorial is: Who invented this game and when? Archaeological excavations have shown that one of the "ancestors" of football lived in ancient Egypt. Here, scientists have found not only the image of the player, but also a statuette of the ball itself. Historians say that football originated in ancient times. Elements of this game can be found in many nations around the world.

1906 can be considered the year of the birth of football in Central Asia. The first football team in Kokand was formed in 1912 and consisted of local players. From 1913, football became widespread in Andijan, Fergana and Samarkand. On November 17, 1922, football matches were played between the teams of Kokand, Andijan and Jalal-Abad. The matches between the football teams showed that the teams of Kokand and Andijan were especially strong at that time. In 1921, the United Sports Society "Olympus" was established in Tashkent. It was one of the largest sports organizations in Turkestan at that time. The community's football team has been one of the strongest in Central Asia for many years. In 1921, the II Central Asian Olympics were held.

Football was included in the program of this Olympics, along with other sports. At the Olympics, only the Tashkent football team played undefeated. In 1924, the Turkestan football team participated in the Russian championship for the first time and showed high results. In 1928 he took part in long-distance matches with the Kokand Muslim team, Tashkent and other teams of the republic. In 1926, the football team of the Proletarian Plant in St. Petersburg came to Uzbekistan. This team has met with Tashkent players twice. Tashkent won both matches (3: 0; 5: 2).

Hit the ball

Hitting the ball is the main means of playing football. The ball is kicked in different ways with the feet and the head. All methods of striking are aimed at a specific goal, which is characterized by the movement of the ball along the required trajectory and the optimal (often maximum) speed. The speed of the ball depends on the initial velocity of the ball when it collides with the impact joint (foot or head), as well as the ratio of their mass to each other. Since the mass of the interacting joints is relatively important, it is necessary to increase the speed of the impact joint in order to increase the speed of the ball. Kicking the ball with the foot Kicking the ball with the foot is done with the inside of the sole of the foot, with the inside, middle and outside of the face of the foot, with the tip of the foot, with the heel. Strokes are given to a stationary ball, as well as to a ball that is rolling and flying in different directions, while moving, jumping, turning, and falling.

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