



TOPIC: NURTURING THE PHYSICAL QUALITIES OF YOUNG FEMALE FOOTBALL PLAYERS

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***Annatsiya:** Futbol dunyodagi eng ommabop sport turlaridan biri bo'lib, hozirda ayollar futboliga bo'lgan e'tibor tobora ortib bormoqda. Yosh futbolchi qizlarni tayyorlash jarayonida ularning jismoniy sifatlarini rivojlantirish muhim ahamiyat kasb etadi. Ushbu maqolada yosh futbolchi qizlarning jismoniy tayyorgarligini oshirishga yo'naltirilgan mashg'ulotlar, metodlar va jismoniy sifatlarini tarbiyalash yo'llari yoritiladi. Tezlik va uni rivojlantirish uslubiyoti: Harakatning tezlik tavsifi va faoliyatlar umumiy mashqlar bilan birlashtirilgan. Epchillik, birinchidan, yangi murakkab koordinatsiyali harakatlar tez va mustahkam o'zlashtirib olish qobiliyati. Egiluvchanlik bu — odamning harakatni katta amplituda bilan bajara olish qobiliyatidir.*

***Kalit so'zlar:** futbolchi qizlar, top, kuch va tezlik, egiluvchanlik, koordinatsiyali harakatlar, signal, hushtak, qarsak.*

***Abstract:** Football is one of the most popular sports, and currently the focus of attention on women's football is to control or control. The development of physical qualities in the process of producing young football players is an important task. The article "The physical fitness of three football players" will cover the training, methods and ways of training physical qualities for young players. Speed and its development methodology: The speed of movement is*



characterized by the ability to combine general exercises with general exercises. Agility, first of all, is the ability to quickly and firmly master new complex coordination. Flexibility is the ability of a person to perform movements with a large amplitude.

Keywords: *female soccer player, ball, strength and speed, flexibility, coordinated movements, signal, whistle, applause.*

Football is one of the most popular sports in the world, and women's football is currently gaining increasing attention. Developing the physical qualities of young female footballers is of great importance in the process of training them. This article will cover exercises, methods and ways to develop physical qualities aimed at improving the physical fitness of young female footballers.

Important physical qualities for young female footballers: 1. Strength - important for fighting for the ball, jumping and kicking.

2. Speed - plays a major role in moving on the field, attacking and defending.

3. Endurance - necessary for active movement throughout the game and not getting tired.

4. Flexibility, balance and coordination - important for moving quickly and getting out of awkward situations.

5. Strength - to hit the ball hard, to deliver it over long distances

6. Flexibility - necessary to prevent injuries and expand the range of motion. Strength development: The general task in the development of strength is to ensure its high level of manifestation in the performance of movements. Specific tasks in the development of strength include the development of the main types of strength, static dynamic strength, strength requiring force, rapid strength requiring force,



resistance-overcoming strength, yielding strength, and improving abilities. They also include methods for the harmonious development of muscle groups in terms of strength and methods for improving the ability to use force in various conditions. Specialized development of strength in a specific situation in an activity solves specific tasks. Exercises with increased resistance - exercises that increase strength are a means of developing strength. They are divided into two groups. Exercises performed by overcoming external resistance, their composition: a) the weight of objects, b) resistance to a partner. This includes a) 1-hour training with a ball heavier than standard b) a complex of exercises performed in pairs. This task is performed by strengthening the muscles in different ways. Strength exercises are important in increasing muscle strength. Maximum effort can be achieved in various ways: 1) overcoming loads that are not close to the limit, with a high number of repetitions; 2) increasing external resistance to the limit; 3) overcoming resistance at the limit speed. Exercises performed with lifting weights at the limit develop muscle strength. At the same time, it is necessary to ensure that the weight is increased during training. In the last attempt, muscle tension should be at a heavy state and performed with full tension. In the development of strength endurance, it is necessary to ensure that weights are lifted for a long time and with many repetitions.

33 Requirements for performing strength exercises: Breathing should be in a special order during strength exercises. As is known, a person can only reach the limit when straining, when the expiratory muscles and vocal cords are strained in a closed state. Tension increases strength indicators. To avoid unpleasant events when performing strength training, it is necessary to follow several basic rules: 1) only when necessary, during short periods of maximum exertion strain can be allowed; 2) new athletes should not be given too many exercises with limit and near-limit strength; 3) one should not breathe as deeply as possible before performing strength exercises, as this will increase the pressure in the chest and the changes that occur during exertion; 4) since the force indicators during exhalation



when the vocal cords are narrowed are the same as during exertion, maximum effort can be exerted while exhaling without stopping; 5) new athletes should be required to inhale and exhale in the middle of the exercise. The importance of body position in performing strength exercises. The force that a person can exert depends on his body position. For each movement, there are states in which the body can exert the most and least force. There are three ways to do this. The first way is to choose the initial position of the body. The second way is to use special devices and exercises with shock absorbers. This is the value of exercises with shock absorbers and expanders. The third way is to perform exercises at a low speed. The strength of individual muscle groups differs from each other. It is customary to call the ratio of the maximum strength of different muscle groups strength topography. In order to have a complete picture of the strength topography of a person, it is necessary to measure the strength of as many muscle groups as possible. In people who do not play sports, the muscles that resist the load force, the muscles that straighten the posture and legs, and the muscles that bend the arms are best developed. If strength exercises are used at the beginning of the main part of the workout, their effectiveness will be greater.

Speed is divided into two types: general and specific. Specific speed is the speed that is considered necessary for a selected voluntary movement, gymnastic exercise, or sport. Sprint distance or short distance includes fast running up to 30 m., 60 m., 200 m., 400 m and running using a zigzag method around the blocks for 15 m., 20 m., 30 m. Runners of this distance are called sprinters. Repeated runs are used to develop this quality. At first, it is developed by repeating a small distance (25% of the distance) several times. It has been proven in modern practice that training distances and sections by running quickly gives good results. Physical culture exercises of a healthy lifestyle serve to maintain the development of endurance and speed standards appropriate to age for a long time. The most proven method of developing speed is the use of exercises performed at "variable



speed", which usually gives good results by re-running 25, 50% of the distance and developing it by training. Running uphill - hills, slopes develops endurance. Running downhill, on the other hand, creates speed and is used to break "barriers". A speed "barrier" is when an athlete gets used to a certain level of speed. The athlete starts from the start and moves only at that learned speed. As a result, years of training to increase speed are ineffective. The only way to get away from it is to run downhill on a slope, in some cases with a load on the shoulders, which eliminates the speed barrier. In the activity of the muscles that express the accustomed running speed When making changes, forcing them to work on the organs that express speed, and creating acceleration by adding additional inertia to their inertia on slopes, is highly effective in practice. The quality of speed is one of the essential qualities of human movement abilities. Its manifestation is related to the speed of muscle tension, and the degree of tension and tension is different for each of us. Ultimately, our ability to express speed is due to the speed of nerve processes and biochemical reactions occurring in muscle fibers. Therefore, you should try to enrich your knowledge about your body from your elementary school age.

Components of speed performance: Components of speed performance
Quality of movement Development tools Walking, running, swimming, cycling
Walking, rowing, active games Football, basketball, handball, volleyball and other
sports Speed of movement - strength Reaction of movement Speed of individual
parts of the body Level of conductivity of nerve fibers Speed of changing direction
of movement Level of readiness of muscles to demonstrate speed

Developing speed or maintaining the current state (program) of this
ability in an individual prevents aging. Maintaining or developing the current level
of speed in the body is developed by performing exercises that demonstrate sharp
movements, "explosive force", quickly and until the speed of movement slows



down. Repeating exercises after performing them for the quality of speed is ineffective. After the preparatory part of the training, exercises that require speed are performed and practiced. It is not beneficial to perform these movement quality development exercises at the end of training. Methods of training endurance qualities of football players.

It is advisable to start training endurance in young football players from the age of 12-15. By this age, the anatomical and physiological formation of the child is completed, or its increased mobility allows for greater development of endurance. Training general endurance. At the stage of primary education, more attention is paid to training general endurance. The methods of training general endurance are common for different athletes, and their choice does not depend on the level of training and individual abilities of the football players. Long-distance running, as well as cyclic sports: swimming, skiing, etc., are the main means of training general endurance. The main means of training general endurance in training with football players aged 11-12 is slow running over a long distance. Running time is gradually increased from 10 to 30 minutes with a pulse rate of 140-150 beats per minute. This method of training is called a monomodal method. It has a number of advantages: firstly, favorable conditions are created for the harmonious and gradual functioning of all systems of the body; secondly, the likelihood of overtraining is reduced. In this case, the athlete's body works in aerobic mode. In order to develop the general endurance of players during the stage of serious training, it is advisable to use a monomodal method of training. This method alternates the load with slow or active rest. is characterized by the division into several alternating "parts". This allows you to perform intense exercises that have a strong effect on the body of the athlete. Exercises performed in a standard-variable style allow players to develop endurance qualities, improve technique in conditions close to competition conditions. This style is an anaerobic style in terms of its effect on the body. Training performed in a standard-variable style should be



carried out in the appropriate mode. For example, when running 1000 m, the following task is given: run 200 m at a standard pace, run 20-30 m at a speed, etc. When using a standard-variable style of training to develop general endurance, it is necessary to take into account the following main characteristics of the work performed: 1. The speed of the exercise should be such that by the end of the exercise the pulse rate is 160-170 beats per minute. 2. The duration of the exercise is set within 45-90 seconds.

3. The rest interval is from 15 to 45 seconds. At the same time, by the end of the pause the pulse rate should drop to 120-140 beats per minute.

4. The number of repetitions should be selected so that all series are performed in a relatively stable mode. 5. Passive rest is taken between each part of the exercise. Development of special endurance. Along with general endurance, players must also develop special endurance. When applied to football, special endurance is manifested in the player's ability to maintain a set pace until the last minute of the game.

Speed endurance is a type of special endurance. When this quality is highly developed, the player can maintain maximum speed of running and acceleration, effectively performing technical techniques throughout the game.

The performance of specific endurance depends on a number of physiological and psychological factors. The anaerobic capacity of the player is the main physiological factor. In training speed endurance, repetitive, variable, interval and competition methods are used to improve anaerobic mechanisms. It is also advisable to use circuit training. Its advantage is that individualization of the load is successfully combined with its strict regulation. The individual norm of the load is determined using the so-called "maximum test", that is, by testing the maximum performance of certain exercises (number of repetitions, speed) for each exercise included in the circuit training complex. The creation of a special endurance base



in young football players in circuit training is carried out according to the variable-interval method, in which the rest interval is fixed. The circuit training exercises performed at each separate "station" should not be too difficult technically. The complex of exercises mainly includes exercises recommended for the development of the movement qualities of football players, as well as auxiliary exercises taken from should include. The loads during the exercises should be extremely individual. The speed of the exercise should be 80-85% of the maximum speed, while the pulse rate at the end of the exercise should be around 175-180 beats per minute. Rest intervals should be at least 45-90 seconds, and a maximum of 3-4 minutes. In order to conveniently check the load on the body of young players, all exercises can be divided into three groups (low, medium, high) of intensity exercises depending on the pulse rate. Exercises performed at a low speed include such exercises, during which the pulse rate reaches 120-130 beats per minute. The speed of the exercises should be 50-60% of the maximum speed. Simple running in a circle, walking in different positions, carrying a ball without haste, various gymnastic exercises, kicking a goal from a standing position, passing the ball from a standing position to each other, teaching new technical techniques, etc. can be included in low-speed exercises. Exercises performed at an average pace include such exercises that, when performed at 70-85% of maximum speed, the pulse rate reaches 130-165 beats per minute. For example, running from different starting positions, running at different speeds (20-30 m) and speeds (15-20), long jump from a standing position, pulling the hips to the chest while jumping high, as well as passing after carrying the ball, carrying the ball in a limited area. Various relays with the ball, fast ball carrying, various relays with the ball and high-speed exercises include such exercises that during their performance the pulse rate reaches 170-190 beats per minute.

For example, competitive "shuttle" running, playing "chasing-sword" on a limited field, jumping (jumping) while squatting, running 8-10 m with an opponent



and then kicking the ball into the goal, special tasks (maintaining a high pace, playing with a reduced number of players in the team), playing on limited fields (2x3, 3x3, 4x4, 6x6, 8x8). Training with high-load endurance exercises can be carried out no more than once a week for 15-16-year-old players, and twice a week for 17-18-year-olds. The coach's ability to clearly determine the energy "value" of each exercise included in the training session for physical, technical and tactical preparation will allow for the correct and purposeful selection of training tools and methods. allows. To determine the level of endurance, it is recommended to use a six-minute running test. For this purpose, the running circle is marked every 10 m. In order to correctly distribute the force and choose the optimal pace, young footballers should "try" the distance 3-5 times. The level of endurance is determined depending on the length of the distance covered. For example, if 13-year-old footballers run 1410-1450 meters in 6 minutes, and 14-year-olds, respectively, 1530-1550 meters, then this indicator can be considered good. The above are the indicators of the length of the distance, which should be run at 85-90% of the final aerobic capacity and individual BMI (kg) in order to train the oxygen supply system of the young footballer. Running in each training session, as well as using the other exercises recommended here, along with running the suggested distances in individual training sessions, will greatly improve the performance of young soccer players.

Conclusion: If this is a football drill, then its load will depend on the complexity of the game tasks, the number of players participating in it and the size of the field on which it will be performed. To change the size and direction of football drills, it is necessary to change the number of load components. The intensity of most game drills is usually very high, so increased fatigue is common in them. This fatigue leads to the fact that the player begins to make mistakes in



tactical and technical activities. To prevent this, you need to stop resting. The first option for planning is to perform the exercise with constant rest periods. For example, 6 series in 6 minutes with a 2-minute rest period. Or the same 6 series in 6 minutes, with a 4-minute rest period between series. The second option is to work with extended rest periods. For example, the first rest period between six-minute series is two minutes, the second is three minutes, and so on. If the coach wants to prepare the players for more difficult conditions, then the third option can be used, namely, work with shortened breaks. In the process of individual human development, ontogenesis, there is an uneven growth of physical qualities. In addition, it has been established that at certain age stages, some physical qualities not only do not undergo qualitative changes in the training process, but their level may also decrease. Therefore, the influence on the upbringing of physical qualities during ontogenesis should be sharply differentiated. The age limits when the body of a young athlete is most sensitive to the pedagogical influence of the coach are called "sensitive" periods. Periods of stabilization or reduction of physical qualities are called "critical". According to scientists, the effectiveness of managing the process of improving motor skills in sports training will be significantly higher if the reflection of pedagogical influences corresponds to the characteristics of the ontogenesis period. The means used in such training criteria should be versatile. It is necessary to take into account the genetically dominant parts of the young athlete's body, which are the strong points of the body's development, so that the desired result is achieved.

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