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A METHOD OF GRADUALLY INCREASING THE PHYSICAL FITNESS OF YOUNG PLAYERS IN FOOTBALL SKILL SCHOOLS

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Abstract: The weight of achievements in the field of sports in the development of society is incomparable. In football, which is a team sport, the athlete develops his own tactics. In this process, the process of interpersonal communication is carried out through a nonverbal method. Physical and mental training are carried out together in sports.

Keywords: mental training, tactics, athlete's personality, thinking, research, psychological knowledge, mental capacity.

The world today does not need arms races and destruction. Humanity needs stability and peace. Sport is an ambassador of peace.

Knowledge, skills and experience will be required to manage the physical, technical, tactical and functional training process. Managing an athlete's mood is the most complex. Athletes with the same physical and technical training differ from each other in thinking, perceptual processes, as well as observation qualities, and it is necessary to learn to control these processes. Much research has long been done on the development of muscle strength at different ages. Many authors note that strength increases with age and develops rapidly at the age of 15-18 years. At this age, the performance of muscle activity through the nervous system improves the biochemical and histological structure of muscles changes.

In spiritual training it is necessary to take into account the ability of a young wrestler to make the right decision in the various means that occur during sports. There are

four different variants of such actions, and they differ from each other.

Actions in a rigorous program of behavior: in which the athlete intends to "catch" his opponent while he is performing a certain method. To do this, he waits for the arrival of the same time and ignores other options that arise to move on to the attack.

Athletes prone to the second type will usually have a number of "substances" of tactical action that are usually pre-prepared. He made that decision before he went on the offensive, and usually makes his decision based on the principle of "either I use one or the other".

The behavior of the third type of athletes is insidiously thoughtful: they act thoughtfully, not predetermining what the decisive path will be, but depending on the situation that arises and the behavior of the opponent.

Athletes of the fourth type will need to be trained in actions that prepare them for that dynamic situation, i.e., pre-attack the situation, so that they do not become tied to the opponent's behavior and take advantage

of the time he prepares for his decisive offensive action.

The personality of the athlete and his psychological qualities are formed under the influence of various conditions in which he participates. Athletes don't just play sports. They have a significant impact on the development of the individual, labor and social activities, as well as teaching and information, socio-political, artistic education. It is also worth noting that athletes interact with other people in the course of their activities, as well as the media - theater, cinema, fiction and others.

As a result of the influence of these factors, athletes develop certain aspects of their worldview, needs and requirements, as well as the spiritual aspects of the human personality.

The impact of these factors on different people, to one degree or another, is never the same as an athlete's personality. It is always unique and unrepeatable.

Only with the activities of various other athletes and with attention to them, aspects of a person's personality that characterize them as athletes can be identified during training.

The following key qualities are the most important in the psychological development of a person.

1. To have a moving character to win over an opponent during a fight.
2. A high level of physical and psychological motivation of the athlete during wrestling, without which the athlete cannot win.
3. Long-term, sincere sports on a regular basis.

The athlete is characterized by:

1. Comprehensive development of a physically versatile athlete during his career;
 2. High level of performance of the general human body;
 3. The ability to manage one's situation according to one's abilities, to withstand actions taken quickly;
 4. High level of development of muscles and eye movements, as well as the ability to pay attention to the environment during their personal movements;
 5. Trying to perform the required actions clearly and profitably;
 6. Comprehensive development, consolidation and distribution of long-distance movement, as well as high-level observation and location of the environment;
 7. Well-developed movement of the shoulder and muscles;
 8. Demonstrative action and outlook as a key outcome factor during the activity;
 9. All-round emotional development of the person, great experience in various emotional states, development of self-management of emotional states;
 10. Positive aspects of personal freedom; to know how to target quickly and make the right decision, to move forward in the required situations;
 11. Moral and freedom qualities of a person, discipline, courage, bravery, courage and readiness to overcome great objective and subjective difficulties;
 12. Have socio-psychological characteristics such as camaraderie, friendship, mutual assistance, kindness;
 13. The ability to accurately assess the behavior of other people, to know how to accurately report their results.
- The above features are different for athletes involved in different sports. This indicates



that sports activities are different and that the psychological structure is not the same.

The manifestation of a person's perfection, if it is his level of intelligence, consciousness and thinking, is the main criterion that reveals their essence, evaluates their scale and scope, actions, deeds, attitude to life and environment, inner power in self-government.