

NEW METHODS FOR DEVELOPING PHYSICAL QUALITIES IN YOUNG SOCCER PLAYERS

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Abstract. The important requirements that young athletes must meet require a rejuvenation of competitive age, an increase in the volume and intensity of training loads. This does not always make it possible to solve the entire volume of pedagogical tasks set by soccer requirements. However, the use of high-intensity exercises requires special attention in the physical training process of young athletes.

Keywords: Young soccer players, training methods, physical training, training.

Introduction. According to experts, the training of soccer player reserves should be based on current trends in this sport. Increasing the pace of the game, the number of game actions of a soccer player in a limited space per unit of time, the effectiveness of the attack, and the development of a high level of technical and tactical speed and accuracy are required. [1,2]

To effectively solve these problems, it is necessary to widely use various means aimed at strengthening the general and special physical fitness of young soccer players and increasing the effectiveness of the training process. At the same time, it should not be forgotten that it is necessary, first of all, to improve the special physical qualities that determine the effectiveness of the player's game actions: speed, strength, endurance, and agility. [3,4]

Currently, it is necessary to correctly select the parameters of the physical load of a soccer player, and to establish the patterns and dynamics of the development of his physical fitness level at the initial stage of basic physical qualities and training. The lack of information in this area significantly complicates the process of organizing the general and special physical training of soccer players, developing methods, and practical recommendations. [2]

Research Problem. What should be the current requirements for the necessary level of physical preparedness of competitive prospective soccer players in order to improve the physical qualities of 15-17 year old soccer players?

Research Objective. The goal of the research is to effectively apply a developed methodology for developing the strength abilities of 15-17 year-old soccer players.

Research Methods. During the first 2 weeks of the study, we implemented Complex #1. In weeks 3 and 4 of the study, we implemented Complex #2. Complex #3 was implemented in weeks 5-6 instead of the second complex. The next 2 weeks were conducted the same as weeks 1 and 2 of the study. Weeks 7 and 8 of the study were the same as weeks 3 and 4.

Complex #1:

1. Exercise 1. (Performed with a 3 kg weighted ball).

- Jumps with the ball on one leg. 5 times + high-speed movement over a distance of 30 meters (performed with alternating legs). 80-90% intensity. Breathing restoration 2 min. Number of repetitions 3 times.

2. Exercise 2. Push-up exercises (with hands of different widths) (duration 5 times, 10 repetitions each).

3. Exercise 3. Development of strength. Squat exercises (duration 5 times, 20 repetitions each).

Complex #2:

1. Exercise 1. (With a weighted ball)

- Jumping exercises from a sitting position. Acceleration 10 times + 20 meters. 80-90% intensity. Rest between episodes 3-5 minutes. Number of repetitions (3 sets).

2. Exercise 2. (Jumping over obstacles, height 30 cm) 5 obstacles. 80-90% intensity. Active rest 2-3 minutes. Number of repetitions 6 times.

3. Exercise 3.

Kicking the ball "into the goal" from a distance of 10 meters + 20 meters. 80-90% intensity. Execution time up to 3 minutes. Rest between repetitions 4-5 minutes. This set of exercises is performed in the main part of the training.

Complex #3:

1. Exercise 1. Jumping to a height of 30 cm. Perform at maximum speed. 10-12 repetitions per jump.

2. Exercise 2. Perform squat jump exercises. Jumping forward 50 meters in a squatting position at high speed. 80-90% intensity. Interval rest 1-2 minutes. Number of repetitions 4 times.

3. Exercise 3. After working with the ball, strike the target from different positions with maximum force, the distance to the goal is 5 m, the number of strikes is no more than 10, the number of series is 5-6.

4. Exercise 4. Play a 1x1; 1x2 game on a 10x15m platform under the supervision of a coach..

Research Results and Discussion. This experiment was conducted in the morning hours using a unified system. During the entire period of the experiment, at least 20 training sessions were conducted. For the control group, the pedagogical research program was implemented three to five days a week, with training sessions lasting 40-45 minutes, focusing on the development of strength through a set of exercises.

Testing was carried out according to the tests regulated by the soccer school programs.

The testing was conducted using three indicators: (pull-ups, push-ups, and sit-ups for 30 seconds).

The control group trained according to the standard program of sports schools. The experimental group trained using the method developed by us.

At the beginning of the pedagogical research, the initial level of development of strength qualities in soccer players was determined.

Research was conducted with 15-17-year-old soccer players at the "Karshi Olympic Reserve Sports School Boarding School" in the city of Karshi. Twenty students aged 15-17 participated in the study. Of these: 10 students in the control group and 10 students in the experimental group participated.

The control group trained according to the training plan of the sports school. All sports training sessions were held in accordance with the school curriculum.

The experimental group trained using a method of exercises developed by us to develop strength abilities in soccer players aged 15-17.

The duration of the pedagogical research was 8 weeks. Control tests were conducted before and after the pedagogical research to determine the level of physical fitness.

At the beginning of the pedagogical research, the initial level of development of strength qualities in soccer players in both groups was determined, and a comparative assessment was carried out.

Based on the test results conducted at the beginning of our work and the comparative assessment of the results, it was found that the strength preparedness of the two groups was statistically similar - ($R < 0.05$). Based on the data obtained from the test results, an approximately similar initial level of development of strength abilities of 15-17-year-old soccer players was established in the two observed groups. We applied a research exercise method aimed at developing strength abilities in 15-17-year-old soccer players. The main work on the development of strength qualities was carried out on Wednesdays and Fridays. Regular tasks on the development of strength qualities were given on other days.

At the end of our research, we retested the young soccer players in the observed groups.

In the experimental group, the increase in statistical indicators was significantly better in the test, improving by 1.4 times, t -criterion = 1.443; the sit-up test also showed a 1.3 times higher result, t -criterion = 1.323. In the push-up exercise, Group 2 showed a 1.2 times better result, t -criterion = 0.743.

Systematic work made it possible to change the level of development of strength abilities in soccer players. We also achieved changes in children's activities: they began not only to show interest in soccer but also to strive for success in testing their speed and strength qualities and mastering soccer skills in various ways.

However, it should be noted that the success achieved by different children is not the same. Thus, we observed the most positive changes in soccer players who had a natural physical ability

Evaluating the results of the research, it should be noted that it is not possible to significantly increase the level of development of strength abilities in a short time. At the same time, we note that the level of strength qualities, preparedness, and technical elements in soccer among schoolchildren has increased.

Conclusion. There is a growing demand for soccer players who are well-prepared, physically developed, able to withstand long-term physical exertion, and demonstrate stability in showing physical qualities during the season. The preparation of such athletes requires high concentration and the mastery of a training system that meets all the requirements of the training process. The reviewed periods for the development of physical qualities provide a basis to consider the age of 13-14 years as favorable for the purposeful development of physical fitness. This implies that performing special exercises in training regimes helps to solve problems of training methods and improve the functional capabilities of the body.

We have developed and implemented a research exercise method in the training process to develop strength preparedness in soccer players aged 15-17, which made it possible to significantly improve the strength preparedness of these soccer players.

The introduced complex should be approached with extreme caution, constantly monitoring the norm and the level of load assimilation by the trainee. Performing special exercises in training regimes helps to solve the problems of educational methods and improve the functional capabilities of the body.

The most effective methods are repetitive and interval training methods. It is not possible to train soccer players of different ages using one method. There should be an individual approach, especially when planning training loads for children aged 15 to 17 years.

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