

THE IMPORTANCE OF TECHNICAL METHODS IN THE DEVELOPMENT OF FOOTBALL SKILLS

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Annotation: This article tells about the technique of football game, the importance of football game in modern sports and the importance of technical methods in developing football skills.

Key words: Football, technical methods, game movements, physical training, ball, goalkeeper.

Football technique has its limits: of course, it does not solve everything, but without it, no success can be achieved. If a player can keep the ball in one place for a long time, it is not possible to draw a conclusion about his technical skills. It remains to be seen how this player plays the ball during the match. Juggling for a long time only indicates good juggling skills. This is also a very important quality, but in order to acquire the training and skills to deal with the ball, the ability to understand the game must also be developed. Techniques are a means of creating a football game. Achieving high sports results in many ways depends on how well the player knows these various tools, how effectively he uses them in different situations in the game, when the players of the opposing team are resisting, and often fatigue is increasing. It depends on knowing. A good knowledge of football techniques is an integral part of the process of a football player's comprehensive preparation and balanced development. Over the course of more than a hundred years of the development of the game, there have been changes in football technique. The main directions of this evolution are as follows: The use of inappropriate methods and methods, such as striking with the head and back, stopping the ball with the shin, has decreased significantly; the coefficient of using such things as kicking with the face of the foot, stopping the ball on the thigh and chest, throwing the ball with the hand (goalkeeper's technique) has increased, cheating actions have increased. Current football technical methods are characterized by a system of biomechanics-optimized movements that allow for the efficient use of force to increase the speed and accuracy of game movements. Speed and reliability, simplicity and efficiency - these are the requirements for the use of football technology today.

It takes a lot of time and years to master the football technique. In addition to the above, having "ball feel" features is a great blessing for players. This is a very important feeling. The training manual focuses on improving the same skills and provides ways to acquire football technique. XX asrning texnika taraqqiyot davrida jismoniy tarbiya va sportga katta o'rin ajratilmoqda. Especially in recent years. The decree of the President of Uzbekistan aimed at the development of the sport of "football" pleases everyone. Human health has become inseparable from the development of physical education and sports. Because, during the period of technical progress, humanity is freed from physical labor and is suffering from the most dangerous disease, "Hypodynamia", i.e. inactivity, which leads to a very dangerous disease of the blood-vascular system of the 20th century. Therefore, especially in recent years, in our beloved independent republic, the law on "Physical

education and sports" and the decree "For a healthy generation" issued by the leaders of our country are important for the spiritual and physical development of children, their healthy, hardworking, happy life, shows concern for their needs.

So, what kind of physical education tools can we use for the physical, all-round harmonious development of the population, especially children. It is known that physical education has existed since ancient times and developed along with human life. Physical exercises are the hygienic factors that have created the means of physical education in the life of a person, gradually choosing the means for physical education. Physical development of a person is also affected by various activities (work, painting, dressing, etc.), unconditional reflexes, massage, etc. They are used for the purpose of strengthening health, all-round and hormonal development of the body, increasing the movement, skills and abilities necessary for life, raising the level of physical improvement to a higher level. However, only if all physical training tools are used, it is possible to fully respond to the above-mentioned tasks, because each tool has a different effect on the body. These tools are also widely used for treatment and prevention purposes.

It is already clear to everyone that football is not a simple sports game. It is also a source of high-level art, communication and mutual understanding, patience and mutual support, perseverance, loyalty and friendship. It is through the devotion of this game that a person expands the possibilities of his character, perceives a collective group, feels solidarity and tolerance. It doesn't matter if you are a fan or a gamer. Football is the ideal sport for educating the young generation. Because it educates character and strengthens health. In modern sports, as a result of the increase in the level of physical fitness of players and the speed of execution of technical methods, the accuracy of movements is one of the main criteria for the effectiveness of movement activity. Based on this, it can be considered as an integral criterion for mastering technical and tactical skills in sports games. Many studies carried out in foreign countries show that there are enough problems regarding the selection of young athletes, the control and planning of loads during the training period, the introduction of tools and methods, the physical, technical-tactical and psychological preparation of the participants. is being studied clearly. The rapid growth of sports results encourages athletes to look for new tools, methods and forms of the training process that meet modern requirements. The analysis of the competitive activity of the leading foreign teams shows that the results of the team game depend to a large extent on the level of development of the accuracy of technical methods. It is important to create an effective system of selection and training of talented and potential players in our republic, to form a high-quality sports reserve for national teams and professional football clubs. Studying and analyzing the performance of Uzbek football players in the qualifying games of the World Championship, the Asian Football Confederation Champions League and the national championship shows that their physical and technical-tactical level in game actions is not high. One of the reasons for this situation is that the conditions for performing technical methods in training sessions do not correspond to the requirements of the modern game. The low intensity of the exercises performed in training sessions, the fact that these exercises do not take into account the condition of the player's body, does not allow them to improve their physical and technical-tactical actions during the game. Therefore, there is a need to develop innovative technologies for the state of the organism and technical methods and introduce them to the process of training players. The introduction of modern scientific technologies allows to enrich and deepen the content of sports theory and practice.

- Hitting the ball is the main means of playing football. The ball is hit with the foot and the head in different ways.

- All kicking methods are aimed at a specific goal, which is characterized by the movement of the ball along the desired trajectory and optimal speed. The ball's flight speed depends on the initial speed of the ball at the moment of collision with the striking link, as well as the ratio of their mass to each other. Because the mass of the interacting joints is relatively important, the hitter must increase the speed of the joint to increase the ball's flight speed.

Kicking the ball

- Kicking the ball with the foot is performed with the inner side of the palm of the foot, with the inner, middle and outer parts of the foot surface, with the tip of the foot, with the heel. Shots are given to a stationary net ball, as well as to a ball rolling and flying in different directions from a standing position, while moving, jumping, turning, and falling.
- Despite the fact that the ways of kicking the ball with the foot are very diverse, the analysis of their technique in terms of the systematic structure is common to many methods
- The initial phase is running. The length of the run, its speed is determined depending on the individual characteristics and tactical tasks of the player. However, every time you run, you should aim to kick the ball with a premeditated foot. This can be achieved by shortening or extending one previous step from the last one. The average length of running steps in adult players is 130-150 cm.
- Running helps to increase the speed of striking joints in advance.
- Preparatory phase – swinging the kicking leg back and placing the supporting leg on the ground. During the last step of the run, a very important subphase is performed after the backstroke. Bending the knee by pulling the hip back quite a bit, sometimes to the maximum, allows you to kick with the necessary power in the end, because it lengthens the path of the leg to reach the ball and tightens the muscles of the front surface of the thigh. In addition, when the hip is retracted significantly, all of the extensor muscles are stretched and involved in the subsequent flexion movement. All this allows to achieve great speed at the end of the movement. In order to properly pull back the kicking leg, you need to slightly lengthen the last step of the run. This step is usually 35-45% longer than the others and is 200-250 cm. The base leg is placed to the right or left of the ball.
- Working phase - striking action and thrusting. The kicking action begins with active forward flexion of the hip while landing the supporting leg. In this case, the angle formed between the thigh and the bent leg is preserved. The movement of the calf and the foot behind the hip moves the center of gravity of the whole leg closer to the hip joint, which leads to an increase in the rotation speed of the leg. The hip brakes slightly before striking. The reason for this is that in order to increase the speed of the part of the leg with a smaller mass, it is necessary to gradually transfer the amount of movement from the joint with a larger mass to it. The ball is hit by moving the shin and the palm of the foot like a fierce sword. During the kick, the ankle and knee joint should be kept rigid. Turning the striking leg into a "hard arm" allows to increase the mass of the striking joint.
- At the beginning of the interaction during the impact, the place where the foot touches the ball changes the shape of the ball - deforms it. The ball is compressed until the speed of the foot and the ball is equal to zero. Then the elastic forces restore the shape of the ball, and the speed of the ball increases sharply up to a certain amount. This speed is slightly less than the speed of the kicking leg at the beginning of the kick. Part of the energy is spent on deformation and heating.

- The elastic deformation of the soccer ball is quite large. Shape recovery with deformation phases takes about 0.008-0.013 seconds. The time during which the foot touches the ball should be extended as long as possible. Because the speed of the ball depends on the given force and how long the effect of the force lasted. Thus, the working phase ends with the activity of scrolling. In this case, the kicker's foot moves with the ball. The swing allows you to generate a greater power impulse and, in turn, this increases the ball's flight speed. In addition, the direction of movement of the ball is largely determined by the direction of the drive.
- Final phase - transition to the initial state to start the next movement. After the kick, the leg rises and continues to move forward. During the impact, the axis of the center of gravity of the body above the support level moves in the direction of the leg movement.
- In this way, the best conditions for further actions will be created.
- Many ways of kicking the ball with the foot have a similar movement structure. Strict adherence to the above requirements allows you to kick the ball with a lot of power in different ways. However, tactical considerations often require shortening the duration of movement phases, reducing amplitude and muscle strength. In addition, several kicking techniques have some specific characteristics.

The classification of football techniques consists in dividing technical methods into groups based on their common (or similar) characteristics.

Depending on the expression of game activity, football technique is divided into two major sections: field player technique and goalkeeper technique. Each section is divided into movement technique and ball control technique sections.

The expression of football technique begins with movement technique, which is a common subsection for field player and goalkeeper.

Movement technique includes the following group of methods: running, jumping, stopping, turning.

During the game, movement techniques are used in a variety of ways. For example, the player's movement speed is extremely diverse: starting from a slow run, the acceleration at the start can be increased to the maximum speed, and the pace and direction of the run can change drastically. Combining different ways of running with jumping, stopping, and turning is a characteristic of the player's movement.

The methods of movement technique are closely related to the art of ball control of the field players and the goalkeeper.

Proper and complex application of movement techniques allows to effectively solve many tactical tasks (opening to receive the ball and distracting the opponent, choosing a position, blocking a player, etc.).

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