

TRAINING OF MOVEMENT TECHNIQUES IN FOOTBALL

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Movement technique includes the following group of methods: running, jumping, stopping, turning. Running. The main means of movement in football is running. The following methods of running are used: simple running, jogging, running with a cross step, running with a pair of steps. Jumps. Jumping is used to perform some of the stopping and turning techniques. Stops are considered an effective means of changing the direction of movement in movement technique. There are two methods of stopping: jump stop and drop stop. Turns - with the help of players, they can reduce the speed to a minimum and change the running direction.

Field player's technique - consists of two sub-sections. One of these is movement technique and the other is ball handling technique. Ball management techniques include the following group of methods: hitting, stopping the ball, carrying the ball, feints, taking the ball away. Kicking the ball is the main means of playing football. The ball is hit with the foot and the head in different ways. Kicking the ball with the foot is done with the inner side of the palm of the foot, with the inner, middle and outer parts of the face of the foot, 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. Kicking with the inside of the foot - mainly used for short and medium distance passes, as well as when kicking from a distance close to the goal.

Kicking with the inner part of the foot is used in "medium" and "long" passes, "bullet" passes across the goal and kicking to the target from all distances.

The technique of the midfoot kick is similar to the instep kick, but the details are slightly different. Kicking on the outer surface of the foot - twisting is most often used during kicking. The structure of kicking with the middle and outer parts of the foot is similar, the difference is that during the kicking movement, the shin and the palm of the foot turn inward.

A toe kick is performed when it becomes necessary to kick the target unexpectedly, without preparation. Heel kick - used less often in the game. The reason for this is the complexity of the execution, the impact power and accuracy are very low. The advantage of such a kick is that it is unexpected for the opponent. Heading the ball is an important tool in the game. Putting the head on the ball is used in the course of the game to make a final shot and to pass the ball to partners. The ball is stopped with the feet, body and head. Stopping the ball with the foot is the most

commonly used technique. It is done in different ways. The main phases of movement are common to all methods. With the help of carrying the ball, the player can move to different places. While carrying the ball, running (sometimes walking) the ball is hit in various ways. Hitting is performed in succession and in different rhythms, with the feet or with the head.

In order to create an effective system for the selection and training of promising and talented players, to form a quality sports reserve for national teams and professional football clubs, to train, retrain and improve the skills of football trainers and referees based on international requirements and standards, as well as Uzbekistan In accordance with the Decree of the President of the Republic of Uzbekistan dated March 5, 2018 "On measures to fundamentally improve the state management system in the field of physical education and sports" No. PF-5368 on" Resolution No. PQ-3610 was signed. The consistent measures taken by our state to popularize football, create the necessary conditions for playing football, strengthen the material and technical base of our national football and ensure the appropriate participation of our national team in international sports arenas are wide opportunities for the development of football and serves to create favorable conditions.

Today, the constant development of football in the world, the use of new technologies in sports, the setting of new records and the increasing competition, require the development and implementation of a new approach and principles for the development of our national football at a more stable and rapid pace. is demanding. The goals and tasks defined in the documents of the government during the years of independence are being implemented step by step. Analysis of the organization and planning forms of training of skilled players' teams and players of the country's national teams, scientifically based training programs and game programs, players' recovery and rest methods, the use of new methods of medical-biological, psychological and pedagogical control the effectiveness of special training programs, which are in accordance with the content of the modern game in terms of structure, has been shown.

Searching for more perfect, new forms of organizing and managing the movement of football players, mobilizing the body's inexhaustible resources - this is the main way to increase the effectiveness of the game. Modern football requires every player to handle the ball correctly, accurately pass the ball to his teammates, direct a shot at the goal, be accurate in attack, defense and throughout the game. I do not require them to act with. Because even an uncertain action can lead to an ineffective end to the organized attacks of the team, and a goal in the defense. In our football, the defenders, midfielders, forwards performed the above mentioned technical and tactical actions satisfactorily.

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