

METHODS OF TEACHING WALKING TECHNIQUE TO 5-8-YEAR-OLD CHILDREN PARTICIPATING IN FOOTBALL LESSONS

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ABSTRACT

In this article, the methods of teaching walking techniques to 5-8-year-old children participating in football training, the results of practical studies and questionnaires on football training in general secondary schools will be considered.

Keywords: football, physical education, types of football, walking technique, physical preparation, technique, tactics, movement, qualification, skill, high status of qualification.

INTRODUCTION

In order to ensure the implementation of the decree of the president of the Republic of Uzbekistan № PF-5887 of December 4, 2019 "on measures to bring football development in Uzbekistan to a completely new level", as well as to improve the efficiency of football clubs, a wide range of practical work is being carried out by ministers, organizations.

Special practical and theoretical knowledge on the further development of football in secondary schools of the Republic of Uzbekistan, as well as in children's and adolescents' sports schools is being provided. Highly qualified trainers and school teachers are developing skills of performing football game techniques and tactics with the help of easier methods during the lesson and in addition to the lesson (Circle activity).

Literature analysis and methodology

In 1863 year in England, at the 7 team meeting, the militia Football Association, uniform rules were established and approved.

In the 80-ies of the XIX century, the football game began to spread to countries on the European continent, from 1890 year they began to play football in the Czech Republic, from 1897 year in Russia.

In the process of physical education, it is necessary to create conditions for the formation of mental, moral, spiritual, aesthetic, willpower qualities of physical development, as well as the proper formation of the figure of the child, self-management, compliance with the agenda and proper observance of hygienic requirements, as well as the improvement of the child's organism. The positive impact of physical exercises and physical exercises on the development of the child's organism in physical education is highly dependent on the practical knowledge and professional skills of the teacher from a wide variety of backgrounds in their effective implementation. In the process of physical education training with children, proper posture and

movement in the ranks, the performance of general development exercises, proper breathing and ensuring the methodically correct organization and normative correct implementation of the exercises are of great importance (Khayitboev, 2020).

It is also important to pay attention to the structure of the feet before taking them to the football house in young children because some young children have a tendency to press the edge sides of the flat feet and legs threeraydi in many children. It is necessary to treat them from a young age, that is, to bring them to a normal state by conducting massages on their feet. This condition worsens not only in youth, but also in young adulthood, when it does not prevent. In the process of walking, there is a lot of probability that there will be circulations. During running, too, the fall is observed a lot. In the football house, too, it will be necessary to first learn the technique of walking well perfectly, since there is more movement, mainly with the feet. There are a lot of types of walking itself: free walking, sports walking, group walking, walking in the ranks. An alternative is a walking football. This game originated in the UK. The game is being played using Ham in older people apart from youth.

Walking football – is a variant of association football that is aimed at keeping people aged over 50 involved with football if, due to a lack of mobility or for other reason, they are not able to play the traditional game. The sport can be played both indoors and outdoors.^[1] Walking football was devised as a competitive sport by John Croot of Chesterfield FC. Coverage of a walking football session on Sky Sports News and a documentary aired on Sky Sports Football in October 2017, led to several other clubs taking up this version of the game. It has since become a current craze. There are now thousands of teams and session all over the UK with player now featuring in over 50s, over 60, and over 70s. The sport has also proved popular with women and is played by women from over 40s. Though based on association football (albeit with more than 50 differences), the key difference in the rules, from standard football, is that if a player runs then they concede a free kick to the other side. This restriction, together with a ban on slide tackles, is aimed both at avoiding injuries and facilitating the playing of the sport by those who are physically disadvantaged. The manner in which the sport is played promotes cardiovascular fitness whilst producing the least stress on the body.^[9] It also helps participants maintain an active lifestyle. In walking football the game was originally played without goalkeepers (though goalkeepers now play in some variations) and, crucially, the ball must never be kicked above head height. Different footballs are used in the indoor and the outdoor variations of the sport. When played indoors, a size 4 futsal ball is used. Outdoor games involve a traditional football. The size of the pitch can vary to suit different locations. The length should be from 20 to 40 yards and the width between 15 and 30 yards. The sport came to wider public attention in July 2014, when Barclays Bank aired a television advertisement featuring walking football to promote their services. The Governing Body of walking football in England is The Walking Football Association. Other home nations, such as Wales and Scotland have their own governing bodies. In 2018 an International governing body was established to help promote and coordinate international matches between nations. This body is FIWFA and is based in the UK. FIWFA will hold the first Walking Football World Cup in Manchester 2022, with 32 teams in the over 50s and over 60s age bracket. Teams from Asia, Africa, South America and Europe will be present at the World Cup tournament.

Results and discussion

The process of carrying out the experiment work on the hiking football in young children was carried out mainly in 234 - th school between 2-3 classes. The game with the 2 classes seemed a bit complicated, because they got used to the more usual football. They could not understand the condition of the game in the first game at all, and as a good result in the next game they managed to get into the case of Evin, interested in Evin. But while walking there was also a fall in the game process. This was of course the result of unhealthy transportation of the foot as we were told at the top was observed in those who had flat feet. And in the 3 - th grades, the fall was not observed. 2-classes in each team 5 players took part in the game. We made an area of non-standard 30x20 meters. In the 3rd grades, 6 players took part in each team.

Our study also used questionnaires, the following Table 1 shows the questionnaire questions and results

Table 1 Results of the survey conducted

| No | Questionnaire questions | answers |
|----|---|---|
| 1. | Do you like walking football? | Of the 21 housekeepers, 15 liked the rest, however, explained that the running football was hitting the dice. |
| 2. | Have you observed the jarring in walking football? | Observed in 2 person |
| 3. | What kind of organ did jerking have a negative effect on you? | The leg was handled in the knee joint and 2 players in the hand. |
| 4. | Can you popularize hiking football in your school? | Of course, as a new action game, it was answered that we will fall. |
| 5. | How does walking football have a positive effect on running football? | They did not understand this question at all because of the small division. |
| 6. | Is it possible to walk in football as a technique to be a slave to running in football? | Can be knocked down and seen playing toppled. |

According to the results of the survey, the use of football in the development of sports, the use of walking technique in walking football ensures the achievement of high results. In Figure 1 below, the results of the survey are indicated in percentages.

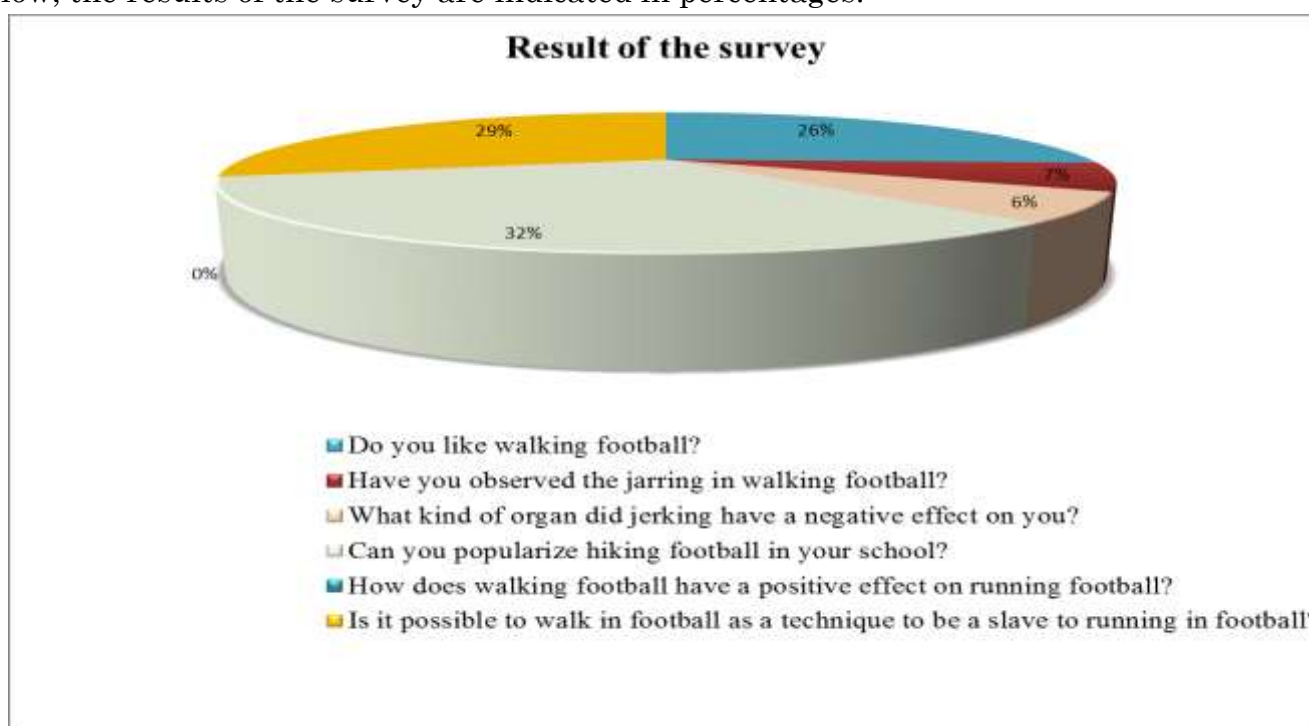


Figure 1

Training the technique of walking football the formation of skill, the structure of the foot of the player in the formation of skill, that is, the lower part is of great importance. In the case of flat feet, it was proved that during the study, the cases of injury when walking with a soccer ball were at a high level. It follows that it will be necessary to treat their flat feet before engaging them in a football game. In some cases, players can take the wrong step, even if the leg qimi is in the norm. This movement activity can have negative consequences when switching from walking to jogging or moving from jogging to walking. You can see the levels of the foot condition in Figure 2 below.

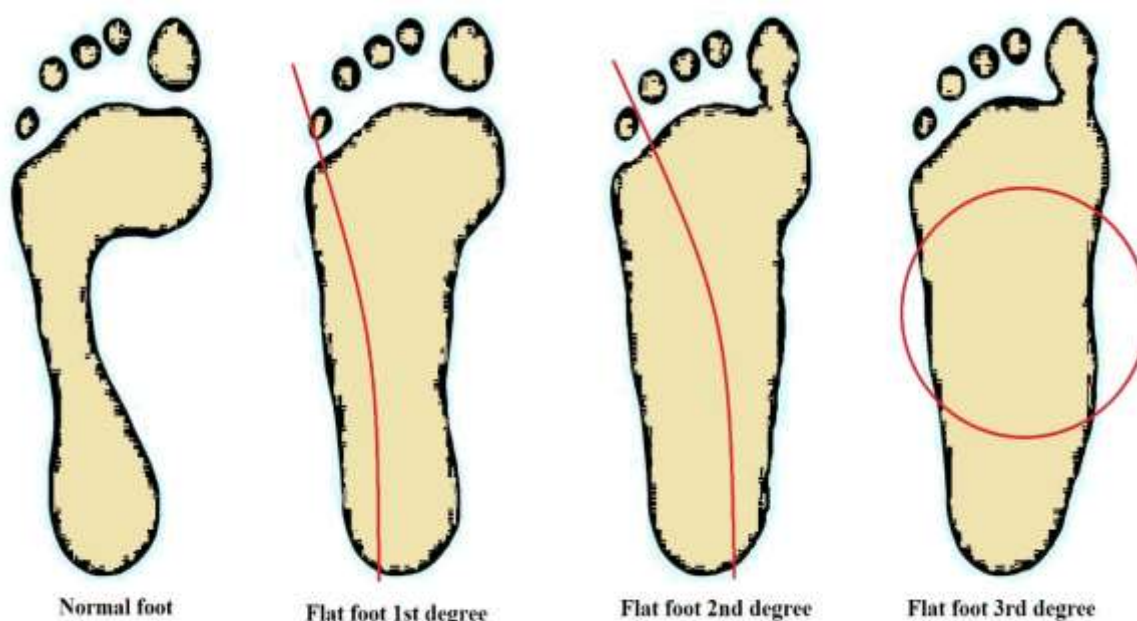


Figure 2 Foot levels in the step-by-step performance of a football professional

CONCLUSION

In conclusion, it will be necessary to use walking football in improving the technique of running in a football game. Currently, there are cases of misleading the technique of walking in football by specialists in the field of Physical Culture and sports. The technique of walking is used in the football game with the ball, without the ball, when performing deceptive actions and during the implementation of individual tactics. In the Figure 2 above, the levels of the flat feet are shown, and what is given in red is the pressing lines. At a Normal level, even on the leg, some athletes can move with the sides. We believe that in the studies conducted in the general account, it is necessary to give absolute attention to the case of foot Press in general secondary schools (in the football circle, in the lesson) and in the selection of sports for children in adolescent sports schools.

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