

MENTALLY STRENGTHENING YOUNG PLAYERS DURING THE PRE-COMPETITION PREPARATION PERIOD

Baxodirov Sarvar Sirojiddinovich

Shahrisabz davlat pedagogika institute Ijtimoiy fanlar fakulteti

jismoniy madaniyat kafedrasi dotsenti

bsarvar494@gmail.com

ABSTRACT

The article discusses the development of strength training in football players during pre-competition preparation, the development of strength through repeated exercises, and the need to impose a certain requirement on football players: the ability to use physical qualities as a means of increasing game efficiency.

Keywords: Football, competition, endurance, adaptation, strength, football player, physical qualities, individual approach.

Аннотация

В статье рассматриваются вопросы развития силовых качеств футболистов в период предсоревновательной подготовки, развитие силы посредством многократных упражнений, а также необходимость предъявления к футболистам определённого требования: умение использовать физические качества как средство повышения эффективности игры.

Ключевые слова: Футбол, соревнования, выносливость, адаптация, сила, футболист, физические качества, индивидуальный подход.

INTRODUCTION

In all previous ways of developing strength, the muscles work in an overcoming order. The proposed way is aimed at alternating the muscles in the yielding and overcoming order. There are many similar exercises. For example, sit-ups with a barbell with a weight of 120-140%, in which the barbell is taken from the apparatus while standing on the shoulders. In the final stage of the sit-up, the barbell discs are quickly removed by the partners, the weight of the barbell should be quickly lifted with 70-80% of the weight. Thus, 2 series of 3 approaches are performed, each approach includes 2-4 exercises and 3-4 min. a break for muscle relaxation. During one workout, series of 5 active rests are performed.

All the above criteria are not dogmas and may vary depending on the amount of equipment involved. For example, the number of sets and sets for a sit-up with a barbell should be less than the number of sets for a dumbbell curl.

The method of repeated-serial attempts differs from the method of maximum attempts in that the main training factor that ensures growth is the maximum duration of work with reasonable and submaximal weights. The method is characterized by a large number of sets and repetitions and the absence of breaks between them. All movements in the exercises should be performed at a slow pace, without relaxing the muscles between repetitions. The

series consists of several sets repeated a certain number of times. The method of repeated-serial attempts is used for the following purposes:

to develop muscle mass in a rhythmic manner;

to dramatically increase muscle mass;

to increase human strength.

Interval and competition methods are widely used to develop jumping ability in players.

Approximately the following exercises can be used to develop jumping ability:

running from a short distance (3 - 4 m), jumping to a suspended object, touching it with your fingers (the object can be hung lower or higher);

jumping from a place to both sides, touching it with your fingers (the object can be hung lower or higher);

successive long jumps on one and two legs;

standing on the tip of one leg, leaning on the other leg at a height equal to the waist, and jumping up on the tip of the legs; jumping with a barbell (30-50 kg) on the shoulders;

jumping into the depth, jumping up and touching the object hanging at the maximum height; exercises related to the game technique, which include catching the ball while jumping and catching the ball passed by the ball, also help to develop or maintain jumping ability.

When using the method of repeated tension to develop strength in high school students, it is possible only if the resistance values are at least 35-40% of the maximum. In this case, when using exercises in the large and medium-sized range, the attempts consist of 4-7 or 8-12 repetitions. The use of exercises in the small resistance range is usually ineffective.

Strength training exercises were most effective when performed in the main part of the training. In practice, it was observed that this was not always possible to achieve. For example, after strength training, a decrease in speed and effectiveness of the exercises was observed. Therefore, some strength exercises had to be performed in the middle and at the end of the training. In these cases, the method of repeated training with exercises that were not close to the limit was used.

In conclusion, it can be said that good results can be achieved if athletes start developing and improving strength from a young age, and this preparation will lead to great success even when they later move on to major sports.

General physical training of athletes solves the tasks of comprehensive training of physical abilities, increasing general working capacity. General-developing exercises and exercises that have a general effect on the body of the athlete, taken from other types of sports, are used as the main means. This leads to the development and strengthening of muscles and tendons, improvement of the functioning of internal organs, improvement of balance of movements, and an increase in the overall level of movement qualities.

Many exercises used to increase general physical training have a comprehensive effect on the body, while each of them is aimed at further developing one or another quality.

The purpose of special physical training is to develop and improve the physical qualities and functional capabilities inherent in an athlete.

Strength, speed, endurance, agility, dexterity play a key role in the general and special physical training of an athlete. These physical qualities reflect the level of movement capabilities of athletes.

Strength training.

Strength is one of the most important physical qualities of an athlete in modern sports training practice. Because strength to a certain extent determines the speed of movement of the player on the field, the height of the jump.

Strength can be: absolute strength, relative strength, “explosive” and “starting”.

Absolute strength is the force that occurs when a muscle (or muscle group) contracts, regardless of its own weight.

Relative strength is the amount of force that a player can exert per kilogram of body weight.

“Explosive strength” is the ability to exert a large amount of force in a regulated minimum time during a sports exercise or game movement. This force is used by athletes to jump, sprint, and throw the ball over long distances with great force. The level of “explosive” force also depends on the reactive ability of the muscle. After the working muscles are mechanically stretched by a blow, a large amount of force is generated as a result of their contraction. The initial stretch, which causes elastic deformation of the excited muscles, ensures the accumulation of some of the force potential due to the fact that they contain kinetic energy.

In sports training, muscles exert force without changing their length (static, isometric) and with contraction (dominant mode).

The dominant and unimpeded modes of muscle stretching together form the concept of a “dynamic mode.” In the process of strength training, all types of strength abilities should be developed.

Exercises aimed at developing strength by the nature of the use of weights can be divided into two groups: exercises performed using external weighting or resistance and exercises performed using one's own weight or partial body weight.

The first group of exercises provides a great opportunity for the athlete's muscles to develop. The wide use of lifting and resistance (dumbbells, cores, weight balls, heavy stones, barbells, overcoming the weight or resistance of an opponent, expanders, etc.) and their variety create the conditions for determining the volume of the training load. Such necessary exercises are aimed at developing a muscle group, which helps to teach the athlete the ability to quickly and completely relax from high tension. At the same time, exercises performed with various resistances provided by a partner require great willpower from athletes. Because they compete not only in strength, but also in the ability to use this strength to the highest level of efficiency. The second group of exercises includes gymnastic exercises performed on a projectile, climbing a rope, lifting one's own weight with force, sitting, standing, walking with the knees half bent, etc. Exercises performed by resisting one's own weight are given to players in a gradual manner, from slow to fast, from simple to complex. When performing these exercises, the muscle groups are involved, the shorter the body's path of movement and the less part of the body is resisting the weight, the more repetitions they should be performed.

It is a gradual increase in intensity to develop leg and body strength. One such exercise is the squat with a barbell on the shoulders. In this exercise, the barbell must slide down the vertical rail of a special device to a certain height. In this situation, the athlete is given the opportunity to lift a barbell that is much heavier than his own capacity. Depending on the height of the barbell on the vertical rail, he can sit as high or low as he wants.

Since the flexor muscles play a significant role in the speed of movement, special attention should be paid to additional exercises aimed at flexing the leg, such as shock absorbers, weights mounted on rubber blocks. It should be remembered that in most movements of the athlete, the muscles that straighten the legs are much more actively involved than the flexor muscles.

To develop "explosive" strength, training practice should include a wide range of exercises performed at dynamic speed, such as throwing heavy balls with the feet, grappling, pushing or squeezing the opponent from a limited space, snatching balls from the opponent's hands, freestyle wrestling and sambo elements.

Improving strength training in athletes should be aimed at:

- developing and maintaining the absolute (maximum) level of muscle strength;
- increasing the "gradient" of strength, that is, displaying maximum tension in a short time;
- being able to concentrate working tension in one place at the beginning of the amplitude of movement;
- improving the ability to display maximum tension when switching from slow work to active work while reducing the time of the "damping" phase.

Usually, strength exercises are combined with exercises aimed at increasing joint mobility and relaxation. The "as much as possible" and "maximum tension" methods are used to develop strength.

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