

Ways to improve the quality of resistance to young players

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Abstract: The article provides detailed information on the content and ways of improving the qualities and ways of resistance of young players.

Keywords: Football, young player, quality of resilience, quality of resilience, resilience, and common residuality.

Introduction: Physical training in the playing system is considered one of the most important and important preparations. As a result of a specific goal-oriented training, physical qualities are developing and the necessary skills needed for game activities. Unless sufficient development of force, speed, agility and endurance and endurance, and the successful application of the technical trick in short incisions and throughout the games cannot be performed. Football requires comprehensive preparation, which is determined by individual and collective activities that change the situation in the game. The players mainly do the dynamic work of the situation - for a long time, they struggle uninterrupted for the ball with a variety of actions, using various actions. The physical training of the player includes general and special training, they should provide comprehensive physical development and education. These types of preparation are inextricably linked with each other, forming a single process. The purpose of general physical education is to improve the body's vulvitional capacity, develop the

abilities of theology, and to occupy the priyil and meat in the game. Special physical training puts such a task - the upbringing of a Camel to perform the specific game actions in football. Thus, it should also be noted that the occupation of physical training, or the selective effect of this exercise, involvement in the connection of this exercise, and it requires each other.

The players were studied by most special scientists on improving the quality of special resilience of the players. We remain the importance of physical training in the team against the teams of players in the competitions. Our players are required to level high levels of physical training in discussions with the communities we oppose us. In the higher results of our players, they need to focus on the quality of football in a high level of eternal quality. For this reason, we need to introduce effective methods in training sessions to improve the quality of players. One of the important aspects of sports in educating the physical training of the players.



Studies are underway in the world that it is necessary to increase the degree of physical development and physical fitness of different ages, and improve the effectiveness of technical-tactical movements in the context of the competition. In recent years, great theoretical and experimental materials have been collected on the improvement of general and special coordinating skills of athletes. Studies aimed at improving the coordinating skills of the players are a few. Issues related to the diagnosis and development of coordinating tools and methods of young players at different stages of the annual training cycle have been explored.

Education of the physical quality of endurance. Anglo football expert A. Luipedue, educating the fortification of the player, he acknowledges that he is explained by the tournament in the context of the competition and preparing for violent activities. Indeed, we are sure that the athlete is doing a big scale work, opposite. The quality of endurance is one of the qualities that play an important role in the preparation of almost all sportsmen. In certain sports, it is considered one of the

main, significant physical qualities. For example, in the steep pikes, bicycles, the level of development of the quality of resistance in sports such as sports, is closely linked to the results of the athletic development in the activities of the competition. The importance of physical fitness in both sports games can also be acknowledged. The level of development of resistance in sports such as football, basketball, 5 water polo is required to be high in athletes.

General Entity - this means the athlete to perform long-term work, which, in turn, means the functional capacity of all bodies and systems of the athletes. This is the case, that is, the functional cases of the body and the system are a factor determining the level of general stability level. Endurance is a certain amount of muscle activity as a measurement criterion. The overall resilience causes a higher aerobic capability. This will not only provide not only the work of a large volume and the Shudate, but after the exercise, it also develops rapid recovery. The ability to recover quickly and easily reduce pauses between exercises.



To develop common endurance, the exercises associated with long-term movement are usually used.

For example, 800-40 m. Quick walking, run, 3-5 km, walk in dust, swimming, and so on. These exercises are average, yet in the early stages of the preparation

period, they are still performed when they are not ready to work with severe force. The player travels up to 5.5 to 14 km depending on the team. In this case, intense actions (fast run, acceleration) 5 min. Occupies, this time interval is 1500 to 2500 m. Quick time to distance, but as short, length is the length of 7- 15- 24 m. runs from. Meanwhile, they will spend 25 to 35 minutes to take up to 25 to 35 minutes to move, while they will slowly spend up to 25 to 35 minutes. Looks as if more time is spent on running for players than superficial. But that is actually 5 min. acceleration within. It is the time to cover a very large force that is spent on fast running and fighting for the ball. If the player scratches that the player is in a state of strong system of spiritual condition and with a huge emotional feeling, it is not spent on a little stronger. However, the analysis of the game is shown that it is times when they set enough time to recover the general initial position in breaks after strong action. Consequently, the player should prepare for the same type of activity. Sometimes, depending on the size of the work, it defines its quality, it is incorrect incorrect. The performance of a large volume should not be considered as non-purpose and the main means of raising agility.

In the upbringing of endurance, the desirable qualities also stand in one of the front. The regular long-lasting work is an internal and external residence of athletes requiring a strong, firm, great will, that requires "stable will". Athletes experience a relatively short difficulty, but intensive repetitive, while doing the work on earth. Players play during the game process "Explosive" game situations after explosive game situations, and how difficult it is how difficult it is when the effort rises. Football resistance, mainly, in oxyxygen without oxygenic conditions of the body, is given a large place for explosives. In breaks between the rapid work, the "debt" will be refunded. Tasks of special functional

preparations will be decided much efficient when performing play exercises. In terms of their own character and emotional, they fall as much as they fit into the homes. However, the play exercises should be combined with exercises without the ball. The training session to improve fortification should be conducted in accordance with five marks of the load: a) working time, b) work difficult, v) rest time, g) rest, d) repeat amount. The change in any sign of training will affect its direction. The player needs to be adjusted to each other's tools and methods to make effectively in the meetings. As a result of learning a special literature, in the process of preparing a athlete, contaminated methods of resistance of resistance to the endurance. These methods are also used to train a playgrile. By using this method, the "One Alta" method of educating the resistant / Ice is to form common resilience in the player like the first way. The organism and systems are strengthened, the movement coordination will improve. Use of this method is recommended to be carried out at the beginning of the transition period and during the beginning of the preparation period. At one stage, this preparation should be made. If we talk about the essence of the method, then a flat work will be carried out in training. That is, the player is required to perform a certain form of work in a norm, at a speedy time. For example, a simple running exercise is understood for 1 hour at the same speed. The "Interval" method of educating the "Interval" method is to remove sufficient oxygen for its effective action during the Orient Game. To do this, it must advance to its optimism during the active activity of XRC (heart reduction frequency) and SX (Systems) active activity. If the optimal hurts is hitting 180 - 19,000 times per minute, it often comes to SX. This concludes that it is a useful way to increase the CEC for increasing the SX.

Futbolchilarni chidamliligini tarbiyalashda interval usuldan foydalanishning variantlari

Mashg'ulotning tarkibiy qismlari	1- variant. Interval sprint (anaerob mahsuldorlikni oshirish)	2- variant. Yurakning faoliyatini yaxshilash	3- variant. Aerob mahsuldorlikni oshirish
1. Ishning davomiyligi tezlik 2. Dam olish vaqti 3. Dam olishning xarakteri 4. Mashqlarni takrorlash soni	3-5 sek. 10-30 sek Yurish 5 ta takrorlashdan iborat seriya, 3-5 min. dam olish har 2-4seriyadan so'ng	30-90 sek. 100% Dam olish vaqti ish vaqti bilan barobar Yurish Seriya 10 martagacha takrorlashdan iborat bo'lsa. Agar takrorlash seriya-seriya qilib bajarilsa, har seriyalarda 5 marta takrorlash. Har bir seriya orasida 3-5 min. dam	5-15 min. 100% 1- urinishdan so'ng 5 min., 2- dan so'ng 4 min., 3-dan so'ng 3 min. Yurish 3-4 marta takrorlash

The age-related dynamics of the development of force in young players has its own characteristics. Each player needs strength, but he is undoubtedly different from the power of the barbay, a wrestler or the gymnast. The player need such a force, running hard to jump after the ball, shocking the direction of the running Let the yin may be adapted to situations. However, the development of power should not harm flexibility, the speed, the qualifications of the game. In other words, as a player has a great power, while performing technical-tactical activities, it is necessary to move freely, spavity across the field.

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