

FOOTBALL TECHNIQUE, ITS CLASSIFICATION AND CONTENT

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Football is the most popular and favorite game in most countries of the world. Hundreds of thousands of children, young people, adults play football. The management of the training process involves studying various aspects of the specific training of the players in order to organize training in the later stages in accordance with the individual characteristics of the players. Football theory and practice is multifaceted and is constantly developing.

The relevance of the study is that comprehensive information about the technical and tactical training of players who come to the coach using step-by-step, current and quick management tools and methods for appropriate management purposes, if the coach has only pedagogical skills. .

This means the ability to correctly use a wide arsenal of special exercises aimed at the superior development of some components of the special training of players; to wisely combine various exercises and methods of their implementation in practice in accordance with the specific goals and objectives of training players in different structural structures of the training process.

The main problem is that, on the one hand, there is a need to improve international results and further develop football, and on the other hand, the inability to solve this problem without increasing the effectiveness of player training, which should be based on the improvement of the sports Reserve System for football as a whole.

The main form of playing the game should be a team combination game, not an individual one, although in some cases martial arts can lead to a positive result.

The aggressive nature of the game gives an undoubted advantage, but on equal terms, victory is won by a team that has mastered the art of maneuvering well, is better prepared technically and physically. Players must be motivated and motivated; they must act for 90 minutes, maneuver, always be very active.

The technical method of classification of football techniques consists in dividing into groups according to their general (or similar) specific signs. Depending on the expression of 0 'yin activity, the football technique is separated into two large boots: the field player technique and the goalkeeper technique. Any boiim, on the other hand, is distributed to the boiimches of the motion technique and ball control techniques.

Small boiim are made up of specific techniques: movement techniques techniques and techniques, which are performed in 24 different ways. They are used by field players and goalkeepers. But some methods and techniques have their own specific types. In methods and types, the main mechanism of movement is general, and there will be a difference in detail. Different methods, methods and conditions of execution of turlami make football techniques more diverse. The classification of football techniques is shown. systematization of the studied material will help to better understand the methods, types of methods, correctly analyze the ulami, competently solve the tasks of improving the acquired knowledge. The expression of the football technique begins with the movement technique, which is a common subsection for the field player and goalkeeper. The basic concept of a football game is to put a ball into the goal by showing good play on the opponent's field, and to prevent the opposing team from getting a ball into the goal on their own field. What is understood by tactics is to lead any initiated work towards its goal. From practice, it is known that whoever is theoretically well prepared will succeed in mastering tactical skills. Theoretical knowledge helps to be able to correctly target complex game situations, to assess the probability decision and analyze the link, to select the most effective in them. Theoretical training in tactics provides for knowledge of the rules of the game and the acquisition of the means of separation of tactics. It is necessary for the player to know the basic systems of the game and the options for connecting the task of certain ampoule players in the team based on the objective condition of the interaction of moving at different stages of the meeting, as well as the influence of external factors on the course of the game on the interests of the team. be in every action all must be taken into account. As the tactical skill grows, the cognitive play the effect that the process shows also increases. The study of the theory of football tactics begins with explaining the Basic Rules of the game, which are practically mastered during the control of game exercises as well as during training games. The distribution of tasks within the team should provide completely understandable information to young players about problems in front of individual players, describe the main tasks of certain players in a specialized way using the actions of a specific player who plays in a specific area. the next step of training will be a detailed analysis of the stages of the game in isolation. It is better to pass such an analysis criticizing the flaw that players have allowed in meetings held at. after the analysis of the stages of the game, it is possible to proceed to the study of the theoretical solution of tactical tasks of different complexity. In the process of teaching movement skills, an understanding is given of the methods of preventing error and strengthening the learned movement, which can allow students to implement tactical activities.

The technique of moving involves the following groups of methods: running, jumping, stopping, turning. Classification of motion techniques is used by adding different techniques of motion techniques during gameplay. For example, the speed at which a player moves is extremely diverse: from a slow walk, the acceleration at the

start can be increased to a maximum speed, the running rhythm and direction change from a collision. The addition of various running techniques along with jumping, stopping, twisting is a characteristic feature of the player's movement. The methods of movement technique are closely related to the art of ball control of field players and goalkeepers. Whether it is a multi-tactical task to keep the methods of movement techniques as well as in a complex way (opening to get a ball and distracting the opponent, choosing a position, blocking the player, etc.k.) allows effective resolution. Run. The main means of movement in football is running. Players who do not control the ball will be able to position themselves differently on the field using a run. In addition, running also includes the ball control technique as an ingredient. In football, the following methods of running are used: running simple, running tisarly, running with a swing step, running with a pair of steps. A typical run is mainly used by players heading to the straight in the pursuit of an opponent, etc. Since the structure of both the movement system (relying on one leg and boiinishi to the flying phases in the air) is no different from athletics running, it is called simple running. There is only a difference in step length, frequency. In fubolists, the frequency is slightly higher: 5.1-5.5 steps per second boiadi. This helps to stop quickly or turn quickly due to the shorter flight phase in the air.

The field player's technique consists of two subsections. One of these is the motion technique, while the other is the ball control technique. Field players use all of the different methods, methods and types of locomotion techniques analyzed above. The techniques of ball control include the following groups of techniques: kicking, stopping the ball, carrying the ball, cheating moves (fints), taking the ball away. In addition, throwing the ball from the other oil of the side line, a specific method performed manually, also falls into the ball control technique. how much of which method is played during a game depends on the functionality of the player in the game. And the quality of execution of the method should be at a high level in all field players.

Football techniques are divided into two main parts: no-ball action and no-ball action.

No-ball moves include:

- 1) running (including with change of direction);
- 2) jump;
- 3) body without balls (body).

Ball movements include the following elements of the technique:

- 1) kick;
- 2) receiving the ball(interception;
- 3) title;
- 4) dribbling;
- 5) prohibitions;
- 6) selection of the ball;
- 7) throw the ball;

8) goalkeeper technique.

Under the influence of techniques in sports, we usually understand the method of performing movements. Each sport requires a specific technique. This applies not only to special actions necessary for Pego, but also to General actions (running, jumping, etc.).

Based on the above, under the football technique, we will understand how to perform all the actions that can be applied to the game.

Football technique is very important. First, information about the actions performed with the ball is necessary. Lack of physical fitness is currently hidden may be. Knowledge of tactics (the science of rational struggle in football) is also not a priority. However, to emphasize the main importance of the technique, it is recommended to correlate the three mentioned elements and establish their priority.

To become a football player, you need to carefully study the technique. But in order to become a good player, to participate in important competitions, it is necessary, of course, to have physical, as well as moral-volitional training, to have theoretical and practical knowledge of football tactics and strategy.

The study showed an important role in technical and tactical training in football. In recent years, in the areas of further development of the problem of improving the effectiveness of technical and tactical training of players, the need to organize training according to the versatile competitive and training volume of the style and tactics of play has been emphasized.

In the theory and practice of sports training, tactical training is understood as the ability of an athlete to correctly organize the direction of competition, taking into account the specifics and individual characteristics of the athlete, the capabilities of opponents and the external conditions created.

Technical and tactical skill is characterized by the size and versatility of the technical technique that belongs to the player, as well as the ability to effectively apply this technique in the game environment. Since technical and tactical actions are a means of conducting games in sports games, it is advisable to study tactics along with the training and improvement of technologies. In long-term training of athletes and gamers, technical and tactical training should be considered as a holistic process.

One of the main areas of tactical tactical improvement is the following:

- 1) study of the essence of the main theoretical and methodological rules of Sports tactics;
- 2) skillfully know the basic elements, techniques, tactical action options;
- 3) improving tactical thinking;
- 4) study the information necessary for the practical implementation of tactical training;
- 5) practical implementation of tactical training.

The actions of a modern player in the game should be reliable, fast and purposeful. Therefore, technical and tactical training should be presented as a logical

chain of a long-term process, which includes specific goals and objectives at each stage of preparation.

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