

## DEVELOP THE QUALITIES OF STRENGTH AND AGILITY IN YOUNG PLAYERS

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### ABSTRACT

This article provides information on how to determine the level of development of strength and agility qualities of young players, and through them, the results of the pedagogical experiment of young players are described.

**Keywords:** Speed, strength, qualities, statistics, scientific-methodical, rest interval, in-depth training, physical training, torso muscles.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Relevance of the topic In the Decree of the President of the Republic of Uzbekistan PF-5887 dated December 4, 2019 "On measures to bring the development of football in Uzbekistan to a completely new level" in recent years A number of measures are being taken to attract the population, especially young people, to the sport of football. At the same time, the selection of talented young players, further development of the selection system and football infrastructure, raising the activities of sports schools to a new level, improving the system of training and financial incentives for specialists, raising the level of competitions. Such issues remain one of the most pressing issues. (1)

The rate of development of agility and strength qualities of young players increases with age and increases by 40-45% between the ages of 9 and 19 years.

It should be noted that we have taken the appropriate performance of 19-year-old qualified players as 100% of the level of development of the qualities of speed and strength. This includes different jump appearances: long jump from a position and a height of 40 cm, triple jump and jumping to a height of 241.5: 1.95 cm, 238.5 + 2.0 cm, 745: 14.2 cm and 50.0: 2.5 cm, respectively.

In young players, the performance after the long jump and the jump to a height of 40 cm, as well as the performance of the triple jump and the high jump were 70.8%, 69.2%, 65.6%, 62.6%, respectively.

The average annual growth of the results was 2.92%, 3.1%, 3.44% and 3.75%, respectively. The growth of players' speed and strength qualities will not happen in one go. In this regard, it is possible to conditionally distinguish 3 stages of its dynamics: 9-13 years, 13-17 years and 17-19 years.

The upward jump was 12.2%, 26.9%, and 4.2%, respectively, for the three stages. It can be seen that the greatest increase in the speed and strength qualities of the players occurs at the age of 13-17, which is also confirmed by the performance of long jump, long jump and triple jump. The long jump, long jump and triple jump scores were 24.7%, 25.9% and 23.6%, respectively.

The results of high jump studies show that there is a significant increase in speed and strength qualities between the ages of 9 and 19-20. In the 9–10, 10–11, 11–12, and 12–13 age groups, an insignificant increase in this indicator ranges from 2.5% to 3.6% and alternates with a sharp improvement, which occurs especially in the 13–16-year-old age group.

There are scales for assessing the qualities of speed and strength of 9-17-year-old players, developed on the basis of jumping performance, based on available statistics in the scientific literature. On a given scale, the level of development of the qualities of agility and strength of players can be assessed in accordance with their age groups.

The results of our research and data from the scientific and methodological literature show that in 10-year-old players the running time decreases by 15 m and 30 m, and the speed increases, and by the age of 17-18 they reach a level corresponding to the level of skilled team players. According to the data, results are improved during preparation in specialized schools.

“The speed and strength training of young players of training groups of sports schools from 12 to 17 years old in the 15 m run - 23.6%, in the 30 m run - 22.2%.

“Improving a player’s speed capabilities depending on the rest interval,” means that between the ages of 10 and 18, the 15m run will increase by 22% and the 30m run by 25%.

“Methods and techniques for training speed and agility and strength of young players aged 11-12 years” shows that the total increase in running speeds from 15 to 30 m from the start between 10 and 17 years of age was 17.7% and 19.3%, respectively.

In the advanced training phase (from 12 to 16 years), the increase in speed capacity is more significant, and according to R.E. Nurimov, in the 30 m run this figure is 17.7%. It is especially noticeable in the 13-14 age group (9-10%).

The lowest pictures of the growth of speed capabilities are observed in the stage of sports improvement: in the 15 and 30 m run from the start, the level of players over 16 years of age was 4.9% and 5.6%, respectively.

Based on the data of scientific and methodological literature:

“Improving the physical fitness of athletes”, “Modern system of sports training” (author - “SAAM” Godik M.A. 1995), the paw dynamometer of the right and left hand of a player aged 12 to 17 years increased by 53.9% and 53.4%, respectively. Dynamometry increases by 36.5% and leg muscle dynamometry by 36.6%. (2)

The results of R.E.Nurimov's studies showed a significant increase in body strength and leg muscle strength in the 15-16 age groups by 11.4% and 10.5%, respectively.

It is necessary to take into account the one-way directional dynamics of torso muscle strength and leg muscle strength indicators in the age-related sense. At the same time, the correlation coefficient was found to be high ( $r = 0.77$ ) for the sum of all players aged 12-17. This leads to the conclusion that the indicator of torso muscle strength is at the same time an indirect indicator of the strength of the leg muscles of young players. (3)

Significant increases in body strength (8.1%) and leg muscle strength (6.8%) between the ages of 12 and 13 testify to the ability of young players to use the “Shock Method” of training to develop speed and strength at this age.

## CONCLUSION

The time ratio, which is aimed at cultivating different physical qualities of young players and is used in many children and adolescents sports schools, in many ways does not meet the requirements of football theory and methodology.

## REFERENCES

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