

## THE IMPORTANCE OF YOUNG PLAYERS 'EXPLOSION ABILITY TO BLOW THE BALL

**Otabek Khamidjonovich Khasanov**  
Sports psychology  
Republican College of Olympic Reserve

### ABSTRACT

In this article, the author explores the importance of the explosive ability of young players to hit the ball and scientifically substantiates it. The study aimed to develop 9-15 year old players not only for their competitive skills but also for the players to develop the necessary personal skills.

**Keywords:** Young soccer players, ability, explosive ability, experiment, strike range, ball.