

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

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### 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.

### RELEVANCE

There is no doubt that the high attention paid to sports in our country, as well as large-scale reforms, victories, prestigious competitions of international significance, all the champions strengthen the passion for sports in the hearts of the younger generation. In accordance with the Decree of the President of the Republic of Uzbekistan PF-5887 dated December 4, 2019, in recent years a number of measures to take care of the health of our people, to form a spiritually and physically harmonious generation, to attract millions of people, especially young people. -measures are being implemented. [2]

At the same time, the selection of talented young players, the further development of the selection system and football infrastructure in our country, raising the activities of sports schools to a new level, improving the system of training and financial incentives, raising the level of competitions. such issues remain one of the urgent tasks.

The purpose of these decisions is to bring Uzbek football up to world standards. The development of modern football requires high accuracy of movement from players.

It should be noted that the training of high-level players begins at a young age. Therefore, it is expedient to improve, organize and scientifically reform the system of training young players. Football is a team game, in order to win the competition, each athlete must have a highly developed skills that are necessary for the game.

All stages of multi-year training in the training of young players are a continuous process of training in technical methods and tactical movements. Careful mastery of all aspects of the technique on the basis of the use of the laws of biomechanics and taking into account the individual characteristics of the participants predetermines the successful use of the technique in complex conditions of play activities. The formation of perfect playing skills is based on a high level of physical fitness of young players.

Since young players have few opportunities, they need to cultivate strength in them very carefully, mainly using short-term effort of a dynamic nature.

Hitting the ball is the main means of playing football. It should be noted that it is more difficult to train young players in this technique. The reason is that hitting the ball requires a great deal of force. With this in mind, the importance of the explosive ability of young players in hitting the ball was studied.

The technical training of young players, the development of the necessary physical qualities are of particular importance in training. In the scientific work, the quality of agility consists of several parts, one of which is called explosive ability [3]. It is no exaggeration to say that the problem of explosive ability is now deeply studied. During the research of Z.Gapparov and J.Ishtaev, a special device "SPORK" was created [4,5,6]. The SPORK device is designed to easily and accurately measure the ability to explode, while at the same time developing this ability with less power and less time. In this study, the main task was to relate the ability of young players to explode when passing the ball over long distances.

### The purpose

To determine the effect of explosive ability on young players to hit the ball and increase the intensity of the blow with new methods. Improving long-distance passing techniques in athletes with less time and less effort during training.

### Organization of research

The study was conducted at BOSM No. 2 in Mirabad district and involved athletes of all ages. The total number of athletes participating was 57, including 9-year-old athletes, 13-year-old athletes and 15-year-old athletes.

The explosive ability of young players was measured using a SPORK device. The athletes were then given the task of taking a step forward and giving the ball a maximum kick with the advanced foot. The average performance of the athletes is reflected in the table below.

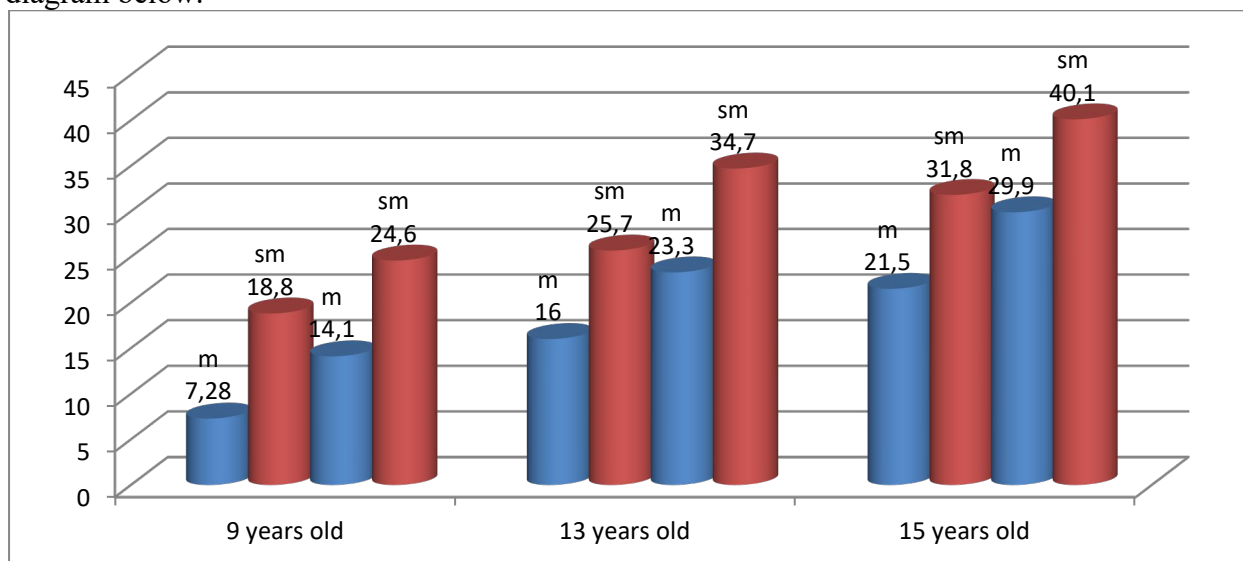
#### The importance of the ability to explode when passing the ball over long distances

Number of athletes	Average performance of athletes who kick the ball over long distances	Average performance of athletes jumping vertically.	Number of athletes	Average performance of athletes who kick the ball a short distance	Average performance of athletes jumping vertically.
<b>9-year-old players (number 24)</b>					
10	14,1 (m)	24,6 (sm)	14	7,28 (m)	18,8 (sm)
<b>13 years old (number 16)</b>					
8	23,3 (m)	34,7 (sm)	8	16 (m)	25,7 (sm)
<b>15 years old (number 17)</b>					
11	29,9 (m)	40,1 (sm)	6	21,5 (m)	31,8 (sm)

This table reflects the average of the results obtained from 9-13-15 year old players. The total number of 9-year-old players was 24, 10 of whom recorded results in long-distance passing (14.1 meters) and vertical jump (24.6 sm). The remaining 14 athletes showed results in the short distance (7.28 meters) and vertical jump (18.8 sm).

The total number of 13-year-old players was 16, 8 of whom scored long distances (23.3 meters) and vertical jumps (34.7 sm). The remaining 8 athletes showed results in the short distance (16 meters) and vertical jump (25.7 sm).

The total number of 15-year-old players was 17, 11 of whom scored long distances (29.9 meters) and vertical jumps (40.1 sm). The remaining 6 athletes showed results in the short distance (21.5 meters) and vertical jump (31.8 sm). The above results can be clearly seen from the diagram below.



**Figure 1. The long-distance transmission of the ball is related to its explosive ability.**

From the results obtained and recorded, it can be seen that with the growth of experience at a young age, the ability of players to pass the ball over long distances increases. Although the athletes had the same age, experience, skills and qualifications, it was found that they could pass the ball over long distances. This means that the transmission of the ball over long distances does not depend on the factors listed above.

This ability also develops slowly over the years, even through repetition of exercises over and over again. But our goal is to develop the ability of all the players on the team to pass the ball over long distances with less effort, less time. From this it can be seen that long-distance transmission of the ball consists of two parts, the first is the technical part, the second is the ability to explode. During training, the coach should pay special attention to the development of all the players' skills needed for the game.

It is advisable if the athlete develops not only the skills of the competition, but also the skills of the player. These include self-boxing, increasing a person's level of aspiration, quick perception, developing eye size, and forming skills such as visual field boundaries. In training, the coach must relate the player to the conditions of the game in the formation of technique. Each player must feel responsible for the training, whether he did it clearly or not.

## CONCLUSION

In conclusion, it should be noted that in young players, the first element of the long-distance transmission of the ball is technique, and the second element is the ability to explode. This means that if a young player jumps on the SPORK 5 times before each training session without repeatedly hitting the ball to develop long-distance passing, the ability to explode will increase and the time to master the skill will decrease.

Another advantage of the SPORK device is that the athlete quickly and accurately receives information about the results of each movement. The coach, on the other hand, constantly monitors the results of the athletes by setting a target setting for the athlete. When the target is

set, the athlete's ability to explode dramatically increases as a result of his awareness of his movements.

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