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DYNAMICS OF INDICATORS OF GENERAL PHYSICAL TRAINING OF 13-15 YEAR-OLD GOALKEEPERS WORKING IN FOOTBALL SCHOOLS

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Annotation: The goalkeeper's body's working capacity must be at its maximum level or demonstrate various modes of muscle activity Over time, more and more attention is paid to the presence of general physical qualities. At the same time, attention is required to develop a number of other qualities of a football player.

Keywords: football, athletes, endurance, speed, agility, training exercises, general and special training, ampoule, functional goalkeeper.

Relevance of the study: The fact that special attention is paid to the development of football in our republic and the increasing number of successes achieved by our football players in the world arenas creates the basis for the development, popularization of youth football and the further development of the sport of football.

Research objective: Dynamics of general physical fitness indicators of goalkeepers aged 13-15.

Research objectives: To determine and analyze the general physical fitness of goalkeepers aged 13-15 according to scientific methodological literature

To determine the physical development of the experimental and control groups of goalkeepers aged 13-15.

The level of general physical fitness of goalkeepers of the Bukhara regional sports schools at the beginning of the experiment is equal to the following results (see Table 3.4):

The results of pedagogical testing conducted to determine the dynamics of the development of speed qualities of goalkeepers aged 13-15 of the Bukhara regional sports schools were as follows. The average result of the control group of football players in the 60-meter dash was 9.58 ± 1.97 seconds, the average result of the experimental group of goalkeepers in the 60-meter dash was 10.18 ± 1.96 seconds. When comparing the development of speed qualities of goalkeepers of this age group, it was found that the statistical differences between the indicators were significant ($p > 0.05$).

Table 3.4

Dynamics of general physical fitness indicators of 13-15 year old goalkeepers training at the Bukhara football school at the beginning of the experiment

№	Ko'rsatkichlar	NG (n-12)	V%	TG (n-12)	V%	t	p
1.	60 m yugurish (s.)	$9,58 \pm 1,97$	20,5	$10,18 \pm 1,96$	19,2	1,06	>0,05

2.	4x10 m mokisimon yugurish (s.)	10,09±2,57	25,4	10,79±2,65	24,5	1,06	>0,05
3.	12 daqiqa yugurish (m.)	2315,24±393,14	16,9	2305,93±396,35	17,1	1,15	>0,05
4.	Turgan joydan uzunlikka sakrash (sm.)	164,57±32,46	19,7	161,91±33,21	20,5	1,14	>0,05
5.	To'ldirma to'pni (2 kg.) ikkala qo'lda bosh orqasidan oldinga otish (m.)	8,51±1,93	22,6	7,89±2,04	25,8	1,08	>0,05

Izox: NG- nazorat guruh, TG- tajriba guruh, s-soniya, sm-santimetr, m-metr

The results of pedagogical testing conducted to determine the dynamics of the development of agility skills of goalkeepers aged 13-15 from Bukhara regional sports schools were disappointing. The average result of the control group of goalkeepers in the 4x10 m shuttle race was 10.09±2.57 seconds, the average result of the experimental group of goalkeepers in the 4x10 m shuttle race was 10.79±2.65 seconds. When comparing the development of agility qualities of goalkeepers at this age, it was found that the statistical differences between the indicators were significant ($p>0.05$).

The results of pedagogical testing conducted to determine the dynamics of the development of endurance qualities of goalkeepers aged 13-15 from Bukhara regional sports schools were disappointing. The average result of the control group of goalkeepers in the 12-minute run was 2315.24±393.14 meters, the average result of the experimental group of players in the 12-minute run was 2305.93±396.35 meters, when comparing the development of endurance qualities of goalkeepers at this age, the average difference between the indicators was $t=1.15$.

The results of pedagogical testing conducted to determine the dynamics of the development of speed and strength qualities of goalkeepers aged 13-15 from Bukhara regional sports schools were disappointing. The average result of the control group of goalkeepers in the standing long jump was 164.57±32.46 centimeters, the average result of the experimental group of players in the standing long jump was 161.91±33.21 centimeters. When comparing the development of speed-strength qualities of goalkeepers at this age, the average difference between the indicators was $t=1.28$.

The results of pedagogical testing conducted to determine the dynamics of the development of strength qualities of goalkeepers aged 13-15 from Bukhara regional sports schools were disappointing. The average result of the control group of football players in throwing a stuffed ball (2 kg.) forward with both hands behind the head was 8.51±1.93 meters, the average result of the experimental group of goalkeepers in throwing a stuffed ball (2 kg.) forward with both hands behind the head was 7.89±2.04 meters. When comparing the development of the strength qualities of goalkeepers of this age group, it was found that the statistical differences between the indicators were significant ($p>0.05$). (Table 3.4).

In order to determine the development of speed physical qualities in adolescent 13-15-year-old football goalkeepers, we performed the movement, and in running a distance of 60 m, the control group of goalkeepers showed 9.59±1.92 seconds, while the experimental group showed

10.14±1.89 seconds (Table 3.8).

In order to determine the physical indicators of agility, we were able to test them through a 4x10 m shuttle run. While the control group of examinees returned 10.12±2.66 seconds, the experimental group recorded the results of 10.78±2.64 seconds.

Regarding the endurance quality indicators of 13-15-year-old goalkeepers, we tried to accept them for 12 minutes of running. In this case, the goalkeepers of the control group showed 2327.53±427.51 meters. The participants of the experimental group showed 2318.08±443.08 meters. The reliability of the differences is equal to $p > 0.05$. When comparing endurance, $t = 1.04$ was returned.

Table 3.8

13-15 year olds practicing at the Kashkadarya football school

darvozabonlarini tajriba boshi umumiy jismoniy tayyorgarligi ko'rsatkichlari dinamikasi

№	Ko'rsatkichlar	NG (n-13) $\bar{X} \pm \sigma$	V%	TG (n-13) $\bar{X} \pm \sigma$	V%	t	p
1.	60 m yugurish, s	9,59±1,92	20,0	10,14±1,89	18,6	1,01	>0,05
2.	4x10 m mokisimon yugurish, s	10,12±2,66	26,2	10,78±2,64	24,4	1,04	>0,05
3.	12 daqiqa yugurish, m	2327,53±427,51	18,3	2318,08±443,08	19,1	1,15	>0,05
4.	Turgan joydan uzunlikka sakrash (sm)	160,53±30,17	18,7	158,26±31,57	19,9	1,04	>0,05
5.	To'ldirma to'pni (2 kg) ikkala qo'lda bosh orqasidan oldinga otish	9,01±1,97	21,8	8,29±1,95	23,5	1,31	>0,05

The next stage of our research was the long jump exercise from a standing position to determine the speed-strength physical indicators. The test results showed that the test subjects in the control group reached 160.53±30.17 meters at the beginning of the experiment, and the participants in the experimental group reached 158.26±31.57 meters.

Finally, in order to test the strength-physical qualities of young goalkeepers, we decided to take a 2-kg ball from behind the head in both hands in the exercise. In this, it was found that the test subjects in the control group showed 9.01±1.97 meters. The participants in the experimental group showed 8.29±1.95 meters (see table 3.8).

In our republic, attention to physical education and sports is increasing day by day. In particular, the development of children's sports, the reforms being carried out in this area, serve to make the future generation healthy and mentally alert in all respects.

Training and methodological training is being conducted by coaches and scientists to improve the general, special, physical qualities and functional indicators of the younger generation who are regularly involved in sports with various modern mechanisms.

We focused our research group on goalkeepers aged 13-15. We tried to determine their speed qualities by running a short 60 m distance. We started the study with the control group. While the test subjects of this group ran for 9.58±1.94 seconds, the experimental group members ran for an average of 10.19±1.95 seconds. When comparing the development of speed physical qualities of both groups, we found that they differed by $t = 1.03$ at the beginning of the study (Table 3.12).

Table 3.12

Dynamics of general physical fitness indicators of 13-15 year old goalkeepers training at the Surkhandarya football school at the beginning of the experiment

№	Ko'rsatkichlar	NG (n-11) $\bar{X} \pm \sigma$	V%	TG (n-11) $\bar{X} \pm \sigma$	V%	t	p
1.	60 m yugurish, s	9,58±1,94	20,2	10,19±1,95	19,1	1,03	>0,05
2.	4x10 m mokisimon yugurish, s	10,14±2,69	26,5	10,84±2,70	24,9	1,01	>0,05
3.	12 daqiqa yugurish, m	2317,35±438,13	18,9	2308,27±441,67	19,1	1,02	>0,05
4.	Turgan joydan uzunlikka sakrash (sm)	160,03±30,25	18,9	157,16±31,07	19,7	1,22	>0,05
5.	To'ldirma to'pni (2 kg) ikkala qo'lda bosh orqasidanoldinga otish	9,11±1,95	21,4	8,38±1,98	23,6	1,21	>0,05

In order to determine the physical qualities of agility, we aimed to conduct pedagogical testing of goalkeepers in the 4x10 m shuttle run. The goalkeepers of the control group managed to complete the task in an average of 10.14±2.69 seconds. The participants of the experimental group managed to complete this distance in an average of 10.84±2.70 seconds. When comparing the development of the agility qualities of goalkeepers of this age group, it was found that the statistical significance of the differences between the indicators was equal to $p>0.05$ in both groups.

The process of pedagogical testing of the dynamics of endurance qualities of goalkeepers of sports schools showed the following results. In the 12-minute running exercise, it was found that the control group subjects ran an average distance of 2317.35±438.13 meters, and the experimental group subjects ran an average of 2308.27±441.67 meters. When comparing the development of endurance qualities of the 22 goalkeepers of the team, the result $t=1.28$ was found (see Table 3.12).

Conclusions: In Uzbekistan, in the field of football, especially young football players, great attention is paid to the presence of special endurance qualities during the period of time when the activity and working capacity of the body is at a high potential or when they demonstrate various modes of muscle power activity. In addition, football players are required to pay attention to the development of other qualities that are important for sports activities. When selecting elements of training exercises, it is necessary to pay special attention to the physical qualities of these goalkeepers (quick-strength, speed, agility, endurance, flexibility).

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