



TO INSPIRE YOUNG GENERATION TO PLAY FOOTBALL

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Article history:	Abstract:
Received: 8 th October 2022 Accepted: 8 th November 2022 Published: 14 th December 2022	Sport is a universal tool that helps to feel great both physically and mentally. Sport is especially useful for children. When playing sports, the child develops physical abilities and, in addition, makes new friends, learns to be part of the team, learns the principles of fair play, values himself and enjoys. By increasing sports fans in our country and involving them especially in football, it also helps them to follow a healthy lifestyle. In this article, feedback and feedback will be made about the interest of young children in football.
Keywords: young generations, football, inspiration, engagement, sport, healthy lifestyle, development, role model, success	

In recent years, a number of measures have been implemented to take care of the health of our people, to form a spiritual and physical harmonious generation, to widely attract the population, especially young people, to the football type of sport, which is a game of millions and occupies a special place in our country. At the same time, issues such as the selection, selection (selection) system and further development of football infrastructure, raising the activities of sports schools in football to a new level, training industry professionals and improving their material incentive system, raising the level of competitions held in our country today remain one of the urgent tasks.

In Uzbekistan, it is necessary to make football the most popular sport among the population, to establish a system for selecting, qualifying young players with high talent and training them as professional athletes, to bring the country's football to a level that can compete with developed countries, to train football experts on international requirements and standards, to develop the activities of football clubs, , world and continental championships are held between youth and women's teams.

Experts believe that in order to instill in children a love for sports, it is necessary to be an example personally. The second most effective factor that allows children to get used to playing sports is to create conditions for this. Spend your family time in such a way that the child has the opportunity to play football or throw a ball on the sports ground. The question of how to help children make football a part of their lives and make them interested in playing football comes down to thinking of many coaches and parents. To do this, it is necessary to carry out the following works:

- be an example yourself;
- play football together with your child;
- let him play sports;
- inspire rather than force.

In addition, it is important to combine all these approaches. It is known that children master the understanding of everything, including life, first of all by looking at their parents and peers. Therefore, if you lie on the couch all weekend and work from morning to evening on weekdays, leaving no time for sports, your child can exclude this from his daily routine. For this reason, first of all, the role of parents in the interest of children in football is great. But it should be noted separately that good results cannot be achieved by giving children to an uninteresting sport. It is very important to take into account both the innate abilities of children and their heating.

If you think you are busy with work, set aside one day a week for the gym. Seeing this, the child understands that there is always a chance to play sports, even if there is little time. When winter comes, do not give up weekly activities on an open sports ground, but find a gym. So you will show that the weather does not interfere with sports. Together, this explains to the child that, if desired, any uncomfortable situations can be overcome.

Since children learn through activities, it is not enough for them to say that sports are good for health. Showing them what positive effects sports can have on them in many ways will be a huge incentive to involve them in sports. Remind your child about how he performs his daily tasks before and after training, such as school homework. When he himself feels that his brain is working well after a good workout, he will not allow himself to skip the next workout.

Children are more interested in activities that arouse the interest of those who deal with them. In other words, if you play with family members and enjoy it, the child will be attracted to you. Avoid taking exercise too seriously. Let the Sport be a pleasant time spent together.

To approve the proposal of the Ministry of Physical Culture and sports of the Republic of



Uzbekistan, the Ministry of Public Education, the Ministry of higher and secondary special education, the National Olympic Committee of Uzbekistan and the Football Association of Uzbekistan to establish the following as the main directions for the development of professional football in the Republic of Uzbekistan:

increasing the interest of children and adolescents in playing football, the popularization of amateur football, the regular Organization of football competitions in general education schools, other educational institutions, neighborhoods and organizations in this regard;

to establish a system for the implementation of "export of players" to the leading clubs of the developing countries of football by radically improving the selection and selection (selection) system of young players with high talent, conducting professional training in stages;

to widely attract and encourage private investment in the football sector, to manage the football sector based on market mechanisms, to transfer football clubs to the private sector and to create a healthy sports competition environment among them;

creation of the Uzbek football school by increasing the audience of football competitions and effectively establishing a new football development system;

introduction of Advanced Scientific and methodological and innovative technologies in the training, retraining, professional development, selection and development of qualified specialists in the field of football;

further improvement of the regulatory framework in the field of football, material and technical improvement of the football infrastructure and adaptation to international requirements.

As in life in sports, defeat is an integral part of the process. It is important that after training, sports do not make a bad impression on them. Don't let your child associate sports with negative emotions. To do this, during training with the whole family, focus your attention not on the result, but on the process, on the game itself. Your child should make sure that sport does not cause stress, but, on the contrary, relieves it.

There is no need to force a healthy child to engage in physical education - he must act on his own and perform more and more new tasks. In no case should you force the child to perform a certain action or turn classes into a boring lesson. Children in the 3rd year of life do not yet feel the need to learn in the literal sense of the word. In this regard, training should be carried out in the form of a game.

IN CONCLUSION, it is possible to gradually interest the child in football by involving him in all new games and entertainment, and repeat this process regularly so that the child combines the learned movements. If you encourage the child with praise, wondering how strong, agile, strong he is, how well he knows. Demonstrating their skills in front of the rest of the family or peers also helps to arouse the child's interest in classes. Thus, gradually, the child will develop self-confidence and a desire to learn further, mastering new, complex actions and games. By doing things like the above, we can get children interested in football and achieve the development of football in our country as well.

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