

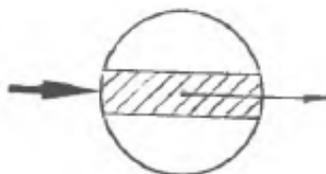
## METHODS OF IMPROVING ANALYZERS IN FOOTBALL

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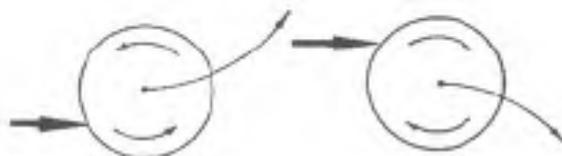
<b>Article history:</b>	<b>Abstract:</b>
<p><b>Received:</b> 21<sup>st</sup> August 2023  <b>Accepted:</b> 21<sup>st</sup> September 2023  <b>Published:</b> 25<sup>th</sup> October 2023</p>	<p>This article describes the types of attacks and their use in football. It is necessary to know how to use different analyzers to increase the efficiency of the player's activity. This primarily concerns the senses of sight and hearing. You need to know how to evaluate them. Such knowledge is necessary when performing special exercises (for example, eliminating gaze control in order to perform motor tasks "without looking").</p>
<p><b>Keywords:</b> football , technical-tactical , physical strength , speed, agility and endurance qualities.</p>	

Both the comparison of the work rate with the information about the time taken to move, as well as the comparison of the actual time with subjective feelings, serve the same purpose. As an exercise, you can use juggling with a ball[1].

Other concepts of soccer technique relate to ball direction and flight speed. In your physics lessons, you certainly learned the meaning of the word "center". Therefore, if the ball is kicked to the center, it will move straight forward in the direction of the force.



If the kicker's toes do not touch the ball, it will veer off the plane to the right or left.



This often happens due to poor technical skills. But some football masters think tactically intentionally "sticking" to the goal or behind the opponent kicks the ball "twisting" to deliver to the standing partner. This is a very complex technique that requires a long period of time and constant practice[2].

Sometimes the gate goes over the top of the gate. To this k o' often from top to bottom of the base legs of the players He died because he put it too far outside \_\_ Arabic zarab is given from bottom to top.

Now that you have read our explanations How many exercises do you do ? In this Pay attention

to the fact that the ball moves according to the laws of physics[3].

- 7 meters apart put it on the ground in a long way .



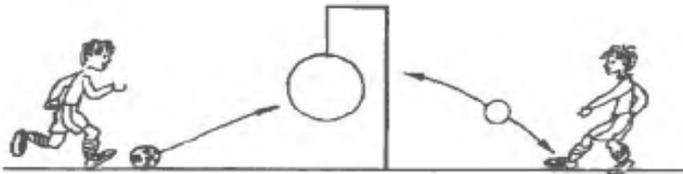
Toe one ball slowly towards the other and observe where the first ball needs to be kicked (put chalk on the toe) so that the second ball is kicked into the goal by the first ball. 20 times on each leg count how many times you hit the target when you kick.

o' p lying on the ground , but from the center 10 on the tip of the foot to the left and right kick from time to time. T o' p q aysi to move in the same direction watch and t o' p hit the target to kick his q aer remember that you need[4]



Hang on the flange or on the wall At a distance of 5 - 7 meters Draw a 1 meter circle. Support while running put your fat on the ground for work draw a line q . In front of this line ( 35 - 40 cm) put a t ' p . Kick under the ball, that is, below the ball's

center of gravity, and count how many of the 20 shots you hit the target.

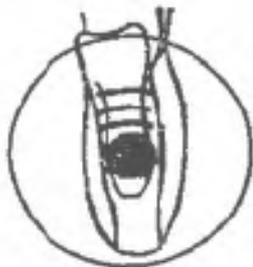


Just as you learn to read and write from the alphabet at school, in order to master the football "alphabet", you need to learn from the "alif", that is, only three technical principles and their combination:

- balling in the inner and outer parts of the face of the foot;



- run up and kick the ball with the middle of the foot;



- The kiss is rolling from the side of the throne t ' stop with the inner side .



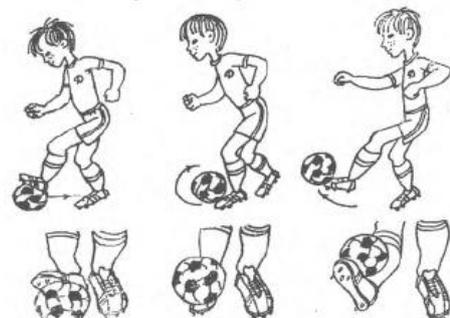
Children! Perhaps you are a characteristic of football players - Have you ever heard of " feeling the bush " ? Physics of T o' p What about the ability to feel the features of the muscles ?

This is a very important feature. We also start the work by mastering the same technical principles of learning the ability to "feel the ball"[5].

The famous Pele paid a lot of attention to the improvement of this ability.

"Juggling," he wrote, "is an ideal exercise in solitary practice." Its essence is to get used to the feeling of the ball by playing the game freely. Now, by "shortening" the ball or the ball's trajectory, the ball's deflection in the air cannot leave it in the spot. During juggling, the player learns to gather his thoughts and concentrate on the ball. He will have the necessary hitting skills to deliver the ball the desired distance in the intended direction[5]. Finally, he learns to use his arms again to maintain his balance, which is also important in soccer, because the legs sometimes move in such a way that the player loses his balance when carrying the ball. possible"[6].

But before juggling, you need to learn how to lift the ball from the ground into the air. To do this, the player should place the ball in front of him at a distance of about 30 cm, put his foot on the ball, pull the leg back and roll the ball towards him. As soon as the ball starts to move, immediately pull the leg and place the tip of the foot on the ground in front of the moving ball. As soon as the ball rolls onto the surface of the foot, lift the toes up and lightly move the foot forward.



That's it It's important to remember that juggling should not always be about hitting the ball underneath. It is important to use different methods of hitting, changing the impact force and trajectory of the ball, focusing on other objects, juggling the ball in motion, sitting, standing on the gym bench, and other skills[7].

But, first of all, it is necessary to learn to play the ball on the feet - on the surface of the foot, on the inner and outer sides of the leg, and to play with the knee. The ball should be picked up by hitting it from the bottom to the center. To do this, with the leg slightly bent from the shin, every time you kick the ball, you need to raise the tip of the foot in relation to the shin. During the exercise, the "kicking leg" should not touch the ground, and the ball should rise to knee height .



After that, you can take the ball between your legs and start juggling.



The leg should be raised in such a way that the knee joint is slightly loose, and the hip should be in a horizontal position. The body should be slightly thrown back. When such actions become a habit, it is necessary to hit the ball higher (not higher than the hip) with the knee and thigh of one or the other leg, and then play the ball with the surface of the foot in the same way. A very useful exercise is to juggle while standing or on the support leg[8].



Children! Start with your first attempts at juggling on the leg that is easier for you, and when you have gained some confidence, switch between your "weaker" and "stronger" legs, and then start juggling on your "weaker" leg only.

The goal of this exercise is to learn to "play" on both feet[9]. If a player performing technical tricks uses only one leg, he can be considered as a half-capable player. It takes time for such a player to "adjust" the ball to his "comfortable" foot during the game, and the favorable situation in the game is lost, until he makes additional moves. it's worth it.

Now it's time to learn how to start the ball.



First you need to throw the ball with your hand in a vertical position at a distance of 30 cm in front of you to a height of 50-60 cm. The head should be thrown back. It is necessary to hit the ball with the middle of the forehead, while keeping the balance with the hands, spring-like jumps on the legs. Don't worry if at first the ball doesn't come up clearly and you have to change your position frequently to reach the ball. Never mind. You will learn quickly[10].

If you can practice juggling the ball for 10-15 minutes a day, you will soon master all the technical techniques and feel confident in carrying the ball expertly. Juggling! All you need for this is a small court, a small rubber or tennis ball (if not a real ball) and the desire to "hold" it as much as possible in the air without dropping it to the ground.

It is necessary to learn to kick the ball, stop and play it not only for "pure art", but also to act against the opponent in different game situations together with partners.

Difficulties in mastering football technique are explained by the fact that it is necessary to play the ball with the feet and the head, and on top of that, it is necessary to get tough with the opponent (although in everyday life this is contrary to human actions)[11].

Experts have calculated that during the game, the player meets the ball from 50 to 100 times (65-200). But think for yourself about the volume, variety, efficiency, speed, abstractness of performing technical measures in a game situation with possession of the ball for such a short period of time (on average 2-2.5 minutes). you can[12].

The field player's technique of possession of the ball includes the techniques of the following group: kicks with the feet (6 methods), kicks with the head (2 methods), stopping the ball with the feet (6 methods), stopping with the body (2 methods), foot kicks (5 methods) and head kicks (1 method), foot tricks (5-6 methods), body tricks (2-4 methods), head tricks (2- 3



methods), pulling the ball with legs and shoulders (2 methods), putting the ball into play[13].

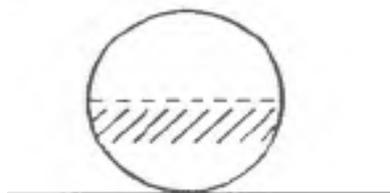
from learning the most basic skills to play top . These are carrying the ball , kicking the ball and throwing the ball stop at foot. Without words , the principles of having t o p only by learning the technique from a theoretical point of view technical skills cannot be acquired.

Carrying the ball is the skill of controlling the ball in motion and strength . This is the principle of running, balancing the ball against the opponent in various ways . includes top knowledge . Good players again \_ the skills of seeing the field and controlling the ball at the same time are also added[14].

T ' push two It is divided into the main method: the inside of the dome of the paws of the foot and from them in the name of tash q i q t thinking about the straight line , arc h and changing the direction while moving \_ \_ is used. On the field The ball should be 60-100 cm ahead of the player when it is possible to move widely . It is dangerous to hold the ball too far when the opponent is chasing . therefore, it is more than 10 -1 5 cm away from the player b must not die and his leg must be tattooed with the name of q just before q[15]. The body, head and shoulders should be bent forward, legs should be slightly bent at the knees.

At the initial stage of learning to hit the ball, it is necessary to run slowly in a straight line and move until you master a certain standard of kicking the ball. The better this movement is, the faster you should run. After that, it's time to master the swing by changing the speed to learn to adapt to the kick by immediately changing the running speed[16].

The next stage of training is to roll the ball under the opponent's pursuit. Again, we draw your attention to this priom technique. The ball moves forward and touches the horizontal line of the center of the ball or slightly below it.



During running, the inside or outside of the arch (the arch of the foot) rolls slightly outward before the surface of the "lead" foot hits the ball.



The foot should touch the ball with confidence and necessary force. In this case, the body is slightly bent forward. You don't have to look at the ball all the time, because in this case you won't be able to see what other players are doing. Also, it is impossible to push the ball with the head up all the time, looking at the whole field. As always, moderation is necessary; you need to look at the field in front of you[17].

Now try the following exercises related to the ball:

- roll the ball in a circle, slowly first with one side of the foot surface, and then with the other side, paying attention to the correctness of the position of the foot from which the ball is kicked;

- draw the number "eight" on the ground. First roll the ball clockwise with the left side of the right foot, then counterclockwise with the right side of the foot;

- Now do the previous exercise on the left leg . Whole to keep the body straight and not to open the ball from the eyes attention should be paid ;

- your " strong " leg (for example, your right leg ) go up the ball with the left side of the leg at a slow pace. ( dropping a person) t ' o' si ql ar ar - roll the t ' p to the left with the t' p, then throw the " slow " (left) foot to the right with the q ;

- now the previous exercise is " strong " the right side of your face with the left side, roll the ball up and to the right, then roll to the left with your " slow " (left) foot . Do all of these exercises slowly need[18] If t o' p oyo q " does not open " speed up a bit increase

Follow the next step.

10 on the field at a distance of 2 meters from each other set the flag . \_ Start and finish first with the same line q at a distance of 2 meters from the flag q specify. So q ilib, t o' p with and q tga q Arab, before go around the flags in that direction, then in this direction . 22 seconds result-"excellent", 24 seconds-"good", 27 seconds-"satisfactory"[19].

No matter how well you've learned to swing the ball, this technique can't be used too much and over long periods of time. Because your opponent can block your way and prevent you from playing. In

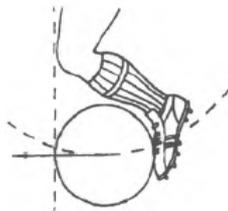


addition, your playing partners may stand still, not knowing what to do when the ball hits you.

One more thing. You have to learn to use your body to block the ball from your opponent. For example, if the opponent is attacking you from the left side, then you will push the ball with the right foot (away from the opponent) to get between the ball and the opponent.

The kick is the most basic movement in the game, and it always has two goals, either to aim for the goal or to pass the ball to your partner.

What Pele, the king of football, recommends about this: "To achieve this goal, you need to hit the center of the ball with the middle of the footstep. The foot position is of the essence - it should be level with the ball, for example 15 cm away from it, with the feet pointing towards the intended flight side of the ball. Try pushing forward so that the knee of the supporting leg is slightly bent and level with the ball. When hitting, the body should bend over the ball in such a way that the head is even in front of it, and the knee of the kicking leg should be directly above it. It is very important that the kicking knee bends back as much as possible before the kick and then straightens immediately after the ball is hit.



In order for the movements to be balanced and performed correctly, it is necessary to put the supporting leg in line with the ball and run 4-5 steps away. You will notice five important moments in this chain of action:

- extended last step when running;
- creating the sharpest angle between the shin and the pelvis, as well as keeping the supporting leg 15 cm from the side and in the plane of the ball;
- when the foot touches the ball, the knee should be almost straight and the knee should be hanging over the ball;
- the leg (pelvis + calf + heel) turns into a "bikr arm" during percussion;
- after the kick is given, the kicking leg is extended forward.

Now, guys, test your theoretical knowledge in the following exercises close to a football game:

- Don't run quickly and kiss me. There are 4 lines on the ground draw so that the first three of

them are from each other at a distance of 70 - 80 mm, and the last - the fourth is 1.3 -1.5 m Let b die .



- perform an accelerated punch run by clicking on the lines;
- do that dashing run along the lines now kicking the ball;
- hang the ball on the crossbar at a height of 5-10 cm from the ground. If the ball doesn't fly straight, guess what went wrong?
- kick a heavier ball (basketball or dodgeball) with the center of the platform. This creates a need to exert a high level of force on your muscles during your stroke;
- standing still or sprinting two steps faster, kick the loose ball (so that the ball of the foot is in contact with the ball longer) alternating legs with a separate push on each.

Put your friend in the gate. How many out of 30 shots can you score by running up to him and kicking the ball 16.5 meters from the goal?

- perform the following rules: kick the stationary ball to the middle of the platform with a kick from a distance of 16.5 meters (penalty line). The ball must be kicked hard and enter the goal from the air. Hit each leg five times.

You can rate yourself: if you send 8 balls correctly into the goal - "excellent", if you send 6 balls - "good", if you send 4 balls - "satisfactory".

Is your right mind dead ? \_\_\_ Not so much? H goat y arrow ! Now it's all about practice! It is very important that such strong kicks are performed equally well on both legs. Strive for it!

Here in the game, your partners gave you the ball, and you always missed it without being able to stop it. You understand that possession of the ball is very important. At this point, it is necessary to demonstrate the skill of intercepting him or the main requirement when receiving the ball - learning to deal with him freely.

The essence of stopping the ball lies in the movement of the leg, the body, when it touches the ball, as a result of which (due to the principle of damping) the ball's flight speed dies down. Cushioning is used not only to stop the ball completely, but also to slow down the ball's motion. For example, an attacker



will not have the opportunity to make a full stop in the game when an opposing defender in constant motion is chasing.

Attackers are often required to combine other technical elements with a single tackle, simultaneously intercepting and redirecting the ball but not letting it out of their control. will come. Therefore, you have not yet reached a high level of skill, so you must first master the basic components of stopping the ball in a simpler situation by standing still and waiting for the ball to come to you.

Let's look at the technique of stopping a ball rolling or flying from the opposite side with the inside of the foot surface: the knee and shin of the supporting leg are slightly bent, the tip of the foot is directed towards the approaching ball, the entire weight of the body is on the supporting leg will be



Hands keep balance. Eyes fixed on the ball. The other leg (receiving the ball) is also bent at the knee and raised from the ground, and the shin is extended forward from the line of the base leg so that an angle of 45-50° is formed with respect to the ground.

The joints are fully relaxed. Your waist is straight or slightly bent forward. When touching the ball with the foot, the body is quickly pushed back or down, as if "tracking" the ball for a certain distance with the relaxed foot, and the body is also thrown back. Do not lose sight of the ball until it stops. After that, the weight of the body is thrown on the other leg. Now everyone should remember these theoretical conditions and do the following exercises:

- standing in place, without the ball, doing amortization movements with the knee and ankle joints relaxed. Pay special attention to the backward movement of the arms and body;

- tie the ball with a rope, lift it slightly from the ground, first kick the ball forward with a soft kick, and then, waiting for its return, stop it slowly with the surface of the foot. Raising the sole of the foot 5-8 cm higher than the ground and t o' p must be kicked with its horizontal center;

- With the support leg bent at the knee and the " receiving " leg ready to receive the kiss , slowly jump and run 20-30 meters ;

- kick the ball against the wall with the inner side of the palm (100 times) and it in the same way t axis taste. In this case, both legs are alternately t o' p don't forget to kick;

- keeping your body straight and in the initial upright position stand up and hit the ball or the rest of the ball from above get down and wait for him to come to you. On his face contact with the palm of the foot while touching lower your foot if you feel comfortable ;

- your partner sent from a distance of 10 meters Lightly touch the pin on the foot so that it does not pop off hook (hook from the front - throw back - slightly push forward ) ;

- the standard: 1.5x1.5 meters on the ground draw a square and roll standing in front of its back line coming or not so high ( 10 - 20 cm ) of your palms flying high prepare to stop t ' with the inner side . Your partner From a distance of 5 - 6 meters , shoot with half strength (3) 4 strength lowers and transmits (5 times ) . Stop the ball without leaving the square on the first touch ( 5 times - " excellent " , 4 times - " good " , 3 times - " very good " ) .

Practice each style separately \_ can be taken . But bringing these technical elements together \_ \_ it 's good to go For example, with the palm of your hand Kick the stationary ball into the wall and kill it immediately t ox taste q and so on .

How to properly organize training sessions and \_ \_ follow those in the house to carry them out .

You are both a player and a trainer ! Is T a thief? Therefore, always remember those in the q house:

1 ) only work if you die \_ you can do If you have a cold, if you decide to exercise, then you will not benefit from such exercise, and you will harm your health. Exercising is a big burden , it is impossible to exhaust the body tired from the disease;

2) a player who does not practice regularly may not understand the purpose of training. Suppose you know why you need it? Then you will definitely find 45 minutes for individual exercises on technique. It can be done in the morning, afternoon, evening. But do not exercise immediately after eating;

3) think in advance about where the next exercise will be, what to do, how long it will take for this or that exercise, and whether it is better to spend it individually or with a partner. If you need to do the exercise with a partner, do not forget to warn him about it;



4) start each exercise by writing down the movement of the limbs. This is necessary for your body, especially your muscles, joints to "warm up" and for you to be ready for the movements, rotations, turns, etc. Start the workout with slow running and light jumping (up to 1.5-2 minutes) and performing some gymnastic exercises (complex 1 and 2);

5) only one or two exercises per exercise – use it. But do them with great enthusiasm need If you are still a trainer yourself, then be demanding of yourself and correctly evaluate your actions during training. Think about what you did not accomplish today;

6) how to independently learn football technique by looking at the booklet?

First of all, read about the style technique and carefully look at the corresponding pictures, then try to express these actions in your own words and perform them, comparing them with the picture and the text.

Repeat the verbal and practical effect of the style standing in front of the mirror, and then pay attention to the sequence of its execution. Ask your friend to monitor your actions and treat his shortcomings and criticisms seriously. This is preliminary, but necessary work. After that, start the exercise. You will definitely appreciate the beauty of the movement, and make sure that you are gaining the necessary experience.

The next stage is to improve the feeling of the ball, passing, shooting, stopping with more complex exercises in different game situations. In addition to great enthusiasm and hard work, these require you to interact with your partner, agree on movement and endurance.

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