



Methods Of Teaching The Technical Elements Of Football To Students Of Preschool Educational Organizations

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Abstract: the article deals with the methodology of teaching football in preschool institutions, which is more effective for the implementation of teaching the elements of football to preschoolers in order to ensure the implementation of measures on the development of football, which is currently relevant in our country. Advice and guidance on what to pay more attention to when teaching children football and how to organize classes.

Keywords: football, children's interests, game elements, training, preparation part, ball, moving games, introductory exercises, goalkeeper, team, opponent, referee, heel walk, ball pass.

Physical in the comprehensive development of a modern preschool educational institution education takes the main place. Preschool age is the foundation of health and physical development to be placed, movement technique is formed, training of physical qualities, healthy it is the age when the foundation is laid for the formation of the foundations of a lifestyle. In the body of children great opportunities for training are formed, and this is a preschool educational institution allows combining sports elements in the physical education system. Because mastering the elements of sports games for preschool children is the next sport It is the basis for learning the types. At the same time, full of preschool children in the sense of doing sports, that is, training to achieve high results it is not recommended to hold and participate in sports competitions. But sports games and It is not only the goal to teach individual elements of movement and elements of competition in exercises according to.

Football is a sports game. Dynamism, emotionality, different situations in football actions attract older preschoolers, interest and passion for it forms. Thus, through various games, game exercises, tasks, relays preschool children in a preschool educational institution, as well as teenagers in sports they learn the basics of playing football in the football department of their school. Ball



games and the most basic movement skills of preschool children in classes improves. At the same time, ball games are a type of complex gymnastics. Games children not only throw and catch the ball, throw it in the basket, kick the ball, they practice dribbling, running to and from the target, but also walking, running, they also practice throwing the ball, kicking the ball, dribbling, hitting the target. All these actions are performed by children in a constantly changing environment. And these children have the ability to independently use actions depending on the conditions of the game helps to form. They still have a weakly developed ability for specific actions because it has, any actions with the ball have a positive effect on the development of this quality shows. Exercises and games with the ball, proper organization and methods of the child has a positive effect on physical development and performance. Children's various sports exercises to have a comprehensive effect on the muscular system, to strengthen their bone apparatus, to develop respiratory and cardiovascular systems, to regulate metabolism, its allows to increase the functional effect. Children's movements due to sports exercises It requires performance techniques, interaction of participants, endurance, determination and courage learn individual tactical combinations of sports games. Games and through game exercises, children in different conditions, in different game situations, not only their actions, but also learn to control their emotions. Football is a team game, and team games are often played between children conflicts arise, in which children learn to solve them during the game. With the ball games and exercises develop the child's behavioral skills in a team, cooperation and develops friendly relations based on mutual support. Sports elements help to significantly increase the functionality of the child's body gives After all, movement skills are formed in children under 7 years old at school is the basis for further improvement and helps to master more complex movements, will allow to achieve high results in sports in the future. General stamina and physicality development of qualities, for example, dexterity, speed, coordination of movements, motor reaction, aiming in space, teaching movement skills and abilities, in general help to improve the health of older preschool children gives.

Children's age characteristics and physical abilities, preschool educational institution. The peculiarity of his work is teaching children to play football determines both the specific methods and the form of training.



The purpose of training with sports games in a preschool educational institution is to train children is to introduce a certain type of game and the basics of its technique. Up to high school the task of teaching football to children of the age of 18, taking into account the individual age characteristics of the child tasks that require physical and mental strength that can be performed while consists of purposeful development and improvement of qualities and abilities in the process of execution.

Learning to play football in a preschool is a special feature of it is an emotional direction. Because a positive emotional tone is the most important condition of health, and it is different prevents the development of diseases, as well as children's physical culture supports his interest. Different game exercises, open games are so much fun for children so attracted that they sometimes "forget" the time. Not just football, but physical in general. This is how conscious interest and motivation to engage in education is formed.

The method of teaching football game is to conduct lessons like other sports games based on the form of the game. The content of the training includes game exercises and relay races, effectively combines outdoor games and sports. The content of the lessons is the same embodies a number of didactic principles, among them existence and individuality The principles of the approach play an important role, because sports games in preschool age It is very difficult for children to learn. Individual approach to the educational material of each child depending on the level of mastery, as well as the physical load of his body it is achieved by choosing education and upbringing methods taking into account the reaction. Technique training is carried out step by step by complicating the conditions for performing actions is increased.

Teaching preschool children to play football should be divided into three stages: preparation, main, final.

The main tasks at the preparatory stage: increase general physical fitness; increase general endurance; improvement of running technique; health status and first of all, improving the functioning of the cardiovascular system and respiratory organs.

The main stage is the stage of directly learning to play football. Preschool age the main and most effective form of teaching children to play football is sports and recreation are activities that should be held in the form of a club, for example, "Fun Ball", "Young football player" or "Ball School". and so on. Football elements are also throughout the school year can be included in the



educational material program on physical education. of these lessons duration 25-30 minutes.

The existence of a three-part form of classes (introductory, basic, final) is up to the teacher allows for a rational distribution of educational material. Health for every lesson, educational and educational tasks are determined.

The preparatory part is warming up the body, its purpose is to train the child's body the main part is preparation for more intensive work. The content of the introduction is different may include types of walking (on the toes, on the heels, on the outside of the foot on the side, with a heel-to-toe roll, raising the knee high, keeping the back of the lower leg together); with cotton under the knees, etc.) and running (one after another on a pole, reconstruction in pairs, "snake", diagonal, running together with other movements, forward back, turning on the signal, etc.); as well as jumping, jumping, breathing exercises and open games. The duration of the introductory part for older preschoolers is 3-4 to the minute.

Thus, the exercises in the introductory part of the lesson are the actions in the main part of the lesson are leading exercises for learning.

The main part of the lesson is diverse. It is a small set of general development exercises or starts with an open game. In this part of the lesson, more intensive exercises are less combined with intensive exercises, this is the older preschool child provides an optimal level of physical and mental stress in the body.

Movements are energetic, fast, requiring endurance, as well as functional of the body selected to increase the status. A set of general development exercises during 4-5 lessons can be learned and done, nothing more. Already learned and mastered coordinated execution of actions to develop a new load on the child's body allows to prepare, and the teacher - in performing the main types of actions distributes its forces in the most rational and effective way.

Practice shows that the technique of playing football for preschool children. It is recommended to use the so-called climbing exercises when teaching the basics that is, structurally similar to the main elements of a certain movement technique actions. For example, when learning to hit the ball with the inside of the foot, the same exercises imitating the nature of movement can become leadership; the ball with the base when learning to stop - turning the ball back and forth with the base, standing still, etc.



Children practice soccer with their right and left feet. At the same time, children it is necessary to ensure that they master the exercises consciously and not limit their creativity.

And in this aspect, when and under what conditions the child acquired the skills and abilities it is achieved if he knows that he can use it. For example, playing football in kindergarten. These are older preschoolers who have mastered elementary techniques playing the game at school, at home in the yard or on vacation, etc. in a group of older children they can play. The duration of the main part is up to 20 minutes.

Thus, the main part of the lesson, which is colorful and interesting in content allows the teacher to perform tasks. In the final part of the lesson, the child body should be relatively calm and even. This will help: breath together with recovery exercises, rest and relaxation exercises, calm play, etc The duration of the final part of the walk is 4-5 minutes.

The final part is the stage of improving the technical and elementary tactical skills of playing football, that is, the football game itself. Duration of soccer game with preschool children 25 minutes, including a 5-minute break for rest and relaxation. Before every game children need to warm up with exercises they are already familiar with.

It consists of children of one or two groups of older preschoolers football game of two teams Health Day, sports holiday, sports together with parents and should be included in the program of recreational activities, etc. All of this stage classes held on the street.

Preschool children should know the basic rules of playing football:

- before the start of the match, lots are drawn to select the sides or starting ball.

The ball is placed on the ground in the center of the field;

- team players to score as many goals as possible to the opponent's goal, losing the ball and after placing, they try to protect themselves by following the rules of the game;

- football - a game of two teams and each team - up to 5-7 players, one of them captain;

- compliance with the rules of the game and the duration of the game are controlled by the referee;

- if the ball has completely crossed the goal line, as well as all during the game if the rules are followed, it is considered to be entered into the gate;



- in football, players perform all movements with the ball with their feet;
- the goalkeeper and the player who scored the ball have the right to take the ball into their hands;
- football is a team game, players have a competitive spirit and a desire to win despite this, they treat each other with respect

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