



**FOOTBALL IN THE MODERN STUDENT ENVIRONMENT OF
UNIVERSITIES**

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ABSTRACT

Football is always a mystery, always a mystery. You can never predict how the match will turn out, who will be the winner. Along with this, football has another valuable quality — it is universal. Thus, systematic classes of schoolchildren in football provide comprehensive attention to the body, the functional activity of the body is improved, proper physical development takes place, and positive skills and character traits are formed.

KEYWORDS

Football, physical development, emotionality, mobility, development, game, flexibility, endurance.

Introduction

Football as a game originated in ancient times. Different peoples of the world have elements of this game. The first mention of the ball game dates back to 180 BC in Ancient Greece. It is believed that football has its roots in the ancient Roman game "Harpustum", which was brought by Caesar's legions to the countries of Western Europe. In the territory of China in the IV–VI centuries, the game "Zhu-ke" was played, vaguely resembling football. It was considered an important element of military training. The game "Komeri" has existed in Japan for a long time [1]. The essence of the game was that the ball was passed to each other in a special ceremony. In Italy and now still they play the medieval game "Calcie", which is one of the varieties of modern football. And yet, modern historians claim that football originated on Mexican soil, under the name "Poktapok". And this game has acquired the usual modern features for us in the British Isles. Football, along with its advantages, places high demands on players. The huge size of the football field forces the participants of this game to travel long distances, during the game, the attackers have to engage in single combat with the defenders, and the defenders are forced in turn to attack the players of the team rivals [3]. Each player must master not only various techniques, but also understand the secrets of tactics, as well as withstand the high tempo and forceful confrontation of the opposing team's players. Therefore, modern youth who are interested in football need to think about their versatile training, both physical, technical and tactical.

Students are encouraged to start training with exercises to develop dexterity. The dexterity of a football player is manifested on the field in the ability to quickly and beautifully perform motor actions in a rapidly changing game [5]. Dexterity is closely related to the mental activity of an athlete. That's why those guys who use agility exercises in their classes may soon feel that they have become better at

thinking on the field, better at perceiving and anticipating the course of the game. The main principle of selecting exercises for the development of dexterity is as much variety as possible.

Exercises for developing flexibility are considered important. Flexibility is high mobility in the joints, the ability to relax muscles well, and perform exercises with greater amplitude. Especially an attacker, in a fight with a defender, needs to jump high and, bending well, accurately direct the ball into the opponent's net [2]. Exercises for the development of flexibility are recommended to be performed at each workout, but monitor the load so as not to damage the muscles and ligaments.

The game requires a quick reaction and the ability to perform actions with greater speed. Therefore, it is necessary to know that the development of speed is possible only in youth, up to about 12-14 years old [7]. Of course, it is also possible to develop speed at a later age, but it can be developed with great difficulty. To develop this quality, you need to select well-learned and familiar exercises that can be performed at maximum speed, without focusing on the performance of the exercises themselves.

The main method of developing speed is the repeated method.

In order to make rapid jerks on the football field, jump after the ball, strike at opponents' goals from a distance of 25-30 steps or perform long passes to a partner, suddenly stop and abruptly change the direction of running, a football player must have strength [4]. Strength is an athlete's ability to overcome external resistance through muscular effort. The most important strength for a football player is leg strength. Attention should also be paid to the development of the muscles of the neck, shoulder girdle, trunk, back, and abdomen. A football player, if he wants to succeed in sports, must be developed harmoniously. During training, strength exercises are necessarily alternated with relaxing exercises.

Endurance is the ability of the body to perform physical activity for a long time in a game [8]. It depends not only on the functional capabilities of the body, but also on the rational technique of a football player, his strong-willed qualities. The main means of developing endurance is running at a steady pace, a combination of walking and running, skiing, swimming, cycling, ice skating [6]. And at the same time, the game of football itself develops this quality in the player. Endurance exercises are included at the very end of the workout.

So, we have listed all the physical qualities necessary for a football player. And now let's pay attention to those guys whose physical development and physical fitness are clearly insufficient. It seems that in this case one should not shirk from physical education, especially football, but on the contrary, it is necessary to get involved in such activities. And in order to catch up with peers faster, you need to perform additional physical training tasks. Speaking about such an exciting game as football, about its advantages and charms, it is necessary to find out how young people relate to this game in the modern environment. We conducted a survey in the group. The results of the survey are presented in table 1.

Students' attitude to football

№	Do you like the game of football?	How often do you play football?	Where do you play football?
1	Yes	once a month	In the courtyard
2	no	0 times	
3	Yes	Two or three times a week	At the stadium
4	Yes	1-2 times a month	In the courtyard
5	Yes	I try several times a week	In the gym
6	Yes	1 times a month	At the stadium
7	no	0 times	
8	Yes	1 times a month	In the gym
9	no	3 times a month	At the stadium
10	no	0 times	

10 people were interviewed, 3 of them do not like football. The frequency of playing football — on average, young people play football 2-3 times a month, 3 people are not interested in football at all. The results allow us to conclude that most of the students in my group are active football players and the game takes up a significant part of their free time in their lives.

While working on this article, I came to the conclusion that football is not only a means of developing physical qualities, but also an opportunity to improve a person's somatic state, physical fitness and performance. Thus, it can be concluded that football helps to: increase muscle strength, reaction speed; improve the strength and speed of bone regeneration; increase the volume and mass of the thigh and shin muscles, especially the calf muscles, therefore, improve the balance and stability of the body; to achieve positive dynamics in the work of the cardiovascular system, and from the respiratory organs; to reduce total cholesterol in the blood, therefore, and to reduce the formation of atherosclerotic plaques in the vessels of the brain and in the coronary vessels, renal vessels, in the vessels of the lower extremities; to improve the functioning of the nervous system; normalization of the sleep cycle, and as a result- improving the functioning of the brain, there is practically no morning hypotension and drowsiness; giving up bad habits to improve their athletic performance and overall health.

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