



## **THEORETICAL AND PRACTICAL FOUNDATIONS OF FOOTBALL AND METHODS OF TEACHING IT**

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<b>ABSTRACT</b>	<b>KEYWORDS</b>
Soccer is a sport in which two teams try to score a goal. Football is the most famous and most watched sport in the world. It is played in many leagues and competitions around the world covering different ages and levels.	Theoretical, practical foundations, football, methods of teaching it.

### **INTRODUCTION**

**Team composition:** The football team consists of 11 players, including the goalkeeper. During the game, the teams try to direct the ball towards the goal of the other team.

**Game duration:** The game consists of two halves, each of 45 minutes. The duration of the full game is 90 minutes. If the game scores are equal, extra time or penalties (penalty shoot-out) will be played.

**Ball control:** Players control the ball with their feet, but only goalkeepers are allowed to use their hands.

**Goal:** Putting the ball into the goal, that is, passing it through the goal of the opposing team, is called a goal. The team that scores more goals wins the game.

The history of football goes back to BC. The first games of football may have been played in China, Greece and Rome, but the formation of modern football begins in England in the middle of the 19th century. In 1863, the Football Association (FA) was founded in England and the first official rules of football were developed.

### **Important football competitions were held and they are as follows:**

**1. FIFA World Cup:** The biggest and most prestigious football competition in the world. It is held every five years and national teams of 32 countries participate.

**UEFA Champions League:** A competition in which the best football clubs of Europe participate.

**Copa America:** A competition between South American countries.

**Africa Cup of Nations:** A football competition between African countries.

### **There are following types of football:**

**Real football** (Professional football) — for high-level football competitions, teams and players.

**Amateur football** — soccer, played primarily by amateurs, is intended for exercise and recreation.

**Futsal** — a type of indoor soccer.

**Beach soccer** — a type of soccer played on the beach.

The methodology of teaching football is a systematic approach aimed at teaching various technical and tactical skills to people who organize football. The methodology of teaching football determines what technical, tactical and physical training should be given to students in order to achieve high results. Below are some key aspects of soccer training methodology:

Technical preparation is very important for a player, because during the game it is often required to use various technical skills. The following methods are used to teach these skills:

"Ball control" (dribbling, correct control of the ball)

**Ball transfer** (low, long, transversal transfer)

"Receive the ball" (control and respond to the ball)

**Deceiving the opponent** (implementing actions)

**Learning the basic forms of the game** (hitting the ball, passing)

## 2. Physical preparation

Physical training is of particular importance in teaching football. The player tries to develop speed, endurance and strength. The following methods can be used for this: Kuch va chidamlilik mashqlari

- Increase speed
- Running short and long distances
- Development of coordination and balance

## 3. Tactical preparation

Tactical training trains players to act effectively during the game. It guides players to understand the strategy of the game and implement tactical processes. This includes:

**Team Strategy** (Goal-Oriented Game Plans)

"Positional game tactics" (collection, attack, defense)

**Analyzing the opponent and fighting against them**

## 4. Psychological preparation

When teaching football, it is necessary to take into account the psychological condition of the players. Their self-confidence and ability to manage stress during the month should be high. In psychological preparation: **Motivatsiya** (maqsadga erishish)

**Increase team spirit**

**Management of stress and emotions** (e.g. in case of dissatisfaction during the game)

## 5. Tactical training

In tactical training sessions, players should be taught team tactics and how to fight against the opponent's actions. These activities include:

**Attack and Defense** (Management Implementation)

**Working together** (teamwork)

## **Tactical analysis and game management**

### **6. Video analysis and control**

It is very important for players and coaches to analyze games and trainings with the help of videos, to see results and to correct mistakes. Through video analysis, students can better understand the game process and analyze their games.

### **7. Community management**

Teamwork is very important in teaching football. Interactions of team members, cooperation during the game and communication in the group play an important role.

Thus, the methodology of teaching football requires a comprehensive approach aimed at teaching all aspects - technical, tactical, psychological, physical and collective skills. An individual approach is necessary for each player and team.

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