



**USE OF PEDAGOGICAL TECHNOLOGIES IN PHYSICAL  
EDUCATION LESSONS (ON THE EXAMPLE OF FOOTBALL  
LESSONS)**

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<b>ABSTRACT</b>	<b>KEYWORDS</b>
The article discusses the use of innovative technologies in physical education and football lessons. Since football is the most popular sport	Physical education, athletics, student youth, sports, activities, criteria, exercises, qualities.

It is advisable to consider long-term training from a beginner to a champion as a complex specific system with its characteristic features, taking into account the age capabilities of young football players. The whole process of long-term football practice involves an almost invisible set of variables. Each stage of the long-term training reflects the peculiarity of the general living conditions and activities of a football player in different periods of his life (the total load during periods of schooling, work, military service, etc.). Of course, in the course of all the years of classes, tasks, training tools and methods undergo significant changes.

Sports training of young football players, unlike adult training, has a number of methodological and organizational features.

1. Training sessions with young football players should not be focused on achieving high sports results in the first years of classes (at the stages of initial training and initial sports specialization).
2. Training and competitive loads should correspond to the functional capabilities of the growing organism.
3. In the course of all years of classes, it is necessary to observe a rational regime, ensure hygiene of everyday life, good organization of medical and pedagogical control over the state of health, preparedness of students and their physical development.
4. A reliable basis for the success of young athletes is the acquired fund of skills and abilities, comprehensive development of physical qualities, solving the functional capabilities of the body.

5. With the age and fitness of young football players, the proportion of general physical training gradually decreases and the weight of special training increases. The growth of the total amount of training load is steadily increasing from year to year.

6. It is necessary to take into account the peculiarities of the construction of the school educational process in the planning of sports training.

The sports training system is the organization of regular training sessions and competitions. Over many years of training, young football players must master techniques and tactics, gain experience and special knowledge, improve moral and strong-willed qualities.

The training of highly qualified football players is largely determined by the rational selection of the most gifted boys in the motor relation. The main criteria for admission are: ability to play football, health status, diligence, discipline. The most favorable age for learning movements (formation and consolidation of dynamic stereotypes) is the period before puberty. Therefore, it is very important that it is at this age that young football players master the greatest possible amount of motor skills. The development of muscle strength at different ages proceeds unevenly. Up to 13 years of age, strength-oriented exercises are performed mainly to promote the harmonious development of the body, the formation of a "muscular corset", i.e. muscles that normally develop poorly (abdominal muscles, oblique muscles of the trunk, muscles involved in the abduction of the upper extremities, adductor muscles of the lower extremities, as well as flexor muscle groups). At this age, exercises associated with maximum and prolonged muscle tension should not be included in classes (the maximum amount of weights should not exceed  $1/3 - 1/2$  of your own body weight). During puberty (13-15 years), there is a significant increase in strength. At the same time, the higher the biological age, the higher the power capabilities. By the age of 14-15, you can apply weights with a weight of 60-70% of the maximum, while avoiding breathing delays and straining, the maximum number of repetitions of the exercise.

At the age of 15-16, exercises with weights should have a speed-force orientation, i.e. they should be characterized not so much by actual power manifestations (static mode, slow power stresses) as by a combination of strength and speed, with an emphasis on speed. The education of strength during this period as a whole should be subordinated to the improvement of speed-strength skills as a prerequisite for the directed development of strength abilities.

Increased excitability and lability of nervous processes in childhood (up to 12 years), is a favorable prerequisite for the education of the speed of motor reaction and speed of movement. To do this, you need to use mobile, sports games, as well as a variety of exercises that require a quick reaction to pre-determined signals, rapid local movements and short-term movements. At the age of 13-15, a significant place in the composition of the means of educating speed is occupied by speed-strength exercises such as jumping, throwing, multi-jumps, fast jumping and jumping, variable accelerations in running (with varying both speed characteristics of running and external conditions - uphill and downhill, on different ground, etc.).

Maximum running speed increases between the ages of 14 and 17. At this age, sports games and repeated overcoming of short stretches occupy a large place (20, 30, 40, 50, 60 meters) with maximum speed.

In the process of educating speed, it is necessary to combine speed exercises with muscle relaxation tasks, including in the process of performing speed exercises.

Endurance increases unevenly at various stages of age development. The increase in the size and functionality of the organs and systems of the body that provide endurance occurs mainly before and during puberty (10-16 years). At this time, especially during puberty, the effectiveness of general endurance training is significantly higher than in subsequent years, when overall endurance increases slightly. To develop endurance, you should use: cross-country running with a low speed of movement at a steady pace with a gradual increase in the length of the distance; repeated running on short stretches of 30-40-50 meters with short (15-30 sec.) rest intervals, mobile and sports games, serial performance of running and gaming exercises (work of submaximal power no more than 30-40 sec., pause rest 1.5-2.5 min., the number of repetitions in series 4-5, the number of series 1-3).

The education of flexibility is carried out with the help of exercises performed with a large range of movements (swings of the arms and legs, tilts and rotational movements of the trunk, etc.)

During strength training of young football players, it is necessary to systematically perform exercises to stretch the working muscles. Physical training is divided into general and special. General physical training should ensure the versatile physical development of football players: the development of basic motor qualities - speed, strength, endurance, dexterity, flexibility; improvement of coordination abilities, expansion of motor skills; improving the overall performance of the body; creating a solid base for high sportsmanship. In all age groups, great attention should be paid to general physical fitness. Elements of general physical training should take place in all practical classes. When composing complexes of general developmental exercises, it is necessary to take into account their impact, both on individual muscle groups and on the entire body as a whole, alternate exercises for arm muscles with exercises for leg muscles, exercises for back muscles with exercises for abdominal muscles, starting positions, etc. When planning training loads in all age groups, it is necessary to take into account the specifics and in all cases take into account the exercise regime (intensity, duration of work, duration of rest and number of repetitions).

Special physical training should develop motor qualities, abilities specific to football, and promote the rapid development of techniques. Mastering the technique of playing football is a complex and lengthy process. Students need to be convinced that to achieve the peaks of mastery requires great diligence, willpower, perseverance, perseverance. In the initial training groups, the role of correct display and accurate explanation of the technique of performing the reception is great. It is necessary to constantly pay attention to the qualitative side of the implementation of the studied techniques.

When improving techniques, it is important to constantly complicate the conditions for their implementation, bringing them as close as possible to the game. It should be borne in mind that the effectiveness of improving the technical skills of young football players is much higher when using auxiliary equipment in training. In all age groups, special attention should be paid to improving the speed of performing individual techniques, combinations of several techniques, as well as performing techniques without visual control.

Tactical training plays a leading role in the development of the skills of young football players. Therefore, it is important that certain tactical tasks are also solved when performing any technical technique. Tactical training begins with performing the simplest exercises, including interaction with partners. As the tactical skill improves, the exercises and the conditions for their implementation become more complicated. Specific tactical tasks with the use of certain techniques in the early stages should give way to tasks with the formulation of a common task (to beat a couple of defenders, hold the ball, score it into the goal), for which the player must choose the most correct way, while showing

tactical flexibility. Tactical thinking needs to be developed constantly, during each training session. Game exercises, as well as games with full and incomplete squads, are the basis of tactical training of football players. To solve complex and specific training tasks, it is necessary to widely use game, uniform, variable, repeated interval methods, as well as such forms of organizing classes as circular training and the flow method.

Instructional, organizational and refereeing skills are developed during the training process and are consolidated when providing practical assistance in judging at the games. To obtain the planned results, to ensure successful learning to play football, I use a variety of forms, means, methods, methods and techniques of training, depending on the goals, content and forms of the training session.

1. Traditional training. In the classroom, where the main form of organization of the training process is training, and the whole group is engaged in one program. As a result, there is a stable level of increase in the effectiveness and assimilation of the program.

2. Health-saving technologies: during training sessions, in order to meet hygienic and environmental requirements, preserve and strengthen the health of young athletes. As a result, the number of absences from classes due to illness is reduced, a steady trend of improving health is outlined; the level of physical fitness is increased; the level of awareness of students about a healthy lifestyle; the level of motivation to play football.

3. Technologies of differentiated education: taking into account the individual characteristics and level of physical fitness of children, determining the metered load, the opportunity to outline for each their own direction in the development of program material.

4. Information and communication technologies: they are introduced in training groups so that students can get additional information about the history of football, about the news of the football life of the country and the world, about the impact of physical exercises on the human body. The students of the Youth Sports School independently compile tables and protocols of competitions. The use of ICT in work makes it possible to improve the quality of students' knowledge about football, a more conscious attitude to their health and increase motivation for football.

5. Technology of a personality-oriented approach in teaching: a personality-oriented approach is applied in each group, for each child. This technology is aimed at meeting the needs and interests of the child. When using this approach, the main efforts are made to develop unique personal qualities in each of them. To implement this approach in teaching, individual tasks are used for students, depending on their abilities, capabilities and tasks on the field.

6. Game simulation technology. It is used in every training session. As a result. there is an increase in the effectiveness of the educational and training process, the quality of assimilation of educational material, the realization of the needs of the athlete's personality in self-expression, self-determination, strengthening of the health-saving aspect.

7. Test technology. The current, intermediate and final control of physical and technical readiness is applied in each group, which makes it possible to increase the effectiveness of monitoring the development of these skills, increases the objectivity of assessing opportunities, and makes it possible to promptly intervene in the training process.

8. Multimedia technologies: used in tactical, theoretical and technical training classes. Allow athletes to objectively evaluate and compare their performance of tactical and technical actions, to make an analysis of the mistakes made. The use of this method of control leads to an increase in interest in classes, a desire to work more actively in training, worry about the end result. The use of the above

technologies allows us to achieve high results: the safety of the contingent and a stable level of performance are observed.

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