

## **WAYS TO TEACH PRIMARY SCHOOL STUDENTS ON MOVING TECHNIQUES IN FOOTBALL CLASSES.**

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**Annotation:** This article aims to teach elementary students the movement technique in a football game.

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After our country gained independence, it is recommended to consider this sport from different angles, taking into account the issues of physical education and sports development, and the growing interest in football:

Creating an effective system for selecting and training talented and potential players, forming a quality sports reserve for national teams and professional football clubs, training, retraining and upgrading football coaches and referees based on international requirements and standards, as well as O' Decree of the President of the Republic of Uzbekistan No. PF-5368 dated March 5, 2018 "On measures to fundamentally improve the state management system in the field of physical education and sports" signed:

In recent years, taking care of the health of our people, forming a spiritually and physically mature generation, attracting the population, especially young people, to football, which is a game of millions and has a special place in our country. a number of measures are being implemented, today in our country, the selection of highly talented young players, further development of the selection (selection) system and football infrastructure, football sports schools Raising the activity to a new level, training industry specialists and improving the system of financial incentives for them, raising the level of the held competitions remain one of the urgent tasks. "School Football League" competitions are held between secondary schools in each district (city) at least twice a year;

The "School Football League" competitions are financed within the funds allocated to the calendar plans of sports and mass physical education events of the district (city) and the Republic of Karakalpakstan, regions and Tashkent city, as well as to the "Yoshlik" physical education and sports society of Uzbekistan.

Based on the results of the "School Football League" competitions, talented students are selected for the football divisions of district (city) children's and youth sports schools and private football schools. effect, training for the game has a comprehensive and multifaceted effect on the body of those involved, develops basic physical qualities - speed, agility, endurance, strength, increasing functionality, forming various motor skills. Throughout the year, football helps to physically harden in the most diverse climatic and meteorological conditions, increases resistance to diseases and increases the body's ability to adapt. At the same time, important habits lead to

constant maintenance of internal, work, educational and sports regimes. In many ways, it helps to form a healthy lifestyle and live a long life. The competitive nature, high emotion, and independence make soccer an effective outdoor tool.

It is known that the physical fitness of students is one of the most important factors that depends on the effectiveness of collective, group and individual technical and tactical actions. No matter how technically and tactically literate a football player is, he will never succeed without a good and versatile physical preparation, as he took into account the interests of the students when conducting football training for elementary school students. It should be conducted independently, because in each game episode, several players solve a certain game problem at the same time. To do this, they need to perform coordinated movements in speed, space and game movements. And if at least one of them does not have a corresponding function, then it will not be possible to solve the problem of the game episode.

For example, a player with a weak physical condition will not have time to overtake the opponent in the fight for a tactically advantageous position or lose the martial art for the ball, etc. must evaluate, make a clear decision and implement it immediately. The tactical efficiency of players with insufficiently developed speed, response to a moving object (opponent, partner, ball) or selection speed is always low, football is increasingly becoming a sport, active pairs and singles. Only an experienced player can win the fight for the ball, get rid of a dangerous collision and stand up after an opponent's push. Therefore, training with strong strength is an indispensable quality of a football player.

In the game, the player must perform many movements with maximum amplitude: kicks, kicks, kicks. They are effective only when the player is well adapted. We also note that good flexibility is an indirect evidence that the player's muscles are flexible and in good condition. This condition of the muscles protects them from injuries. Therefore, good flexibility is an indispensable quality of a football player. Effective implementation of techniques is based on muscle and intra-muscular processes coordination or coordination ability. The ability of football players, especially young ones, to learn football techniques depends on them.

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