



INCREASING THE LEVEL OF PHYSICAL FITNESS OF STUDENTS THROUGH MINI-FOOTBALL

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Abstract:

Multifunctional use of mini-football characterizes it as one of the most effective means of physical training of students. That is why the detailed analysis of the use of mini-football as a basic sport significantly contributes to the optimization of the educational process of physical education of university students.

Keywords: mini-football, physical training, efficiency, students.

Introduction

In accordance with the Decree of the President of the Republic of Uzbekistan No. UP-5924 dated January 24, 2020, aimed at further improvement and popularization of physical culture and sports in our country, a decision was made to reform the system of physical culture and sports until 2025. One of the main directions of this reform will be the introduction of "Physical Fitness Level" competitions among all segments of the population, including higher educational institutions.

In order to improve the level of physical fitness of the population and develop the country's sporting potential, together with republican sports federations and associations, competitions in various sports will be organized among students of higher educational institutions. This will allow not only to identify talented athletes, but also to increase interest in healthy lifestyles and physical activity among young people. Holding such competitions will create conditions for the development of sports infrastructure in higher educational institutions, as well as raise the prestige and level of training of sports teams and national teams. This, in turn, contributes to strengthening the image of our country in the international arena and attracting attention to the development of physical culture and sports in Uzbekistan.

Thus, the introduction of competitions "Level of physical fitness" among students of higher educational institutions will be an important step in the implementation of the Presidential Decree and will allow to achieve the set goals for the development of physical culture and sports in the Republic of Uzbekistan until 2025 [2].

Modern technologies of education and training lead the development of goals, content, methods and forms of training organization taking into account modern tasks. However, they often do not take into account and do not predict the model of a versatile physically prepared person or the model of a qualified athlete, which will be in demand in the near future. In this regard, one of the main tasks of the subject of physical education in higher educational institutions is the development of students' basic physical qualities and motor abilities, the formation of vital motor skills and abilities, as well as the education of moral and psychological qualities of personality. We believe that one of the universal



means of solving these problems is the use of mini-football in the physical education of students of higher educational institutions. Modern teaching and training technologies lead This game allows to develop not only physical qualities, but also such important skills as teamwork, strategic thinking and the ability to make decisions in difficult situations. Mini soccer is an accessible and fun sport that can appeal to most students. Incorporating mini soccer into the physical education program in higher education institutions can be an effective tool to achieve the goals and objectives. It will not only help students to improve their physical fitness, but also to develop important skills that will be useful for them in the future. Therefore, we believe that the use of mini-football in physical education of higher education students is necessary and relevant.

Unfortunately, we must state the fact that there are very few scientifically grounded studies devoted to the theoretical and methodological substantiation of mini-football as an independent sport and the possibilities of its application in the physical education of student youth. Mini-football belongs to universal sports that contribute to the versatile physical development of a person [1].

Exercises with students, conducted both outdoors and in the gym, are of great importance for their health and physical development. They not only help to strengthen the nervous system, but also to develop the motor apparatus, improve the work of the cardiovascular and respiratory system, as well as metabolism in the body.

One of the most effective ways of conducting such activities is playing on sports grounds. This can be either a large open area or a small clearing. It is important that it should be safe and convenient for physical exercises. A particularly popular sport among students is indoor soccer. This game can be played on small-sized courts and with fewer players in teams. Thus, it can be organized practically anywhere, including school gyms, hockey "Boxes" or even on ordinary grounds in residential areas. The game of mini-football not only develops students' physical qualities, but also promotes the development of such important skills as teamwork, strategic thinking and coordination of movements. It brings a lot of fun and positive emotions, which is also important for the overall well-being of students. Holding sessions with students in the fresh air or in the gym in the form of mini-football is not only good for their health, but also contributes to the development of various skills and abilities. Therefore, one should not forget about such an opportunity and adapt any available ground for such activities.

Mini-football is a fascinating sporting game that has won the recognition of millions of people around the world; This game has a number of unique features that make it universal and suitable for all ages and fitness levels; Mini-football develops not only physical qualities such as coordination, reaction time and endurance, but also important moral and volitional qualities; Students practicing mini-football acquire such qualities as teamwork, determination, stamina, discipline and courage; Students playing mini-football acquire the following qualities; In general, mini-football is not only an exciting game, but also an effective tool for the physical and spiritual development of students. In mini-football, a large number of movements is due not only to its sporting characteristics, but also to its high emotional background. This is an important factor that maintains interest in physical education classes. Due to this, mini-football can be widely used as a means of professional applied physical training of students of various specialties. We believe that such multifunctional use of mini-football characterizes it as one



of the most effective means of physical training of students. It not only promotes the development of physical qualities, but also improves the coordination of movements, strength, endurance and speed. The game of mini-football develops such important skills as team spirit, strategic thinking and teamwork. Mini-soccer is not only an interesting and exciting sport, but also an effective means for maintaining physical fitness and developing various skills in students. We are sure that its use as a means of physical training will bring benefit and joy to students of various specialties.

That is why a detailed analysis of the use of mini-football as a basic sport, significantly contribute to the optimization of the educational process of physical education of university students.

Systematic mini-football lessons not only help to develop physical qualities such as speed, agility, strength and endurance, but also contribute to the formation of important character traits. While playing indoor soccer, players learn mutual assistance, teamwork, responsibility and respect for opponents. This game makes high demands on its supporters, because the small size of the playground forces each player to be active on any part of it. Attackers often have to play the role of defenders, and defense players must be able to act as attackers, cutting into the opponents' defense. Thus, each player in mini-football must possess not only the techniques of picking up the ball and hitting the goal, but also various "feints". This game requires flexibility and adaptability from each participant, which helps to develop not only physical, but also psychological qualities. The game of mini-football is not only a sport, but also a real test of each player's character.

Mini-soccer is not just a game, it is a real spectacle that captivates from the first minutes and does not let go until the last whistle. One of the main reasons for this is the rapid running of the players. They demonstrate incredible speed and agility on a small ground, which cannot fail to impress spectators. But not only running makes mini-football so exciting. Quick change of technical and tactical maneuvers of players on the court adds dynamics and unpredictability to the game. Every moment can be decisive, and spectators can't take their eyes off what is happening on the field. Mini soccer players are also known for their unconventional ideas, which they implement in the game. This adds even more emotion and interest to the match. The spectators never know what their team can surprise them with, which is why they follow the game throughout the match. But not only the spectators, but also the players themselves cannot resist the exciting atmosphere of mini-football. They are completely immersed in the game, forgetting everything else. Everything happens so quickly and emotionally that it seems that time flies by unnoticed. It is impossible not to mention that the game of mini-football is played at a fast pace. There is no time for long thoughts and pauses, every moment on the field is important and requires instant reaction. That is why mini-football is so popular among players and spectators. As a result, we can say that mini-football is not just a game, it is a whole art that makes hearts beat more often and gives unforgettable emotions. And even though the matches are fast, they leave vivid impressions for a long time.

Playing indoor soccer is a real challenge for every player. Every second you have to fight for the ball, because it is the main object in this game. It is necessary to skillfully interact with partners and opponents on a tight playing field, where defenders are always on their heels and do not allow the opponent to reach the goal. In mini-football every player touches the ball more often, so it is necessary



to be ready for any situation and act with full commitment. After all, each player must simultaneously defend his own goal and attack the opponents' goal. This requires not only physical fitness, but also the ability to make quick decisions and react to changes in the game. The game of indoor soccer does not know forced stops. The ball is always in play, so players need to be in constant motion and not to lose concentration. This makes the game even more dynamic and exciting.

The game of mini-football requires from each player maximum dedication and ability to work in a team. After all, only through joint efforts you can achieve victory. Don't miss the opportunity to test yourself in this exciting game and try your hand at fighting for the ball on a cramped playground.

In universities, institutes and academies, as well as on college campuses, you can find large soccer fields that are one of a kind. In addition, there are also a fair number of sports fields designed for other sports such as basketball, volleyball and handball. However, despite this, students most often prefer to play soccer using their feet specifically for this purpose.

Many universities have teams of professional soccer players who successfully compete in various leagues. It is interesting that not only men's but also women's teams participate in these competitions. Mini-football is also included in the program of sports games for students of physical education faculties, which confirms its popularity among young people.

Thus, soccer is one of the most popular sports among students and is actively developed in universities and other educational institutions. Large soccer fields and sports grounds provide opportunities for practicing this sport and developing sports skills among students.

For effective management of the educational and training process requires objective data on the changing state of students and increasing the level of physical fitness is necessary:

- planning of training loads is carried out according to the calculation method, using the algorithm of planned operations: To distribute the volume of total load by groups of exercises so that the most significant part of training work in the annual cycle came to the OFP (approximately 20-22%), a slightly smaller part of the technical exercises (21%), approximately equally - on TFP, tactics and game training (16-17% each), and the smallest part - on competitions (6-8%);
- select the volume of training work performed at different intensities and determine the average load intensity in each group of exercises. For example, OFP - in the range of 140-170 bpm. (83%), SFP - 150-170 yd/min. (56%), technical and tactical exercises - 130-150 bpm. (69%), game exercises and competitions - 150-180 bpm (60%).

References

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